

COMPLETE REFERENCE

Lydian

Every Key · Every Position · Every Exercise

The Lydian mode's raised 4th creates a dreamy, floating major sound. The signature scale of Steve Vai, Joe Satriani, and countless film composers. Bright, ethereal, and immediately recognizable.

12 Keys • 5 Positions • 480 Exercises • 588 Tab Blocks

All tablature verified by mathematical fretboard computation

Generated by [mirador-tab-generator](#)

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PART

Foundation Keys

The keys every guitarist learns first. Open chord shapes are abundant, fret positions sit in the comfortable 0–8 range, and most popular songs live here. Master these six keys and you can play over the vast majority of rock, blues, and pop music.

A Lydian, E Lydian, D Lydian, G Lydian, C Lydian, B Lydian

A Lydian

Notes: A, B, C#, D#, E, F#, G# | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 4-8

```
e |----- 4-- 5-- 7--|
B |----- 4-- 5-- 7-----|
G |----- 4-- 6-- 8-----|
D |----- 4-- 6-- 7-----|
A |----- 4-- 6-- 7-----|
E |-- 4-- 5-- 7-----|
```

E:4=G# | E:5=A | E:7=B | A:4=C# | A:6=D# | A:7=E | D:4=F# | D:6=G# | D:7=A | G:4=B | G:6=C# | G:8=D# | B:4=D# |
B:5=E | B:7=F# | e:4=G# | e:5=A | e:7=B

Position 2

Frets 6-11

```
e |----- 7-- 9--11--|
B |----- 7-- 9--10-----|
G |----- 6-- 8-- 9-----|
D |----- 6-- 7-- 9-----|
A |----- 6-- 7-- 9-----|
E |-- 7-- 9--11-----|
```

E:7=B | E:9=C# | E:11=D# | A:6=D# | A:7=E | A:9=F# | D:6=G# | D:7=A | D:9=B | G:6=C# | G:8=D# | G:9=E | B:7=F# |
B:9=G# | B:10=A | e:7=B | e:9=C# | e:11=D#

Position 3

Frets 8-13

```
e |----- 9--11--12--|
B |----- 9--10--12-----|
G |----- 8-- 9--11-----|
D |----- 9--11--13-----|
A |----- 9--11--12-----|
E |-- 9--11--12-----|
```

E:9=C# | E:11=D# | E:12=E | A:9=F# | A:11=G# | A:12=A | D:9=B | D:11=C# | D:13=D# | G:8=D# | G:9=E | G:11=F# |
B:9=G# | B:10=A | B:12=B | e:9=C# | e:11=D# | e:12=E

Position 4

Frets 10-14

```
e |-----11--12--14--|
B |-----10--12--14-----|
G |-----11--13--14-----|
D |-----11--13--14-----|
A |-----11--12--14-----|
E |--11--12--14-----|
```

E:11=D# | E:12=E | E:14=F# | A:11=G# | A:12=A | A:14=B | D:11=C# | D:13=D# | D:14=E | G:11=F# | G:13=G# | G:14=A |
 B:10=A | B:12=B | B:14=C# | e:11=D# | e:12=E | e:14=F#

Position 5

Frets 11-16

```
e |-----11--12--14--|
B |-----12--14--16--|
G |-----11--13--14--|
D |-----11--13--14--|
A |-----11--12--14--|
E |--11--12--14-----|
```

E:11=D# | E:12=E | E:14=F# | A:11=G# | A:12=A | A:14=B | D:11=C# | D:13=D# | D:14=E | G:11=F# | G:13=G# | G:14=A |
 B:12=B | B:14=C# | B:16=D# | e:11=D# | e:12=E | e:14=F#

Companion Chords

Play these chords over your A Lydian exercises:

	A	Bm	E	F#m
e	--0--	--2--	--0--	--2--
B	--2--	--3--	--0--	--2--
G	--2--	--4--	--1--	--2--
D	--2--	--4--	--2--	--4--
A	--0--	--2--	--2--	--4--
E	--X--	--X--	--0--	--2--

Progression: **A - Bm - E - F#m**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----4-- 5-- 7--|
B |-----4-- 5-- 7--|
G |-----4-- 6-- 8--|
D |-----4-- 6-- 7--|
A |-----4-- 6-- 7--|
E |--4-- 5-- 7-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--7-- 5-- 4-----|
B |-----7-- 5-- 4-----|
G |-----8-- 6-- 4-----|
D |-----7-- 6-- 4-----|
A |-----7-- 6-- 4-----|
E |-----7-- 5-- 4-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----4h5--| --5p4-----|
B |-----4h5-----| -----5p4-----|
G |-----4h6-----| -----6p4-----|
D |-----4h6-----| -----6p4-----|
A |-----4h6-----| -----6p4-----|
E |--4h5-----| -----5p4--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----4--|
D |-----4-----4--6--4--6--7--6--7-----7-----|
A |-----4-----4--6--4--6--7--6--7-----7-----|
E |--4--5--7--5--7-----7-----|

e |-----4-----4--5--4--5--7--|
B |-----4-----4--5--4--5--7--5--7-----7-----|
G |-----4--6--4--6--8--6--8-----8-----|
D |--7-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----4--5--|
G |-----4-----4--6--8--6--8-----|
D |-----4--6--4--6--7-----7-----|
A |-----4-----4--6--7--6--7-----|
E |--4--5--7-----7-----|

e |-----4-----4--5--7-----|
B |--4--5--7-----7-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----4--5--7--|
B |-----4--5--7-----|
G |-----4--6--8-----|
D |-----4--6--7-----|
A |-----4--6--7-----|
E |--4--5--7-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U4--D5--U7--|
B |-----D4--U5--D7--|
G |-----U4--D6--U8--|
D |-----D4--U6--D7--|
A |-----U4--D6--U7--|
E |--D4--U5--D7-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->4-- 5-- 7--|
B |----->4-- 5-- 7--|
G |----->4-- 6-- 8--|
D |----->4-- 6-- 7--|
A |----->4-- 6-- 7--|
E |-->4-- 5-- 7-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----7-- 9--11--|
B |-----7-- 9--10--|
G |-----6-- 8-- 9--|
D |-----6-- 7-- 9--|
A |-----6-- 7-- 9--|
E |--7-- 9--11-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--11-- 9-- 7-----|
B |-----10-- 9-- 7-----|
G |-----9-- 8-- 6-----|
D |-----9-- 7-- 6-----|
A |-----9-- 7-- 6-----|
E |-----11-- 9-- 7--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----7h9--| --9p7-----|
B |-----7h9--| -----9p7-----|
G |-----6h8--| -----8p6-----|
D |-----6h7--| -----7p6-----|
A |-----6h7--| -----7p6-----|
E |--7h9--| -----9p7--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----6--|

```

```

D |-----6-----6-- 7-- 6-- 7-- 9-- 7-- 9-----|
A |-----6-----6-- 7-- 6-- 7-- 9-- 7-- 9-----9-----|
E |-- 7-- 9--11-- 9--11-----11-----|

e |-----7-----7-- 9-- 7-- 9--11--|
B |-----7-----7-- 9-- 7-- 9--10-- 9--10-----10-----|
G |-----6-- 8-- 6-- 8-- 9-- 8-- 9-----9-----|
D |-- 9-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----7-- 9--|
G |-----6-----6-- 8-- 9-- 8-- 9-----|
D |-----6-- 7-- 6-- 7-- 9-----9-----|
A |-----6-----6-- 7-- 9-- 7-- 9-----|
E |-- 7-- 9--11-----11-----|

e |-----7-----7-- 9--11-----|
B |-- 7-- 9--10-----10-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----7-- 9--11--|
B |-----7-- 9--10-----|
G |-----6-- 8-- 9-----|
D |-----6-- 7-- 9-----|
A |-----6-- 7-- 9-----|
E |-- 7-- 9--11-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U7--D9--U11--|
B |-----D7--U9--D10--|
G |-----U6--D8--U9--|
D |-----D6--U7--D9--|
A |-----U6--D7--U9--|
E |--D7--U9--D11-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->7-- 9--11--|
B |----->7-- 9--10--|
G |----->6-- 8-- 9--|
D |----->6-- 7-- 9--|
A |----->6-- 7-- 9--|
E |-->7-- 9--11-----|

```


Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----9--11--12--|
B |-----9--10--12-----|
G |-----8-- 9--11-----|
D |-----9--11--13-----|
A |-----9--11--12-----|
E |-- 9--11--12-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--12--11-- 9-----|
B |--12--10-- 9-----|
G |--11-- 9-- 8-----|
D |--13--11-- 9-----|
A |--12--11-- 9-----|
E |--12--11-- 9-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----9h11--| --11p9-----|
B |-----9h10-----| -----10p9-----|
G |-----8h9-----| -----9p8-----|
D |-----9h11-----| -----11p9-----|
A |-----9h11-----| -----11p9-----|
E |--9h11-----| -----11p9--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----8--|
D |-----9-----9--11--9--11--13--11--13-----|
A |-----9-----9--11--9--11--12--11--12-----12-----|
E |-- 9--11--12--11--12-----12-----|

e |-----9-----9--11--9--11--12--|
B |-----9-----9--10--9--10--12--10--12-----12-----|
G |-----8-- 9-- 8--9--11--9--11-----11-----|
D |--13-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----9--10--|
G |-----8-----8--9--11--9--11-----|
D |-----9--11--9--11--13-----13-----|
A |-----9-----9--11--12--11--12-----|
```

```

E|-- 9--11--12-----12-----|
e|----- 9----- 9--11--12-----|
B|-- 9--10--12-----12-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 9--11--12--|
B|----- 9--10--12-----|
G|----- 8-- 9--11-----|
D|----- 9--11--13-----|
A|----- 9--11--12-----|
E|-- 9--11--12-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U9--D11--U12--|
B|-----D9--U10--D12--|
G|-----U8--D9--U11--|
D|-----D9--U11--D13--|
A|-----U9--D11--U12--|
E|--D9--U11--D12--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->9--11--12--|
B|----->9--10--12--|
G|----->8-- 9--11--|
D|----->9--11--13--|
A|----->9--11--12--|
E|-->9--11--12--|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----11--12--14--|
B|-----10--12--14--|
G|-----11--13--14--|
D|-----11--13--14--|
A|-----11--12--14--|
E|--11--12--14--|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --14--12--11-----|
B | -----14--12--10-----|
G | -----14--13--11-----|
D | -----14--13--11-----|
A | -----14--12--11-----|
E | -----14--12--11--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----11h12--| --12p11-----|
B | -----10h12-----| -----12p10-----|
G | -----11h13-----| -----13p11-----|
D | -----11h13-----| -----13p11-----|
A | -----11h12-----| -----12p11-----|
E | --11h12-----| -----12p11--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----11--|
D | -----11--13--11--13--14--13--14-----|
A | -----11--11--12--11--12--14--12--14-----14-----|
E | --11--12--14--12--14-----14-----|

e | -----11-----11--12--11--12--14--|
B | -----10-----10--12--10--12--14--12--14-----14-----|
G | -----11--13--11--13--14--13--14-----14-----|
D | --14-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----10--12--|
G | -----11--11--13--14--13--14-----|
D | -----11--13--11--13--14-----14-----|
A | -----11--11--12--14--12--14-----|
E | --11--12--14-----14-----|

e | -----11-----11--12--14-----|
B | --10--12--14-----14-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----11--12--14--|
B | -----10--12--14-----|
G | -----11--13--14-----|
D | -----11--13--14-----|
A | -----11--12--14-----|
E | --11--12--14-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U11--D12--U14--|
B |-----D10--U12--D14-----|
G |-----U11--D13--U14-----|
D |-----D11--U13--D14-----|
A |-----U11--D12--U14-----|
E |--D11--U12--D14-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->11--12--14--|
B |----->10--12--14-----|
G |----->11--13--14-----|
D |----->11--13--14-----|
A |----->11--12--14-----|
E |-->11--12--14-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----11--12--14--|
B |-----12--14--16-----|
G |-----11--13--14-----|
D |-----11--13--14-----|
A |-----11--12--14-----|
E |--11--12--14-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--14--12--11-----|
B |--16--14--12-----|
G |--14--13--11-----|
D |--14--13--11-----|
A |--14--12--11-----|
E |--14--12--11-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----11h12--| --12p11-----|
B |-----12h14-----| -----14p12-----|
G |-----11h13-----| -----13p11-----|
D |-----11h13-----| -----13p11-----|
A |-----11h12-----| -----12p11-----|
E |--11h12-----| -----12p11--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----11--|
D |-----11-----11--13--11--13--14--13--14--|
A |-----11-----11--12--11--12--14--12--14-----14--|
E |--11--12--14--12--14-----14-----|

e |-----11-----11--12--11--12--14--|
B |-----12-----12--14--12--14--16--14--16-----16--|
G |-----11--13--11--13--14--13--14-----14--|
D |--14-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----12--14--|
G |-----11-----11--13--14--13--14--|
D |-----11--13--11--13--14-----14--|
A |-----11-----11--12--14--12--14--|
E |--11--12--14-----14--|

e |-----11-----11--12--14--|
B |--12--14--16-----16--|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----11--12--14--|
B |-----12--14--16-----|
G |-----11--13--14-----|
D |-----11--13--14-----|
A |-----11--12--14-----|
E |--11--12--14-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U11--D12--U14--|
B |-----D12--U14--D16--|
G |-----U11--D13--U14--|
D |-----D11--U13--D14--|
A |-----U11--D12--U14--|
E |--D11--U12--D14--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->11--12--14--|
B |----->12--14--16--|
G |----->11--13--14--|
D |----->11--13--14--|
A |----->11--12--14--|
E |-->11--12--14--|

```

E Lydian

Notes: E, F#, G#, A#, B, C#, D# | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 0-4

```
e |----- 0-- 2-- 4--|
B |----- 0-- 2-- 4-----|
G |----- 1-- 3-- 4-----|
D |----- 1-- 2-- 4-----|
A |----- 1-- 2-- 4-----|
E |-- 0-- 2-- 4-----|
```

E:0=E | E:2=F# | E:4=G# | A:1=A# | A:2=B | A:4=C# | D:1=D# | D:2=E | D:4=F# | G:1=G# | G:3=A# | G:4=B | B:0=B |
B:2=C# | B:4=D# | e:0=E | e:2=F# | e:4=G#

Position 2

Frets 1-6

```
e |----- 2-- 4-- 6--|
B |----- 2-- 4-- 5-----|
G |----- 1-- 3-- 4-----|
D |----- 1-- 2-- 4-----|
A |----- 1-- 2-- 4-----|
E |-- 2-- 4-- 6-----|
```

E:2=F# | E:4=G# | E:6=A# | A:1=A# | A:2=B | A:4=C# | D:1=D# | D:2=E | D:4=F# | G:1=G# | G:3=A# | G:4=B | B:2=C# |
B:4=D# | B:5=E | e:2=F# | e:4=G# | e:6=A#

Position 3

Frets 3-8

```
e |----- 4-- 6-- 7--|
B |----- 4-- 5-- 7-----|
G |----- 3-- 4-- 6-----|
D |----- 4-- 6-- 8-----|
A |----- 4-- 6-- 7-----|
E |-- 4-- 6-- 7-----|
```

E:4=G# | E:6=A# | E:7=B | A:4=C# | A:6=D# | A:7=E | D:4=F# | D:6=G# | D:8=A# | G:3=A# | G:4=B | G:6=C# | B:4=D# |
B:5=E | B:7=F# | e:4=G# | e:6=A# | e:7=B

Position 4

Frets 5-9

```
e |----- 6-- 7-- 9--|
B |----- 5-- 7-- 9-----|
G |----- 6-- 8-- 9-----|
D |----- 6-- 8-- 9-----|
A |----- 6-- 7-- 9-----|
E |-- 6-- 7-- 9-----|
```

E:6=A# | E:7=B | E:9=C# | A:6=D# | A:7=E | A:9=F# | D:6=G# | D:8=A# | D:9=B | G:6=C# | G:8=D# | G:9=E | B:5=E |
 B:7=F# | B:9=G# | e:6=A# | e:7=B | e:9=C#

Position 5

Frets 6-11

```

e |----- 6-- 7-- 9--|
B |----- 7-- 9--11-----|
G |----- 6-- 8-- 9-----|
D |----- 6-- 8-- 9-----|
A |----- 6-- 7-- 9-----|
E |-- 6-- 7-- 9-----|

```

E:6=A# | E:7=B | E:9=C# | A:6=D# | A:7=E | A:9=F# | D:6=G# | D:8=A# | D:9=B | G:6=C# | G:8=D# | G:9=E | B:7=F# |
 B:9=G# | B:11=A# | e:6=A# | e:7=B | e:9=C#

Companion Chords

Play these chords over your E Lydian exercises:

```

      E      F#m      B      C#m
e |--0--| |--2--| |--7--| |--9--|
B |--0--| |--2--| |--7--| |--9--|
G |--1--| |--2--| |--8--| |--9--|
D |--2--| |--4--| |--9--| |--11--|
A |--2--| |--4--| |--9--| |--11--|
E |--0--| |--2--| |--7--| |--9--|

```

Progression: **E - F#m - B - C#m**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |----- 0-- 2-- 4--|
B |----- 0-- 2-- 4-----|
G |----- 1-- 3-- 4-----|
D |----- 1-- 2-- 4-----|
A |----- 1-- 2-- 4-----|
E |-- 0-- 2-- 4-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 4-- 2-- 0-----|
B |----- 4-- 2-- 0-----|
G |----- 4-- 3-- 1-----|
D |----- 4-- 2-- 1-----|
A |----- 4-- 2-- 1-----|
E |----- 4-- 2-- 0--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----0h2--| --2p0-----|
B |-----0h2-----| -----2p0-----|
G |-----1h3-----| -----3p1-----|
D |-----1h2-----| -----2p1-----|
A |-----1h2-----| -----2p1-----|
E |--0h2-----| -----2p0--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----1--|
D |-----1-- 1-- 2-- 1-- 2-- 4-- 2-- 4--|
A |-----1-- 1-- 2-- 1-- 2-- 4-- 2-- 4-- 4--|
E |-- 0-- 2-- 4-- 2-- 4-- 4--|

e |-----0-----0-- 2-- 0-- 2-- 4--|
B |-----0-----0-- 2-- 0-- 2-- 4-- 2-- 4-- 4--|
G |-----1-- 3-- 1-- 3-- 4-- 3-- 4-- 4--|
D |-- 4--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----0-- 2--|
G |-----1-----1-- 3-- 4-- 3-- 4--|
D |-----1-- 2-- 1-- 2-- 4-- 4--|
A |-----1-----1-- 2-- 4-- 2-- 4--|
E |-- 0-- 2-- 4-- 4--|

e |-----0-----0-- 2-- 4--|
B |-- 0-- 2-- 4-- 4--|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----0-- 2-- 4--|
B |-----0-- 2-- 4--|
G |-----1-- 3-- 4--|
D |-----1-- 2-- 4--|
A |-----1-- 2-- 4--|
E |-- 0-- 2-- 4--|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.


```

e |-----U0--D2--U4--|
B |-----D0--U2--D4--|
G |-----U1--D3--U4--|
D |-----D1--U2--D4--|
A |-----U1--D2--U4--|
E |--D0--U2--D4-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->0-- 2-- 4--|
B |----->0-- 2-- 4-----|
G |----->1-- 3-- 4-----|
D |----->1-- 2-- 4-----|
A |----->1-- 2-- 4-----|
E |-->0-- 2-- 4-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |----- 2-- 4-- 6--|
B |----- 2-- 4-- 5-----|
G |----- 1-- 3-- 4-----|
D |----- 1-- 2-- 4-----|
A |----- 1-- 2-- 4-----|
E |-- 2-- 4-- 6-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 6-- 4-- 2-----|
B |----- 5-- 4-- 2-----|
G |----- 4-- 3-- 1-----|
D |----- 4-- 2-- 1-----|
A |----- 4-- 2-- 1-----|
E |----- 6-- 4-- 2-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----2h4--| --4p2-----|
B |-----2h4-----| -----4p2-----|
G |-----1h3-----| -----3p1-----|
D |-----1h2-----| -----2p1-----|
A |-----1h2-----| -----2p1-----|
E |--2h4-----| -----4p2--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |----- 1--|

```

```

D |----- 1----- 1-- 2-- 1-- 2-- 4-- 2-- 4-----|
A |----- 1----- 1-- 2-- 1-- 2-- 4-- 2-- 4----- 4-----|
E |-- 2-- 4-- 6-- 4-- 6----- 6-----|

e |----- 2----- 2-- 4-- 2-- 4-- 6--|
B |----- 2----- 2-- 4-- 2-- 4-- 5-- 4-- 5----- 5-----|
G |----- 1-- 3-- 1-- 3-- 4-- 3-- 4----- 4-----|
D |-- 4-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |----- 2-- 4--|
G |----- 1----- 1-- 3-- 4-- 3-- 4-----|
D |----- 1-- 2-- 1-- 2-- 4----- 4-----|
A |----- 1----- 1-- 2-- 4-- 2-- 4-----|
E |-- 2-- 4-- 6----- 6-----|

e |----- 2----- 2-- 4-- 6-----|
B |-- 2-- 4-- 5----- 5-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |----- 2-- 4-- 6--|
B |----- 2-- 4-- 5-----|
G |----- 1-- 3-- 4-----|
D |----- 1-- 2-- 4-----|
A |----- 1-- 2-- 4-----|
E |-- 2-- 4-- 6-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U2--D4--U6--|
B |-----D2--U4--D5--|
G |-----U1--D3--U4--|
D |-----D1--U2--D4--|
A |-----U1--D2--U4--|
E |--D2--U4--D6--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->2-- 4-- 6--|
B |----->2-- 4-- 5-----|
G |----->1-- 3-- 4-----|
D |----->1-- 2-- 4-----|
A |----->1-- 2-- 4-----|
E |-->2-- 4-- 6-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----4-- 6-- 7--|
B |-----4-- 5-- 7--|
G |-----3-- 4-- 6--|
D |-----4-- 6-- 8--|
A |-----4-- 6-- 7--|
E |-- 4-- 6-- 7--|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |-- 7-- 6-- 4--|
B |-----7-- 5-- 4--|
G |-----6-- 4-- 3--|
D |-----8-- 6-- 4--|
A |-----7-- 6-- 4--|
E |-----7-- 6-- 4--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----4h6--| --6p4-----|
B |-----4h5-----| -----5p4-----|
G |-----3h4-----| -----4p3-----|
D |-----4h6-----| -----6p4-----|
A |-----4h6-----| -----6p4-----|
E |--4h6-----| -----6p4--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----3--|
D |-----4-- 4-- 6-- 4-- 6-- 7-- 6-- 7-- 7--|
A |-----4-- 4-- 6-- 4-- 6-- 7-- 6-- 7-- 7--|
E |-- 4-- 6-- 7-- 6-- 7-- 7--|

e |-----4-- 4-- 6-- 4-- 6-- 7--|
B |-----4-- 4-- 5-- 4-- 5-- 7-- 5-- 7-- 7--|
G |-----3-- 4-- 3-- 4-- 6-- 4-- 6-- 6--|
D |-- 8--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----4-- 5--|
G |-----3-- 3-- 4-- 6-- 4-- 6--|
D |-----4-- 6-- 4-- 6-- 8-- 8--|
A |-----4-- 4-- 6-- 7-- 6-- 7--|
```

```

E|-- 4-- 6-- 7----- 7-----|
e|----- 4----- 4-- 6-- 7-----|
B|-- 4-- 5-- 7----- 7-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 4-- 6-- 7--|
B|----- 4-- 5-- 7-----|
G|----- 3-- 4-- 6-----|
D|----- 4-- 6-- 8-----|
A|----- 4-- 6-- 7-----|
E|-- 4-- 6-- 7-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U4--D6--U7--|
B|-----D4--U5--D7-----|
G|-----U3--D4--U6-----|
D|-----D4--U6--D8-----|
A|-----U4--D6--U7-----|
E|--D4--U6--D7-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->4-- 6-- 7--|
B|----->4-- 5-- 7-----|
G|----->3-- 4-- 6-----|
D|----->4-- 6-- 8-----|
A|----->4-- 6-- 7-----|
E|-->4-- 6-- 7-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|----- 6-- 7-- 9--|
B|----- 5-- 7-- 9-----|
G|----- 6-- 8-- 9-----|
D|----- 6-- 8-- 9-----|
A|----- 6-- 7-- 9-----|
E|-- 6-- 7-- 9-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | -- 9-- 7-- 6-----|
B | ----- 9-- 7-- 5-----|
G | ----- 9-- 8-- 6-----|
D | ----- 9-- 8-- 6-----|
A | ----- 9-- 7-- 6-----|
E | ----- 9-- 7-- 6-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----6h7-- | --7p6-----|
B | -----5h7-- | -----7p5-----|
G | -----6h8-- | -----8p6-----|
D | -----6h8-- | -----8p6-----|
A | -----6h7-- | -----7p6-----|
E | --6h7----- | -----7p6-----|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | ----- 6--|
D | ----- 6-- 8-- 6-- 8-- 9-- 8-- 9-----|
A | ----- 6----- 6-- 7-- 6-- 7-- 9-- 7-- 9----- 9-----|
E | -- 6-- 7-- 9-- 7-- 9----- 9-----|

e | ----- 6----- 6-- 7-- 6-- 7-- 9--|
B | ----- 5----- 5-- 7-- 5-- 7-- 9-- 7-- 9----- 9-----|
G | ----- 6-- 8-- 6-- 8-- 9-- 8-- 9----- 9-----|
D | -- 9-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | ----- 5-- 7--|
G | ----- 6----- 6-- 8-- 9-- 8-- 9-----|
D | ----- 6-- 8-- 6-- 8-- 9----- 9-----|
A | ----- 6----- 6-- 7-- 9-- 7-- 9-----|
E | -- 6-- 7-- 9----- 9-----|

e | ----- 6----- 6-- 7-- 9-----|
B | -- 5-- 7-- 9----- 9-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | ----- 6-- 7-- 9--|
B | ----- 5-- 7-- 9-----|
G | ----- 6-- 8-- 9-----|
D | ----- 6-- 8-- 9-----|
A | ----- 6-- 7-- 9-----|
E | -- 6-- 7-- 9-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U6--D7--U9--|
B |-----D5--U7--D9--|
G |-----U6--D8--U9--|
D |-----D6--U8--D9--|
A |-----U6--D7--U9--|
E |--D6--U7--D9-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->6-- 7-- 9--|
B |----->5-- 7-- 9--|
G |----->6-- 8-- 9--|
D |----->6-- 8-- 9--|
A |----->6-- 7-- 9--|
E |-->6-- 7-- 9-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----6-- 7-- 9--|
B |-----7-- 9--11-----|
G |-----6-- 8-- 9--|
D |-----6-- 8-- 9--|
A |-----6-- 7-- 9--|
E |--6-- 7-- 9-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--9-- 7-- 6-----|
B |-----11-- 9-- 7-----|
G |-----9-- 8-- 6-----|
D |-----9-- 8-- 6-----|
A |-----9-- 7-- 6-----|
E |-----9-- 7-- 6-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----6h7--| --7p6-----|
B |-----7h9-----| -----9p7-----|
G |-----6h8-----| -----8p6-----|
D |-----6h8-----| -----8p6-----|
A |-----6h7-----| -----7p6-----|
E |--6h7-----| -----7p6--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

e		-----	
B		-----	
G		-----	
D		-----	
A		-----	
E		-----	

D Lydian

Notes: D, E, F#, G#, A, B, C# | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 9-13

```
e |-----9--10--12--|
B |-----9--10--12--|
G |-----9--11--13--|
D |-----9--11--12--|
A |-----9--11--12--|
E |--9--10--12-----|
```

E:9=C# | E:10=D | E:12=E | A:9=F# | A:11=G# | A:12=A | D:9=B | D:11=C# | D:12=D | G:9=E | G:11=F# | G:13=G# | B:9=G# | B:10=A | B:12=B | e:9=C# | e:10=D | e:12=E

Position 2

Frets 11-16

```
e |-----12--14--16--|
B |-----12--14--15--|
G |-----11--13--14--|
D |-----11--12--14--|
A |-----11--12--14--|
E |--12--14--16-----|
```

E:12=E | E:14=F# | E:16=G# | A:11=G# | A:12=A | A:14=B | D:11=C# | D:12=D | D:14=E | G:11=F# | G:13=G# | G:14=A | B:12=B | B:14=C# | B:15=D | e:12=E | e:14=F# | e:16=G#

Position 3

Frets 13-18

```
e |-----14--16--17--|
B |-----14--15--17--|
G |-----13--14--16--|
D |-----14--16--18--|
A |-----14--16--17--|
E |--14--16--17-----|
```

E:14=F# | E:16=G# | E:17=A | A:14=B | A:16=C# | A:17=D | D:14=E | D:16=F# | D:18=G# | G:13=G# | G:14=A | G:16=B | B:14=C# | B:15=D | B:17=E | e:14=F# | e:16=G# | e:17=A

Position 4

Frets 15-19

```
e |-----16--17--19--|
B |-----15--17--19--|
G |-----16--18--19--|
D |-----16--18--19--|
A |-----16--17--19--|
E |--16--17--19-----|
```


E:16=G# | E:17=A | E:19=B | A:16=C# | A:17=D | A:19=E | D:16=F# | D:18=G# | D:19=A | G:16=B | G:18=C# | G:19=D |
 B:15=D | B:17=E | B:19=F# | e:16=G# | e:17=A | e:19=B

Position 5

Frets 16-21

```
e |-----16--17--19--|
B |-----17--19--21--|
G |-----16--18--19--|
D |-----16--18--19--|
A |-----16--17--19--|
E |--16--17--19-----|
```

E:16=G# | E:17=A | E:19=B | A:16=C# | A:17=D | A:19=E | D:16=F# | D:18=G# | D:19=A | G:16=B | G:18=C# | G:19=D |
 B:17=E | B:19=F# | B:21=G# | e:16=G# | e:17=A | e:19=B

Companion Chords

Play these chords over your D Lydian exercises:

```
      D      Em      A      Bm
e |--2--| |--0--| |--0--| |--2--|
B |--3--| |--0--| |--2--| |--3--|
G |--2--| |--0--| |--2--| |--4--|
D |--0--| |--2--| |--2--| |--4--|
A |--X--| |--2--| |--0--| |--2--|
E |--X--| |--0--| |--X--| |--X--|
```

Progression: **D - Em - A - Bm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----9--10--12--|
B |-----9--10--12--|
G |-----9--11--13--|
D |-----9--11--12--|
A |-----9--11--12--|
E |--9--10--12-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--12--10--9-----|
B |--12--10--9-----|
G |--13--11--9-----|
D |--12--11--9-----|
A |--12--11--9-----|
E |--12--10--9-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----9h10--| --10p9-----|
B |-----9h10-----| -----10p9-----|
G |-----9h11-----| -----11p9-----|
D |-----9h11-----| -----11p9-----|
A |-----9h11-----| -----11p9-----|
E |--9h10-----| -----10p9--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |----- 9--|
D |----- 9----- 9--11-- 9--11--12--11--12-----|
A |----- 9----- 9--11-- 9--11--12--11--12-----12-----|
E |-- 9--10--12--10--12-----12-----|

e |----- 9----- 9--10-- 9--10--12--|
B |----- 9----- 9--10-- 9--10--12--10--12-----12-----|
G |----- 9--11-- 9--11--13--11--13-----13-----|
D |--12-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |----- 9--10--|
G |----- 9----- 9--11--13--11--13-----|
D |----- 9--11-- 9--11--12-----12-----|
A |----- 9----- 9--11--12--11--12-----|
E |-- 9--10--12-----12-----|

e |----- 9----- 9--10--12-----|
B |-- 9--10--12-----12-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |----- 9--10--12--|
B |----- 9--10--12-----|
G |----- 9--11--13-----|
D |----- 9--11--12-----|
A |----- 9--11--12-----|
E |-- 9--10--12-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U9--D10--U12--|
B |-----D9--U10--D12-----|
G |-----U9--D11--U13-----|
D |-----D9--U11--D12-----|
A |-----U9--D11--U12-----|
E |--D9--U10--D12-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->9--10--12--|
B |----->9--10--12-----|
G |----->9--11--13-----|
D |----->9--11--12-----|
A |----->9--11--12-----|
E |-->9--10--12-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----12--14--16--|
B |-----12--14--15-----|
G |-----11--13--14-----|
D |-----11--12--14-----|
A |-----11--12--14-----|
E |--12--14--16-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--16--14--12-----|
B |-----15--14--12-----|
G |-----14--13--11-----|
D |-----14--12--11-----|
A |-----14--12--11-----|
E |-----16--14--12-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----12h14--| --14p12-----|
B |-----12h14-----| -----14p12-----|
G |-----11h13-----| -----13p11-----|
D |-----11h12-----| -----12p11-----|
A |-----11h12-----| -----12p11-----|
E |--12h14-----| -----14p12--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----11--|

```

```

D |-----11-----11--12--11--12--14--12--14-----|
A |-----11-----11--12--11--12--14--12--14-----14-----|
E |--12--14--16--14--16-----16-----|

e |-----12-----12--14--12--14--16--|
B |-----12-----12--14--12--14--15--14--15-----15-----|
G |-----11--13--11--13--14--13--14-----14-----|
D |--14-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----12--14--|
G |-----11-----11--13--14--13--14-----|
D |-----11--12--11--12--14-----14-----|
A |-----11-----11--12--14--12--14-----|
E |--12--14--16-----16-----|

e |-----12-----12--14--16-----|
B |--12--14--15-----15-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----12--14--16--|
B |-----12--14--15-----|
G |-----11--13--14-----|
D |-----11--12--14-----|
A |-----11--12--14-----|
E |--12--14--16-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U12--D14--U16--|
B |-----D12--U14--D15--|
G |-----U11--D13--U14--|
D |-----D11--U12--D14--|
A |-----U11--D12--U14--|
E |--D12--U14--D16-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->12--14--16--|
B |----->12--14--15--|
G |----->11--13--14--|
D |----->11--12--14--|
A |----->11--12--14--|
E |-->12--14--16-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----14--16--17--|
B |-----14--15--17-----|
G |-----13--14--16-----|
D |-----14--16--18-----|
A |-----14--16--17-----|
E |--14--16--17-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--17--16--14-----|
B |-----17--15--14-----|
G |-----16--14--13-----|
D |-----18--16--14-----|
A |-----17--16--14-----|
E |-----17--16--14-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----14h16--| --16p14-----|
B |-----14h15-----| -----15p14-----|
G |-----13h14-----| -----14p13-----|
D |-----14h16-----| -----16p14-----|
A |-----14h16-----| -----16p14-----|
E |--14h16-----| -----16p14--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----13--|
D |-----14-----14--16--14--16--18--16--18--|
A |-----14-----14--16--14--16--17--16--17-----17-----|
E |--14--16--17--16--17-----17-----|

e |-----14-----14--16--14--16--17--|
B |-----14-----14--15--14--15--17--15--17-----17-----|
G |-----13--14--13--14--16--14--16-----16-----|
D |--18-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----14--15--|
G |-----13-----13--14--16--14--16-----|
D |-----14--16--14--16--18-----18-----|
A |--14-----14--16--17--16--17-----|
```

```

E|--14--16--17-----17-----|
e|-----14-----14--16--17-----|
B|--14--15--17-----17-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----14--16--17--|
B|-----14--15--17-----|
G|-----13--14--16-----|
D|-----14--16--18-----|
A|-----14--16--17-----|
E|--14--16--17-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U14--D16--U17--|
B|-----D14--U15--D17-----|
G|-----U13--D14--U16-----|
D|-----D14--U16--D18-----|
A|-----U14--D16--U17-----|
E|--D14--U16--D17-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->14--16--17--|
B|----->14--15--17-----|
G|----->13--14--16-----|
D|----->14--16--18-----|
A|----->14--16--17-----|
E|-->14--16--17-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----16--17--19--|
B|-----15--17--19-----|
G|-----16--18--19-----|
D|-----16--18--19-----|
A|-----16--17--19-----|
E|--16--17--19-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --19--17--16-----|
B | -----19--17--15-----|
G | -----19--18--16-----|
D | -----19--18--16-----|
A | -----19--17--16-----|
E | -----19--17--16-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----16h17-- | --17p16-----|
B | -----15h17-----| -----17p15-----|
G | -----16h18-----| -----18p16-----|
D | -----16h18-----| -----18p16-----|
A | -----16h17-----| -----17p16-----|
E | --16h17-----| -----17p16--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----16--|
D | -----16--18--16--18--19--18--19--|
A | -----16--16--17--16--17--19--17--19--19--|
E | --16--17--19--17--19--19--|

e | -----16--16--17--16--17--19--|
B | -----15--15--17--15--17--19--17--19--19--|
G | -----16--18--16--18--19--18--19--19--|
D | --19--|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----15--17--|
G | -----16--16--18--19--18--19--|
D | -----16--18--16--18--19--19--|
A | -----16--16--17--19--17--19--|
E | --16--17--19--19--|

e | -----16--16--17--19--|
B | --15--17--19--19--|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----16--17--19--|
B | -----15--17--19--|
G | -----16--18--19--|
D | -----16--18--19--|
A | -----16--17--19--|
E | --16--17--19--|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U16--D17--U19--|
B |-----D15--U17--D19--|
G |-----U16--D18--U19--|
D |-----D16--U18--D19--|
A |-----U16--D17--U19--|
E |--D16--U17--D19-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->16--17--19--|
B |----->15--17--19--|
G |----->16--18--19--|
D |----->16--18--19--|
A |----->16--17--19--|
E |-->16--17--19-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----16--17--19--|
B |-----17--19--21--|
G |-----16--18--19--|
D |-----16--18--19--|
A |-----16--17--19--|
E |--16--17--19-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--19--17--16-----|
B |-----21--19--17--|
G |-----19--18--16--|
D |-----19--18--16--|
A |-----19--17--16--|
E |-----19--17--16--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----16h17--| --17p16-----|
B |-----17h19-----| -----19p17-----|
G |-----16h18-----| -----18p16-----|
D |-----16h18-----| -----18p16-----|
A |-----16h17-----| -----17p16-----|
E |--16h17-----| -----17p16--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.


```

e |-----|
B |-----|
G |-----16--|
D |-----16-----16--18--16--18--19--18--19--|
A |-----16-----16--17--16--17--19--17--19-----19--|
E |--16--17--19--17--19-----19--|

e |-----16-----16--17--16--17--19--|
B |-----17-----17--19--17--19--21--19--21-----21--|
G |-----16--18--16--18--19--18--19-----19--|
D |--19--|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----17--19--|
G |-----16-----16--18--19--18--19--|
D |-----16--18--16--18--19-----19--|
A |-----16-----16--17--19--17--19--|
E |--16--17--19-----19--|

e |-----16-----16--17--19--|
B |--17--19--21-----21--|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----16--17--19--|
B |-----17--19--21-----|
G |-----16--18--19-----|
D |-----16--18--19-----|
A |-----16--17--19-----|
E |--16--17--19-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U16--D17--U19--|
B |-----D17--U19--D21--|
G |-----U16--D18--U19--|
D |-----D16--U18--D19--|
A |-----U16--D17--U19--|
E |--D16--U17--D19--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->16--17--19--|
B |----->17--19--21--|
G |----->16--18--19--|
D |----->16--18--19--|
A |----->16--17--19--|
E |-->16--17--19--|

```

G Lydian

Notes: G, A, B, Db, D, E, Gb | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 2-6

```
e |-----2-- 3-- 5--|
B |-----2-- 3-- 5-----|
G |-----2-- 4-- 6-----|
D |-----2-- 4-- 5-----|
A |-----2-- 4-- 5-----|
E |-- 2-- 3-- 5-----|
```

E:2=Gb | E:3=G | E:5=A | A:2=B | A:4=Db | A:5=D | D:2=E | D:4=Gb | D:5=G | G:2=A | G:4=B | G:6=Db | B:2=Db | B:3=D | B:5=E | e:2=Gb | e:3=G | e:5=A

Position 2

Frets 4-9

```
e |-----5-- 7-- 9--|
B |-----5-- 7-- 8-----|
G |-----4-- 6-- 7-----|
D |-----4-- 5-- 7-----|
A |-----4-- 5-- 7-----|
E |-- 5-- 7-- 9-----|
```

E:5=A | E:7=B | E:9=Db | A:4=Db | A:5=D | A:7=E | D:4=Gb | D:5=G | D:7=A | G:4=B | G:6=Db | G:7=D | B:5=E | B:7=Gb | B:8=G | e:5=A | e:7=B | e:9=Db

Position 3

Frets 6-11

```
e |-----7-- 9--10--|
B |-----7-- 8--10-----|
G |-----6-- 7-- 9-----|
D |-----7-- 9--11-----|
A |-----7-- 9--10-----|
E |-- 7-- 9--10-----|
```

E:7=B | E:9=Db | E:10=D | A:7=E | A:9=Gb | A:10=G | D:7=A | D:9=B | D:11=Db | G:6=Db | G:7=D | G:9=E | B:7=Gb | B:8=G | B:10=A | e:7=B | e:9=Db | e:10=D

Position 4

Frets 8-12

```
e |-----9--10--12--|
B |-----8--10--12-----|
G |-----9--11--12-----|
D |-----9--11--12-----|
A |-----9--10--12-----|
E |-- 9--10--12-----|
```

E:9=D \flat | E:10=D | E:12=E | A:9=G \flat | A:10=G | A:12=A | D:9=B | D:11=D \flat | D:12=D | G:9=E | G:11=G \flat | G:12=G | B:8=G | B:10=A | B:12=B | e:9=D \flat | e:10=D | e:12=E

Position 5

Frets 9-14

```
e |-----9--10--12--|
B |-----10--12--14-----|
G |-----9--11--12-----|
D |-----9--11--12-----|
A |-----9--10--12-----|
E |--9--10--12-----|
```

E:9=D \flat | E:10=D | E:12=E | A:9=G \flat | A:10=G | A:12=A | D:9=B | D:11=D \flat | D:12=D | G:9=E | G:11=G \flat | G:12=G | B:10=A | B:12=B | B:14=D \flat | e:9=D \flat | e:10=D | e:12=E

Companion Chords

Play these chords over your G Lydian exercises:

```
      G      Am      D      Em
e |--3--| |--0--| |--2--| |--0--|
B |--0--| |--1--| |--3--| |--0--|
G |--0--| |--2--| |--2--| |--0--|
D |--0--| |--2--| |--0--| |--2--|
A |--2--| |--0--| |--X--| |--2--|
E |--3--| |--X--| |--X--| |--0--|
```

Progression: **G - Am - D - Em**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----2--3--5--|
B |-----2--3--5-----|
G |-----2--4--6-----|
D |-----2--4--5-----|
A |-----2--4--5-----|
E |--2--3--5-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--5--3--2-----|
B |--5--3--2-----|
G |--6--4--2-----|
D |--5--4--2-----|
A |--5--4--2-----|
E |--5--3--2-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----2h3--| --3p2-----|
B |-----2h3-----| -----3p2-----|
G |-----2h4-----| -----4p2-----|
D |-----2h4-----| -----4p2-----|
A |-----2h4-----| -----4p2-----|
E |--2h3-----| -----3p2--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----2--|
D |-----2-----2--4--2--4--5--4--5-----|
A |-----2-----2--4--2--4--5--4--5-----5-----|
E |--2--3--5--3--5-----5-----|

e |-----2-----2--3--2--3--5--|
B |-----2-----2--3--2--3--5--3--5-----5-----|
G |-----2--4--2--4--6--4--6-----6-----|
D |--5-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----2--3--|
G |-----2-----2--4--6--4--6-----|
D |-----2--4--2--4--5-----5-----|
A |-----2-----2--4--5--4--5-----|
E |--2--3--5-----5-----|

e |-----2-----2--3--5-----|
B |--2--3--5-----5-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----2--3--5--|
B |-----2--3--5-----|
G |-----2--4--6-----|
D |-----2--4--5-----|
A |-----2--4--5-----|
E |--2--3--5-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U2--D3--U5--|
B |-----D2--U3--D5--|
G |-----U2--D4--U6--|
D |-----D2--U4--D5--|
A |-----U2--D4--U5--|
E |--D2--U3--D5-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->2-- 3-- 5--|
B |----->2-- 3-- 5--|
G |----->2-- 4-- 6--|
D |----->2-- 4-- 5--|
A |----->2-- 4-- 5--|
E |-->2-- 3-- 5-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----5-- 7-- 9--|
B |-----5-- 7-- 8--|
G |-----4-- 6-- 7--|
D |-----4-- 5-- 7--|
A |-----4-- 5-- 7--|
E |--5-- 7-- 9-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--9-- 7-- 5-----|
B |-----8-- 7-- 5-----|
G |-----7-- 6-- 4-----|
D |-----7-- 5-- 4-----|
A |-----7-- 5-- 4-----|
E |-----9-- 7-- 5-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----5h7--| --7p5-----|
B |-----5h7--| -----7p5-----|
G |-----4h6--| -----6p4-----|
D |-----4h5--| -----5p4-----|
A |-----4h5--| -----5p4-----|
E |--5h7--| -----7p5--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----4--|

```

```

D |----- 4----- 4-- 5-- 4-- 5-- 7-- 5-- 7-----|
A |----- 4----- 4-- 5-- 4-- 5-- 7-- 5-- 7----- 7-----|
E |-- 5-- 7-- 9-- 7-- 9----- 9-----|

e |----- 5----- 5-- 7-- 5-- 7-- 9--|
B |----- 5----- 5-- 7-- 5-- 7-- 8-- 7-- 8----- 8-----|
G |----- 4-- 6-- 4-- 6-- 7-- 6-- 7----- 7-----|
D |-- 7-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |----- 5-- 7--|
G |----- 4----- 4-- 6-- 7-- 6-- 7-----|
D |----- 4-- 5-- 4-- 5-- 7----- 7-----|
A |----- 4----- 4-- 5-- 7-- 5-- 7-----|
E |-- 5-- 7-- 9----- 9-----|

e |----- 5----- 5-- 7-- 9-----|
B |-- 5-- 7-- 8----- 8-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |----- 5-- 7-- 9--|
B |----- 5-- 7-- 8-----|
G |----- 4-- 6-- 7-----|
D |----- 4-- 5-- 7-----|
A |----- 4-- 5-- 7-----|
E |-- 5-- 7-- 9-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U5--D7--U9--|
B |-----D5--U7--D8--|
G |-----U4--D6--U7--|
D |-----D4--U5--D7--|
A |-----U4--D5--U7--|
E |--D5--U7--D9--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->5-- 7-- 9--|
B |----->5-- 7-- 8--|
G |----->4-- 6-- 7--|
D |----->4-- 5-- 7--|
A |----->4-- 5-- 7--|
E |-->5-- 7-- 9--|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----7-- 9--10--|
B |-----7-- 8--10-----|
G |-----6-- 7-- 9-----|
D |-----7-- 9--11-----|
A |-----7-- 9--10-----|
E |-- 7-- 9--10-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--10-- 9-- 7-----|
B |--10-- 8-- 7-----|
G |-----9-- 7-- 6-----|
D |-----11-- 9-- 7-----|
A |-----10-- 9-- 7-----|
E |-----10-- 9-- 7--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----7h9--| --9p7-----|
B |-----7h8-----| -----8p7-----|
G |-----6h7-----| -----7p6-----|
D |-----7h9-----| -----9p7-----|
A |-----7h9-----| -----9p7-----|
E |--7h9-----| -----9p7--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----6--|
D |-----7-- 9-- 7-- 9--11-- 9--11-----|
A |-----7-- 9-- 7-- 9--10-- 9--10-----10-----|
E |-- 7-- 9--10-- 9--10-----10-----|

e |-----7-----7-- 9-- 7-- 9--10--|
B |-----7-----7-- 8-- 7-- 8--10-- 8--10-----10-----|
G |-----6-- 7-- 6-- 7-- 9-- 7-- 9-----9-----|
D |--11-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----7-- 8--|
G |-----6-----6-- 7-- 9-- 7-- 9-----|
D |-----7-- 9-- 7-- 9--11-----11-----|
A |-----7-----7-- 9--10-- 9--10-----|
```

```

E|-- 7-- 9--10-----10-----|
e|----- 7----- 7-- 9--10-----|
B|-- 7-- 8--10-----10-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 7-- 9--10--|
B|----- 7-- 8--10-----|
G|----- 6-- 7-- 9-----|
D|----- 7-- 9--11-----|
A|----- 7-- 9--10-----|
E|-- 7-- 9--10-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U7--D9--U10--|
B|-----D7--U8--D10--|
G|-----U6--D7--U9--|
D|-----D7--U9--D11--|
A|-----U7--D9--U10--|
E|--D7--U9--D10-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->7-- 9--10--|
B|----->7-- 8--10-----|
G|----->6-- 7-- 9-----|
D|----->7-- 9--11-----|
A|----->7-- 9--10-----|
E|-->7-- 9--10-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|----- 9--10--12--|
B|----- 8--10--12-----|
G|----- 9--11--12-----|
D|----- 9--11--12-----|
A|----- 9--10--12-----|
E|-- 9--10--12-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.


```

e | --12--10-- 9-----|
B | -----12--10-- 8-----|
G | -----12--11-- 9-----|
D | -----12--11-- 9-----|
A | -----12--10-- 9-----|
E | -----12--10-- 9-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----9h10-- | --10p9-----|
B | -----8h10-----| -----10p8-----|
G | -----9h11-----| -----11p9-----|
D | -----9h11-----| -----11p9-----|
A | -----9h10-----| -----10p9-----|
E | --9h10-----| -----10p9--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----9--|
D | -----9----- 9--11-- 9--11--12--11--12-----|
A | -----9----- 9--10-- 9--10--12--10--12-----12-----|
E | -- 9--10--12--10--12-----12-----|

e | -----9----- 9--10-- 9--10--12--|
B | -----8----- 8--10-- 8--10--12--10--12-----12-----|
G | -----9--11-- 9--11--12--11--12-----12-----|
D | --12-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----8--10--|
G | -----9----- 9--11--12--11--12-----|
D | -----9--11-- 9--11--12-----12-----|
A | -----9----- 9--10--12--10--12-----|
E | -- 9--10--12-----12-----|

e | -----9----- 9--10--12-----|
B | -- 8--10--12-----12-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----9--10--12--|
B | -----8--10--12-----|
G | -----9--11--12-----|
D | -----9--11--12-----|
A | -----9--10--12-----|
E | -- 9--10--12-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U9--D10--U12--|
B |-----D8--U10--D12--|
G |-----U9--D11--U12--|
D |-----D9--U11--D12--|
A |-----U9--D10--U12--|
E |--D9--U10--D12-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->9--10--12--|
B |----->8--10--12--|
G |----->9--11--12--|
D |----->9--11--12--|
A |----->9--10--12--|
E |-->9--10--12-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----9--10--12--|
B |-----10--12--14--|
G |-----9--11--12--|
D |-----9--11--12--|
A |-----9--10--12--|
E |--9--10--12-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--12--10--9-----|
B |--14--12--10-----|
G |--12--11--9-----|
D |--12--11--9-----|
A |--12--10--9-----|
E |--12--10--9-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----9h10--| --10p9-----|
B |-----10h12--| -----12p10-----|
G |-----9h11--| -----11p9-----|
D |-----9h11--| -----11p9-----|
A |-----9h10--| -----10p9-----|
E |--9h10-----| -----10p9-----|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |----- 9--|
D |----- 9----- 9--11-- 9--11--12--11--12--|
A |----- 9----- 9--10-- 9--10--12--10--12--12-----|
E |-- 9--10--12--10--12-----12-----|

e |----- 9----- 9--10-- 9--10--12--|
B |-----10-----10--12--10--12--14--12--14-----14-----|
G |----- 9--11-- 9--11--12--11--12-----12-----|
D |--12-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----10--12--|
G |----- 9----- 9--11--12--11--12-----|
D |----- 9--11-- 9--11--12-----12-----|
A |----- 9----- 9--10--12--10--12-----|
E |-- 9--10--12-----12-----|

e |----- 9----- 9--10--12-----|
B |--10--12--14-----14-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |----- 9--10--12--|
B |-----10--12--14-----|
G |----- 9--11--12-----|
D |----- 9--11--12-----|
A |----- 9--10--12-----|
E |-- 9--10--12-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U9--D10--U12--|
B |-----D10--U12--D14--|
G |-----U9--D11--U12--|
D |-----D9--U11--D12--|
A |-----U9--D10--U12--|
E |--D9--U10--D12-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->9--10--12--|
B |----->10--12--14--|
G |----->9--11--12--|
D |----->9--11--12--|
A |----->9--10--12--|
E |-->9--10--12-----|

```

C Lydian

Notes: C, D, E, Gb, G, A, B | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 7-11

```
e |-----7-- 8--10--|
B |-----7-- 8--10-----|
G |-----7-- 9--11-----|
D |-----7-- 9--10-----|
A |-----7-- 9--10-----|
E |--7-- 8--10-----|
```

E:7=B | E:8=C | E:10=D | A:7=E | A:9=Gb | A:10=G | D:7=A | D:9=B | D:10=C | G:7=D | G:9=E | G:11=Gb | B:7=Gb | B:8=G | B:10=A | e:7=B | e:8=C | e:10=D

Position 2

Frets 9-14

```
e |-----10--12--14--|
B |-----10--12--13-----|
G |-----9--11--12-----|
D |-----9--10--12-----|
A |-----9--10--12-----|
E |--10--12--14-----|
```

E:10=D | E:12=E | E:14=Gb | A:9=Gb | A:10=G | A:12=A | D:9=B | D:10=C | D:12=D | G:9=E | G:11=Gb | G:12=G | B:10=A | B:12=B | B:13=C | e:10=D | e:12=E | e:14=Gb

Position 3

Frets 11-16

```
e |-----12--14--15--|
B |-----12--13--15-----|
G |-----11--12--14-----|
D |-----12--14--16-----|
A |-----12--14--15-----|
E |--12--14--15-----|
```

E:12=E | E:14=Gb | E:15=G | A:12=A | A:14=B | A:15=C | D:12=D | D:14=E | D:16=Gb | G:11=Gb | G:12=G | G:14=A | B:12=B | B:13=C | B:15=D | e:12=E | e:14=Gb | e:15=G

Position 4

Frets 13-17

```
e |-----14--15--17--|
B |-----13--15--17-----|
G |-----14--16--17-----|
D |-----14--16--17-----|
A |-----14--15--17-----|
E |--14--15--17-----|
```

E:14=G♭ | E:15=G | E:17=A | A:14=B | A:15=C | A:17=D | D:14=E | D:16=G♭ | D:17=G | G:14=A | G:16=B | G:17=C | B:13=C |
 B:15=D | B:17=E | e:14=G♭ | e:15=G | e:17=A

Position 5

Frets 14-19

```

e |-----14--15--17--|
B |-----15--17--19--|
G |-----14--16--17--|
D |-----14--16--17--|
A |-----14--15--17--|
E |--14--15--17-----|

```

E:14=G♭ | E:15=G | E:17=A | A:14=B | A:15=C | A:17=D | D:14=E | D:16=G♭ | D:17=G | G:14=A | G:16=B | G:17=C | B:15=D |
 B:17=E | B:19=G♭ | e:14=G♭ | e:15=G | e:17=A

Companion Chords

Play these chords over your C Lydian exercises:

```

      C      Dm      G      Am
e |--0--| |--1--| |--3--| |--0--|
B |--1--| |--3--| |--0--| |--1--|
G |--0--| |--2--| |--0--| |--2--|
D |--2--| |--0--| |--0--| |--2--|
A |--3--| |--X--| |--2--| |--0--|
E |--X--| |--X--| |--3--| |--X--|

```

Progression: **C - Dm - G - Am**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----7-- 8--10--|
B |-----7-- 8--10-----|
G |-----7-- 9--11-----|
D |-----7-- 9--10-----|
A |-----7-- 9--10-----|
E |--7-- 8--10-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--10-- 8-- 7-----|
B |--10-- 8-- 7-----|
G |--11-- 9-- 7-----|
D |--10-- 9-- 7-----|
A |--10-- 9-- 7-----|
E |--10-- 8-- 7-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----7h8--| --8p7-----|
B |-----7h8-----| -----8p7-----|
G |-----7h9-----| -----9p7-----|
D |-----7h9-----| -----9p7-----|
A |-----7h9-----| -----9p7-----|
E |--7h8-----| -----8p7--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----7--|
D |-----7-----7--9--7--9--10--9--10-----|
A |-----7-----7--9--7--9--10--9--10-----10-----|
E |--7--8--10--8--10-----10-----|

e |-----7-----7--8--7--8--10--|
B |-----7-----7--8--7--8--10--8--10-----10-----|
G |-----7--9--7--9--11--9--11-----11-----|
D |--10-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----7--8--|
G |-----7-----7--9--11--9--11-----|
D |-----7--9--7--9--10-----10-----|
A |-----7-----7--9--10--9--10-----|
E |--7--8--10-----10-----|

e |-----7-----7--8--10-----|
B |--7--8--10-----10-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----7--8--10--|
B |-----7--8--10-----|
G |-----7--9--11-----|
D |-----7--9--10-----|
A |-----7--9--10-----|
E |--7--8--10-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U7--D8--U10--|
B |-----D7--U8--D10-----|
G |-----U7--D9--U11-----|
D |-----D7--U9--D10-----|
A |-----U7--D9--U10-----|
E |--D7--U8--D10-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->7-- 8--10--|
B |----->7-- 8--10-----|
G |----->7-- 9--11-----|
D |----->7-- 9--10-----|
A |----->7-- 9--10-----|
E |-->7-- 8--10-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----10--12--14--|
B |-----10--12--13-----|
G |----- 9--11--12-----|
D |----- 9--10--12-----|
A |----- 9--10--12-----|
E |--10--12--14-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--14--12--10-----|
B |-----13--12--10-----|
G |-----12--11-- 9-----|
D |-----12--10-- 9-----|
A |-----12--10-- 9-----|
E |-----14--12--10--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----10h12--| --12p10-----|
B |-----10h12-----| -----12p10-----|
G |-----9h11-----| -----11p9-----|
D |-----9h10-----| -----10p9-----|
A |-----9h10-----| -----10p9-----|
E |--10h12-----| -----12p10--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |----- 9--|

```

```

D |-----9-----9--10--9--10--12--10--12-----|
A |-----9-----9--10--9--10--12--10--12-----12-----|
E |--10--12--14--12--14-----14-----|

e |-----10-----10--12--10--12--14--|
B |-----10-----10--12--10--12--13--12--13-----13-----|
G |-----9--11--9--11--12--11--12-----12-----|
D |--12-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----10--12--|
G |-----9-----9--11--12--11--12-----|
D |-----9--10--9--10--12-----12-----|
A |-----9-----9--10--12--10--12-----|
E |--10--12--14-----14-----|

e |-----10-----10--12--14-----|
B |--10--12--13-----13-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----10--12--14--|
B |-----10--12--13-----|
G |-----9--11--12-----|
D |-----9--10--12-----|
A |-----9--10--12-----|
E |--10--12--14-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U10--D12--U14--|
B |-----D10--U12--D13-----|
G |-----U9--D11--U12-----|
D |-----D9--U10--D12-----|
A |-----U9--D10--U12-----|
E |--D10--U12--D14-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->10--12--14--|
B |----->10--12--13-----|
G |----->9--11--12-----|
D |----->9--10--12-----|
A |----->9--10--12-----|
E |-->10--12--14-----|

```


Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----12--14--15--|
B |-----12--13--15-----|
G |-----11--12--14-----|
D |-----12--14--16-----|
A |-----12--14--15-----|
E |--12--14--15-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--15--14--12-----|
B |-----15--13--12-----|
G |-----14--12--11-----|
D |-----16--14--12-----|
A |-----15--14--12-----|
E |-----15--14--12--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----12h14--| --14p12-----|
B |-----12h13-----| -----13p12-----|
G |-----11h12-----| -----12p11-----|
D |-----12h14-----| -----14p12-----|
A |-----12h14-----| -----14p12-----|
E |--12h14-----| -----14p12--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----11--|
D |-----12-----12--14--12--14--16--14--16-----|
A |-----12-----12--14--12--14--15--14--15-----15-----|
E |--12--14--15--14--15-----15-----|

e |-----12-----12--14--12--14--15--|
B |-----12-----12--13--12--13--15--13--15-----15-----|
G |-----11--12--11--12--14--12--14-----14-----|
D |--16-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----12--13--|
G |-----11-----11--12--14--12--14-----|
D |-----12--14--12--14--16-----16-----|
A |-----12-----12--14--15--14--15-----|
```

```

E|--12--14--15-----15-----|
e|-----12-----12--14--15-----|
B|--12--13--15-----15-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----12--14--15--|
B|-----12--13--15-----|
G|-----11--12--14-----|
D|-----12--14--16-----|
A|-----12--14--15-----|
E|--12--14--15-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U12--D14--U15--|
B|-----D12--U13--D15-----|
G|-----U11--D12--U14-----|
D|-----D12--U14--D16-----|
A|-----U12--D14--U15-----|
E|--D12--U14--D15-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->12--14--15--|
B|----->12--13--15-----|
G|----->11--12--14-----|
D|----->12--14--16-----|
A|----->12--14--15-----|
E|-->12--14--15-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----14--15--17--|
B|-----13--15--17-----|
G|-----14--16--17-----|
D|-----14--16--17-----|
A|-----14--15--17-----|
E|--14--15--17-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --17--15--14-----|
B | -----17--15--13-----|
G | -----17--16--14-----|
D | -----17--16--14-----|
A | -----17--15--14-----|
E | -----17--15--14-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----14h15-- | --15p14-----|
B | -----13h15-----| -----15p13-----|
G | -----14h16-----| -----16p14-----|
D | -----14h16-----| -----16p14-----|
A | -----14h15-----| -----15p14-----|
E | --14h15-----| -----15p14--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----14--|
D | -----14--16--14--16--17--16--17-----|
A | -----14--14--15--14--15--17--15--17-----17-----|
E | --14--15--17--15--17-----17-----|

e | -----14-----14--15--14--15--17--|
B | -----13-----13--15--13--15--17--15--17-----17-----|
G | -----14--16--14--16--17--16--17-----17-----|
D | --17-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----13--15--|
G | -----14-----14--16--17--16--17-----|
D | -----14--16--14--16--17-----17-----|
A | -----14-----14--15--17--15--17-----|
E | --14--15--17-----17-----|

e | -----14-----14--15--17-----|
B | --13--15--17-----17-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----14--15--17--|
B | -----13--15--17-----|
G | -----14--16--17-----|
D | -----14--16--17-----|
A | -----14--15--17-----|
E | --14--15--17-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e | -----U14--D15--U17--|
B | -----D13--U15--D17--|
G | -----U14--D16--U17--|
D | -----D14--U16--D17--|
A | -----U14--D15--U17--|
E | -----D14--U15--D17--|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e | ----->14--15--17--|
B | ----->13--15--17--|
G | ----->14--16--17--|
D | ----->14--16--17--|
A | ----->14--15--17--|
E | ----->14--15--17--|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e | -----14--15--17--|
B | -----15--17--19--|
G | -----14--16--17--|
D | -----14--16--17--|
A | -----14--15--17--|
E | -----14--15--17--|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e | --17--15--14-----|
B | -----19--17--15-----|
G | -----17--16--14-----|
D | -----17--16--14-----|
A | -----17--15--14-----|
E | -----17--15--14-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e | -----14h15--| --15p14-----|
B | -----15h17-----| -----17p15-----|
G | -----14h16-----| -----16p14-----|
D | -----14h16-----| -----16p14-----|
A | -----14h15-----| -----15p14-----|
E | --14h15-----| -----15p14--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----14--|
D |-----14-----14--16--14--16--17--16--17--|
A |-----14-----14--15--14--15--17--15--17-----17-----|
E |--14--15--17--15--17-----17-----|

e |-----14-----14--15--14--15--17--|
B |-----15-----15--17--15--17--19--17--19-----19-----|
G |-----14--16--14--16--17--16--17-----17-----|
D |--17-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----15--17--|
G |-----14-----14--16--17--16--17-----|
D |-----14--16--14--16--17-----17-----|
A |-----14-----14--15--17--15--17-----|
E |--14--15--17-----17-----|

e |-----14-----14--15--17-----|
B |--15--17--19-----19-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----14--15--17--|
B |-----15--17--19-----|
G |-----14--16--17-----|
D |-----14--16--17-----|
A |-----14--15--17-----|
E |--14--15--17-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U14--D15--U17--|
B |-----D15--U17--D19--|
G |-----U14--D16--U17--|
D |-----D14--U16--D17--|
A |-----U14--D15--U17--|
E |--D14--U15--D17--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->14--15--17--|
B |----->15--17--19--|
G |----->14--16--17--|
D |----->14--16--17--|
A |----->14--15--17--|
E |-->14--15--17--|

```

B Lydian

Notes: B, C#, D#, F, F#, G#, A# | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 6-10

```
e |-----6-- 7-- 9--|
B |-----6-- 7-- 9-----|
G |-----6-- 8--10-----|
D |-----6-- 8-- 9-----|
A |-----6-- 8-- 9-----|
E |-- 6-- 7-- 9-----|
```

E:6=A# | E:7=B | E:9=C# | A:6=D# | A:8=F | A:9=F# | D:6=G# | D:8=A# | D:9=B | G:6=C# | G:8=D# | G:10=F | B:6=F |
B:7=F# | B:9=G# | e:6=A# | e:7=B | e:9=C#

Position 2

Frets 8-13

```
e |-----9--11--13--|
B |-----9--11--12-----|
G |-----8--10--11-----|
D |-----8-- 9--11-----|
A |-----8-- 9--11-----|
E |-- 9--11--13-----|
```

E:9=C# | E:11=D# | E:13=F | A:8=F | A:9=F# | A:11=G# | D:8=A# | D:9=B | D:11=C# | G:8=D# | G:10=F | G:11=F# | B:9=G# |
B:11=A# | B:12=B | e:9=C# | e:11=D# | e:13=F

Position 3

Frets 10-15

```
e |-----11--13--14--|
B |-----11--12--14-----|
G |-----10--11--13-----|
D |-----11--13--15-----|
A |-----11--13--14-----|
E |--11--13--14-----|
```

E:11=D# | E:13=F | E:14=F# | A:11=G# | A:13=A# | A:14=B | D:11=C# | D:13=D# | D:15=F | G:10=F | G:11=F# | G:13=G# |
B:11=A# | B:12=B | B:14=C# | e:11=D# | e:13=F | e:14=F#

Position 4

Frets 12-16

```
e |-----13--14--16--|
B |-----12--14--16-----|
G |-----13--15--16-----|
D |-----13--15--16-----|
A |-----13--14--16-----|
E |--13--14--16-----|
```

E:13=F | E:14=F# | E:16=G# | A:13=A# | A:14=B | A:16=C# | D:13=D# | D:15=F | D:16=F# | G:13=G# | G:15=A# | G:16=B |
 B:12=B | B:14=C# | B:16=D# | e:13=F | e:14=F# | e:16=G#

Position 5

Frets 13-18

```

e |-----13--14--16--|
B |-----14--16--18--|
G |-----13--15--16--|
D |-----13--15--16--|
A |-----13--14--16--|
E |--13--14--16-----|

```

E:13=F | E:14=F# | E:16=G# | A:13=A# | A:14=B | A:16=C# | D:13=D# | D:15=F | D:16=F# | G:13=G# | G:15=A# | G:16=B |
 B:14=C# | B:16=D# | B:18=F | e:13=F | e:14=F# | e:16=G#

Companion Chords

Play these chords over your B Lydian exercises:

	B	C#m	F#	G#m
e	--7--	--9--	--2--	--4--
B	--7--	--9--	--2--	--4--
G	--8--	--9--	--3--	--4--
D	--9--	--11--	--4--	--6--
A	--9--	--11--	--4--	--6--
E	--7--	--9--	--2--	--4--

Progression: **B - C#m - F# - G#m**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----6-- 7-- 9--|
B |-----6-- 7-- 9--|
G |-----6-- 8--10--|
D |-----6-- 8-- 9--|
A |-----6-- 8-- 9--|
E |--6-- 7-- 9-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 9-- 7-- 6-----|
B |-- 9-- 7-- 6-----|
G |--10-- 8-- 6-----|
D |-- 9-- 8-- 6-----|
A |-- 9-- 8-- 6-----|
E |-- 9-- 7-- 6-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----6h7--| --7p6-----|
B |-----6h7-----| -----7p6-----|
G |-----6h8-----| -----8p6-----|
D |-----6h8-----| -----8p6-----|
A |-----6h8-----| -----8p6-----|
E |--6h7-----| -----7p6--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----6--|
D |-----6-- 8-- 6-- 8-- 9-- 8-- 9--|
A |-----6-- 8-- 6-- 8-- 9-- 8-- 9--|
E |--6-- 7-- 9-- 7-- 9--|

e |-----6-- 7-- 6-- 7-- 9--|
B |-----6-- 7-- 6-- 7-- 9-- 7-- 9--|
G |-----6-- 8-- 6-- 8--10-- 8--10--|
D |--9--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----6-- 7--|
G |-----6-- 8--10-- 8--10--|
D |-----6-- 8-- 6-- 8-- 9--|
A |-----6-- 8-- 9-- 8-- 9--|
E |--6-- 7-- 9--|

e |-----6-- 7-- 9--|
B |--6-- 7-- 9--|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----6-- 7-- 9--|
B |-----6-- 7-- 9--|
G |-----6-- 8--10--|
D |-----6-- 8-- 9--|
A |-----6-- 8-- 9--|
E |--6-- 7-- 9--|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.


```

e |-----U6--D7--U9--|
B |-----D6--U7--D9--|
G |-----U6--D8--U10--|
D |-----D6--U8--D9--|
A |-----U6--D8--U9--|
E |--D6--U7--D9-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->6-- 7-- 9--|
B |----->6-- 7-- 9-----|
G |----->6-- 8--10-----|
D |----->6-- 8-- 9-----|
A |----->6-- 8-- 9-----|
E |-->6-- 7-- 9-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----9--11--13--|
B |-----9--11--12-----|
G |-----8--10--11-----|
D |-----8-- 9--11-----|
A |-----8-- 9--11-----|
E |--9--11--13-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--13--11-- 9-----|
B |-----12--11-- 9-----|
G |-----11--10-- 8-----|
D |-----11-- 9-- 8-----|
A |-----11-- 9-- 8-----|
E |-----13--11-- 9--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----9h11--| --11p9-----|
B |-----9h11-----| -----11p9-----|
G |-----8h10-----| -----10p8-----|
D |-----8h9-----| -----9p8-----|
A |-----8h9-----| -----9p8-----|
E |--9h11-----| -----11p9--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----8--|

```

```

D |-----8-----8--9--8--9--11--9--11-----|
A |-----8-----8--9--8--9--11--9--11-----11-----|
E |--9--11--13--11--13-----13-----|

e |-----9-----9--11--9--11--13--|
B |-----9-----9--11--9--11--12--11--12-----12-----|
G |-----8--10--8--10--11--10--11-----11-----|
D |--11-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----9--11--|
G |-----8-----8--10--11--10--11-----|
D |-----8--9--8--9--11-----11-----|
A |-----8-----8--9--11--9--11-----|
E |--9--11--13-----13-----|

e |-----9-----9--11--13-----|
B |--9--11--12-----12-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----9--11--13--|
B |-----9--11--12-----|
G |-----8--10--11-----|
D |-----8--9--11-----|
A |-----8--9--11-----|
E |--9--11--13-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U9--D11--U13--|
B |-----D9--U11--D12-----|
G |-----U8--D10--U11-----|
D |-----D8--U9--D11-----|
A |-----U8--D9--U11-----|
E |--D9--U11--D13-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->9--11--13--|
B |----->9--11--12-----|
G |----->8--10--11-----|
D |----->8--9--11-----|
A |----->8--9--11-----|
E |-->9--11--13-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----11--13--14--|
B |-----11--12--14-----|
G |-----10--11--13-----|
D |-----11--13--15-----|
A |-----11--13--14-----|
E |--11--13--14-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--14--13--11-----|
B |-----14--12--11-----|
G |-----13--11--10-----|
D |-----15--13--11-----|
A |-----14--13--11-----|
E |-----14--13--11--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----11h13--| --13p11-----|
B |-----11h12-----| -----12p11-----|
G |-----10h11-----| -----11p10-----|
D |-----11h13-----| -----13p11-----|
A |-----11h13-----| -----13p11-----|
E |--11h13-----| -----13p11--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----10--|
D |-----11-----11--13--11--13--15--13--15-----|
A |-----11-----11--13--11--13--14--13--14-----14-----|
E |--11--13--14--13--14-----14-----|

e |-----11-----11--13--11--13--14--|
B |-----11-----11--12--11--12--14--12--14-----14-----|
G |-----10--11--10--11--13--11--13-----13-----|
D |--15-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----11--12--|
G |-----10-----10--11--13--11--13-----|
D |-----11--13--11--13--15-----15-----|
A |-----11-----11--13--14--13--14-----|
```

```

E|--11--13--14-----14-----|
e|-----11-----11--13--14-----|
B|--11--12--14-----14-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----11--13--14--|
B|-----11--12--14-----|
G|-----10--11--13-----|
D|-----11--13--15-----|
A|-----11--13--14-----|
E|--11--13--14-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U11--D13--U14--|
B|-----D11--U12--D14-----|
G|-----U10--D11--U13-----|
D|-----D11--U13--D15-----|
A|-----U11--D13--U14-----|
E|--D11--U13--D14-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->11--13--14--|
B|----->11--12--14-----|
G|----->10--11--13-----|
D|----->11--13--15-----|
A|----->11--13--14-----|
E|-->11--13--14-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----13--14--16--|
B|-----12--14--16-----|
G|-----13--15--16-----|
D|-----13--15--16-----|
A|-----13--14--16-----|
E|--13--14--16-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --16--14--13-----|
B | -----16--14--12-----|
G | -----16--15--13-----|
D | -----16--15--13-----|
A | -----16--14--13-----|
E | -----16--14--13--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----13h14--| --14p13-----|
B | -----12h14-----| -----14p12-----|
G | -----13h15-----| -----15p13-----|
D | -----13h15-----| -----15p13-----|
A | -----13h14-----| -----14p13-----|
E | --13h14-----| -----14p13--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----13--|
D | -----13--15--13--15--16--15--16-----|
A | -----13--13--14--13--14--16--14--16-----16-----|
E | --13--14--16--14--16-----16-----|

e | -----13-----13--14--13--14--16--|
B | -----12-----12--14--12--14--16--14--16-----16-----|
G | -----13--15--13--15--16--15--16-----16-----|
D | --16-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----12--14--|
G | -----13--13--15--16--15--16-----|
D | -----13--15--13--15--16-----16-----|
A | -----13--13--14--16--14--16-----|
E | --13--14--16-----16-----|

e | -----13-----13--14--16-----|
B | --12--14--16-----16-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----13--14--16--|
B | -----12--14--16-----|
G | -----13--15--16-----|
D | -----13--15--16-----|
A | -----13--14--16-----|
E | --13--14--16-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U13--D14--U16--|
B |-----D12--U14--D16--|
G |-----U13--D15--U16--|
D |-----D13--U15--D16--|
A |-----U13--D14--U16--|
E |--D13--U14--D16-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->13--14--16--|
B |----->12--14--16--|
G |----->13--15--16--|
D |----->13--15--16--|
A |----->13--14--16--|
E |-->13--14--16-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----13--14--16--|
B |-----14--16--18--|
G |-----13--15--16--|
D |-----13--15--16--|
A |-----13--14--16--|
E |--13--14--16-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--16--14--13-----|
B |-----18--16--14-----|
G |-----16--15--13-----|
D |-----16--15--13-----|
A |-----16--14--13-----|
E |-----16--14--13-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----13h14--| 14p13-----|
B |-----14h16-----| 16p14-----|
G |-----13h15-----| 15p13-----|
D |-----13h15-----| 15p13-----|
A |-----13h14-----| 14p13-----|
E |--13h14-----| 14p13-----|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----13--|
D |-----13-----13--15--13--15--16--15--16--|
A |-----13-----13--14--13--14--16--14--16-----16-----|
E |--13--14--16--14--16-----16-----|

e |-----13-----13--14--13--14--16--|
B |-----14-----14--16--14--16--18--16--18-----18-----|
G |-----13--15--13--15--16--15--16-----16-----|
D |--16-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----14--16--|
G |-----13-----13--15--16--15--16-----|
D |-----13--15--13--15--16-----16-----|
A |-----13-----13--14--16--14--16-----|
E |--13--14--16-----16-----|

e |-----13-----13--14--16-----|
B |--14--16--18-----18-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----13--14--16--|
B |-----14--16--18-----|
G |-----13--15--16-----|
D |-----13--15--16-----|
A |-----13--14--16-----|
E |--13--14--16-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U13--D14--U16--|
B |-----D14--U16--D18--|
G |-----U13--D15--U16--|
D |-----D13--U15--D16--|
A |-----U13--D14--U16--|
E |--D13--U14--D16--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->13--14--16--|
B |----->14--16--18--|
G |----->13--15--16--|
D |----->13--15--16--|
A |----->13--14--16--|
E |-->13--14--16--|

```

PART

Sharp and Flat Keys

Keys that require barre chords and less intuitive positions. These keys unlock the full fretboard and prepare you for any musical situation – jazz standards, horn-section keys, and modulating progressions.

F# Lydian, Bb Lydian, Eb Lydian, Ab Lydian, Db Lydian, F Lydian

F# Lydian

Notes: F#, G#, A#, C, C#, D#, F | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 1-5

```
e |----- 1-- 2-- 4--|
B |----- 1-- 2-- 4-----|
G |----- 1-- 3-- 5-----|
D |----- 1-- 3-- 4-----|
A |----- 1-- 3-- 4-----|
E |-- 1-- 2-- 4-----|
```

E:1=F | E:2=F# | E:4=G# | A:1=A# | A:3=C | A:4=C# | D:1=D# | D:3=F | D:4=F# | G:1=G# | G:3=A# | G:5=C | B:1=C |
B:2=C# | B:4=D# | e:1=F | e:2=F# | e:4=G#

Position 2

Frets 3-8

```
e |----- 4-- 6-- 8--|
B |----- 4-- 6-- 7-----|
G |----- 3-- 5-- 6-----|
D |----- 3-- 4-- 6-----|
A |----- 3-- 4-- 6-----|
E |-- 4-- 6-- 8-----|
```

E:4=G# | E:6=A# | E:8=C | A:3=C | A:4=C# | A:6=D# | D:3=F | D:4=F# | D:6=G# | G:3=A# | G:5=C | G:6=C# | B:4=D# |
B:6=F | B:7=F# | e:4=G# | e:6=A# | e:8=C

Position 3

Frets 5-10

```
e |----- 6-- 8-- 9--|
B |----- 6-- 7-- 9-----|
G |----- 5-- 6-- 8-----|
D |----- 6-- 8--10-----|
A |----- 6-- 8-- 9-----|
E |-- 6-- 8-- 9-----|
```

E:6=A# | E:8=C | E:9=C# | A:6=D# | A:8=F | A:9=F# | D:6=G# | D:8=A# | D:10=C | G:5=C | G:6=C# | G:8=D# | B:6=F |
B:7=F# | B:9=G# | e:6=A# | e:8=C | e:9=C#

Position 4

Frets 7-11

```
e |----- 8-- 9--11--|
B |----- 7-- 9--11-----|
G |----- 8--10--11-----|
D |----- 8--10--11-----|
A |----- 8-- 9--11-----|
E |-- 8-- 9--11-----|
```

E:8=C | E:9=C# | E:11=D# | A:8=F | A:9=F# | A:11=G# | D:8=A# | D:10=C | D:11=C# | G:8=D# | G:10=F | G:11=F# | B:7=F# | B:9=G# | B:11=A# | e:8=C | e:9=C# | e:11=D#

Position 5

Frets 8-13

```

e |----- 8-- 9--11--|
B |----- 9--11--13-----|
G |----- 8--10--11-----|
D |----- 8--10--11-----|
A |----- 8-- 9--11-----|
E |-- 8-- 9--11-----|

```

E:8=C | E:9=C# | E:11=D# | A:8=F | A:9=F# | A:11=G# | D:8=A# | D:10=C | D:11=C# | G:8=D# | G:10=F | G:11=F# | B:9=G# | B:11=A# | B:13=C | e:8=C | e:9=C# | e:11=D#

Companion Chords

Play these chords over your F# Lydian exercises:

	F#	G#m	C#	D#m
e	--2--	--4--	--9--	--11--
B	--2--	--4--	--9--	--11--
G	--3--	--4--	--10--	--11--
D	--4--	--6--	--11--	--13--
A	--4--	--6--	--11--	--13--
E	--2--	--4--	--9--	--11--

Progression: **F# - G#m - C# - D#m**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |----- 1-- 2-- 4--|
B |----- 1-- 2-- 4-----|
G |----- 1-- 3-- 5-----|
D |----- 1-- 3-- 4-----|
A |----- 1-- 3-- 4-----|
E |-- 1-- 2-- 4-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 4-- 2-- 1-----|
B |----- 4-- 2-- 1-----|
G |----- 5-- 3-- 1-----|
D |----- 4-- 3-- 1-----|
A |----- 4-- 3-- 1-----|
E |----- 4-- 2-- 1--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----1h2--| --2p1-----|
B |-----1h2-----| -----2p1-----|
G |-----1h3-----| -----3p1-----|
D |-----1h3-----| -----3p1-----|
A |-----1h3-----| -----3p1-----|
E |--1h2-----| -----2p1--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----1--|
D |-----1-----1--3--1--3--4--3--4-----|
A |-----1-----1--3--1--3--4--3--4-----4-----|
E |--1--2--4--2--4-----4-----|

e |-----1-----1--2--1--2--4--|
B |-----1-----1--2--1--2--4--2--4-----4-----|
G |-----1--3--1--3--5--3--5-----5-----|
D |--4-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----1--2--|
G |-----1-----1--3--5--3--5-----|
D |-----1--3--1--3--4-----4-----|
A |-----1-----1--3--4--3--4-----|
E |--1--2--4-----4-----|

e |-----1-----1--2--4-----|
B |--1--2--4-----4-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----1--2--4--|
B |-----1--2--4-----|
G |-----1--3--5-----|
D |-----1--3--4-----|
A |-----1--3--4-----|
E |--1--2--4-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U1--D2--U4--|
B |-----D1--U2--D4--|
G |-----U1--D3--U5--|
D |-----D1--U3--D4--|
A |-----U1--D3--U4--|
E |--D1--U2--D4-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->1-- 2-- 4--|
B |----->1-- 2-- 4-----|
G |----->1-- 3-- 5-----|
D |----->1-- 3-- 4-----|
A |----->1-- 3-- 4-----|
E |-->1-- 2-- 4-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----4-- 6-- 8--|
B |-----4-- 6-- 7-----|
G |-----3-- 5-- 6-----|
D |-----3-- 4-- 6-----|
A |-----3-- 4-- 6-----|
E |--4-- 6-- 8-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--8-- 6-- 4-----|
B |-----7-- 6-- 4-----|
G |-----6-- 5-- 3-----|
D |-----6-- 4-- 3-----|
A |-----6-- 4-- 3-----|
E |-----8-- 6-- 4-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----4h6--| --6p4-----|
B |-----4h6-----| -----6p4-----|
G |-----3h5-----| -----5p3-----|
D |-----3h4-----| -----4p3-----|
A |-----3h4-----| -----4p3-----|
E |--4h6-----| -----6p4--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----3--|

```

```

D |----- 3----- 3-- 4-- 3-- 4-- 6-- 4-- 6-----|
A |----- 3----- 3-- 4-- 3-- 4-- 6-- 4-- 6----- 6-----|
E |-- 4-- 6-- 8-- 6-- 8----- 8-----|

e |----- 4----- 4-- 6-- 4-- 6-- 8--|
B |----- 4----- 4-- 6-- 4-- 6-- 7-- 6-- 7----- 7-----|
G |----- 3-- 5-- 3-- 5-- 6-- 5-- 6----- 6-----|
D |-- 6-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |----- 4-- 6--|
G |----- 3----- 3-- 5-- 6-- 5-- 6-----|
D |----- 3-- 4-- 3-- 4-- 6----- 6-----|
A |----- 3----- 3-- 4-- 6-- 4-- 6-----|
E |-- 4-- 6-- 8----- 8-----|

e |----- 4----- 4-- 6-- 8-----|
B |-- 4-- 6-- 7----- 7-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |----- 4-- 6-- 8--|
B |----- 4-- 6-- 7-----|
G |----- 3-- 5-- 6-----|
D |----- 3-- 4-- 6-----|
A |----- 3-- 4-- 6-----|
E |-- 4-- 6-- 8-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U4--D6--U8--|
B |-----D4--U6--D7--|
G |-----U3--D5--U6--|
D |-----D3--U4--D6--|
A |-----U3--D4--U6--|
E |--D4--U6--D8--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->4-- 6-- 8--|
B |----->4-- 6-- 7--|
G |----->3-- 5-- 6--|
D |----->3-- 4-- 6--|
A |----->3-- 4-- 6--|
E |-->4-- 6-- 8--|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----6-- 8-- 9--|
B |-----6-- 7-- 9-----|
G |-----5-- 6-- 8-----|
D |-----6-- 8--10-----|
A |-----6-- 8-- 9-----|
E |-- 6-- 8-- 9-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |-- 9-- 8-- 6-----|
B |-----9-- 7-- 6-----|
G |-----8-- 6-- 5-----|
D |-----10-- 8-- 6-----|
A |-----9-- 8-- 6-----|
E |-----9-- 8-- 6--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----6h8--| --8p6-----|
B |-----6h7-----| -----7p6-----|
G |-----5h6-----| -----6p5-----|
D |-----6h8-----| -----8p6-----|
A |-----6h8-----| -----8p6-----|
E |--6h8-----| -----8p6--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----5--|
D |-----6-- 8-- 6-- 8-- 6-- 8--10-- 8--10--|
A |-----6-- 8-- 6-- 8-- 9-- 8-- 9-- 9--|
E |-- 6-- 8-- 9-- 8-- 9-- 9--|

e |-----6-- 8-- 6-- 8-- 9--|
B |-----6-- 7-- 6-- 7-- 9-- 7-- 9-- 9--|
G |-----5-- 6-- 5-- 6-- 8-- 6-- 8-- 8--|
D |--10--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----6-- 7--|
G |-----5-- 6-- 8-- 6-- 8--|
D |-----6-- 8-- 6-- 8--10--10--|
A |-----6-- 8-- 9-- 8-- 9--|
```

```

E|-- 6-- 8-- 9----- 9-----|
e|----- 6----- 6-- 8-- 9-----|
B|-- 6-- 7-- 9----- 9-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 6-- 8-- 9--|
B|----- 6-- 7-- 9-----|
G|----- 5-- 6-- 8-----|
D|----- 6-- 8--10-----|
A|----- 6-- 8-- 9-----|
E|-- 6-- 8-- 9-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U6--D8--U9--|
B|-----D6--U7--D9--|
G|-----U5--D6--U8--|
D|-----D6--U8--D10--|
A|-----U6--D8--U9--|
E|--D6--U8--D9-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->6-- 8-- 9--|
B|----->6-- 7-- 9--|
G|----->5-- 6-- 8--|
D|----->6-- 8--10--|
A|----->6-- 8-- 9--|
E|-->6-- 8-- 9-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|----- 8-- 9--11--|
B|----- 7-- 9--11--|
G|----- 8--10--11--|
D|----- 8--10--11--|
A|----- 8-- 9--11--|
E|-- 8-- 9--11-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --11-- 9-- 8-----|
B | -----11-- 9-- 7-----|
G | -----11--10-- 8-----|
D | -----11--10-- 8-----|
A | -----11-- 9-- 8-----|
E | -----11-- 9-- 8--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----8h9--| --9p8-----|
B | -----7h9--| -----9p7-----|
G | -----8h10--| -----10p8-----|
D | -----8h10--| -----10p8-----|
A | -----8h9--| -----9p8-----|
E | -----8h9--| -----9p8--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----8--|
D | -----8--10-- 8--10--11--10--11--|
A | -----8-- 9-- 8-- 9--11-- 9--11--11--|
E | -- 8-- 9--11-- 9--11--11--|

e | -----8-- 9-- 8-- 9--11--|
B | -----7-- 9-- 7-- 9--11-- 9--11--11--|
G | -----8--10-- 8--10--11--10--11--11--|
D | --11--|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----7-- 9--|
G | -----8-- 8--10--11--10--11--|
D | -----8--10-- 8--10--11--11--|
A | -----8-- 9--11-- 9--11--|
E | -- 8-- 9--11--11--|

e | -----8-- 9--11--|
B | -- 7-- 9--11--11--|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----8-- 9--11--|
B | -----7-- 9--11--|
G | -----8--10--11--|
D | -----8--10--11--|
A | -----8-- 9--11--|
E | -- 8-- 9--11--|

```


Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U8--D9--U11--|
B |-----D7--U9--D11-----|
G |-----U8--D10--U11-----|
D |-----D8--U10--D11-----|
A |-----U8--D9--U11-----|
E |--D8--U9--D11-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->8-- 9--11--|
B |----->7-- 9--11-----|
G |----->8--10--11-----|
D |----->8--10--11-----|
A |----->8-- 9--11-----|
E |-->8-- 9--11-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----8-- 9--11--|
B |-----9--11--13-----|
G |-----8--10--11-----|
D |-----8--10--11-----|
A |-----8-- 9--11-----|
E |--8-- 9--11-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--11-- 9-- 8-----|
B |-----13--11-- 9-----|
G |-----11--10-- 8-----|
D |-----11--10-- 8-----|
A |-----11-- 9-- 8-----|
E |-----11-- 9-- 8--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----8h9--| --9p8-----|
B |-----9h11-----| -----11p9-----|
G |-----8h10-----| -----10p8-----|
D |-----8h10-----| -----10p8-----|
A |-----8h9-----| -----9p8-----|
E |--8h9-----| -----9p8--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

e |-----|
 B |-----|
 G |----- 8--|
 D |----- 8----- 8--10-- 8--10--11--10--11-----|
 A |----- 8----- 8-- 9-- 8-- 9--11-- 9--11-----11-----|
 E |-- 8-- 9--11-- 9--11-----11-----|

e |----- 8----- 8-- 9-- 8-- 9--11--|
 B |----- 9----- 9--11-- 9--11--13--11--13-----13-----|
 G |----- 8--10-- 8--10--11--10--11-----11-----|
 D |--11-----|
 A |-----|
 E |-----|

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

e |-----|
 B |----- 9--11--|
 G |----- 8----- 8--10--11--10--11-----|
 D |----- 8--10-- 8--10--11-----11-----|
 A |----- 8----- 8-- 9--11-- 9--11-----|
 E |-- 8-- 9--11-----11-----|

e |----- 8----- 8-- 9--11-----|
 B |-- 9--11--13-----13-----|
 G |-----|
 D |-----|
 A |-----|
 E |-----|

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

e |----- 8-- 9--11--|
 B |----- 9--11--13-----|
 G |----- 8--10--11-----|
 D |----- 8--10--11-----|
 A |----- 8-- 9--11-----|
 E |-- 8-- 9--11-----|

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

e |-----U8--D9--U11--|
 B |-----D9--U11--D13--|
 G |-----U8--D10--U11--|
 D |-----D8--U10--D11--|
 A |-----U8--D9--U11--|
 E |--D8--U9--D11-----|

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

e |----->8-- 9--11--|
 B |----->9--11--13-----|
 G |----->8--10--11-----|
 D |----->8--10--11-----|
 A |----->8-- 9--11-----|
 E |-->8-- 9--11-----|

Bb Lydian

Notes: Bb, C, D, E, F, G, A | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 5-9

```
e |-----5-- 6-- 8--|
B |-----5-- 6-- 8-----|
G |-----5-- 7-- 9-----|
D |-----5-- 7-- 8-----|
A |-----5-- 7-- 8-----|
E |-- 5-- 6-- 8-----|
```

E:5=A | E:6=Bb | E:8=C | A:5=D | A:7=E | A:8=F | D:5=G | D:7=A | D:8=Bb | G:5=C | G:7=D | G:9=E | B:5=E | B:6=F | B:8=G
| e:5=A | e:6=Bb | e:8=C

Position 2

Frets 7-12

```
e |-----8--10--12--|
B |-----8--10--11-----|
G |-----7-- 9--10-----|
D |-----7-- 8--10-----|
A |-----7-- 8--10-----|
E |-- 8--10--12-----|
```

E:8=C | E:10=D | E:12=E | A:7=E | A:8=F | A:10=G | D:7=A | D:8=Bb | D:10=C | G:7=D | G:9=E | G:10=F | B:8=G | B:10=A |
B:11=Bb | e:8=C | e:10=D | e:12=E

Position 3

Frets 9-14

```
e |-----10--12--13--|
B |-----10--11--13-----|
G |-----9--10--12-----|
D |-----10--12--14-----|
A |-----10--12--13-----|
E |--10--12--13-----|
```

E:10=D | E:12=E | E:13=F | A:10=G | A:12=A | A:13=Bb | D:10=C | D:12=D | D:14=E | G:9=E | G:10=F | G:12=G | B:10=A |
B:11=Bb | B:13=C | e:10=D | e:12=E | e:13=F

Position 4

Frets 11-15

```
e |-----12--13--15--|
B |-----11--13--15-----|
G |-----12--14--15-----|
D |-----12--14--15-----|
A |-----12--13--15-----|
E |--12--13--15-----|
```

E:12=E | E:13=F | E:15=G | A:12=A | A:13=Bb | A:15=C | D:12=D | D:14=E | D:15=F | G:12=G | G:14=A | G:15=Bb | B:11=Bb | B:13=C | B:15=D | e:12=E | e:13=F | e:15=G

Position 5

Frets 12-17

```

e |-----12--13--15--|
B |-----13--15--17--|
G |-----12--14--15--|
D |-----12--14--15--|
A |-----12--13--15--|
E |--12--13--15-----|

```

E:12=E | E:13=F | E:15=G | A:12=A | A:13=Bb | A:15=C | D:12=D | D:14=E | D:15=F | G:12=G | G:14=A | G:15=Bb | B:13=C | B:15=D | B:17=E | e:12=E | e:13=F | e:15=G

Companion Chords

Play these chords over your Bb Lydian exercises:

```

      Bb      Cm      F      Gm
e |--6--| |--8--| |--1--| |--3--|
B |--6--| |--8--| |--1--| |--3--|
G |--7--| |--8--| |--2--| |--3--|
D |--8--| |--10--| |--3--| |--5--|
A |--8--| |--10--| |--3--| |--5--|
E |--6--| |--8--| |--1--| |--3--|

```

Progression: **Bb - Cm - F - Gm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----5-- 6-- 8--|
B |-----5-- 6-- 8--|
G |-----5-- 7-- 9--|
D |-----5-- 7-- 8--|
A |-----5-- 7-- 8--|
E |-- 5-- 6-- 8-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 8-- 6-- 5-----|
B |-----8-- 6-- 5-----|
G |-----9-- 7-- 5-----|
D |-----8-- 7-- 5-----|
A |-----8-- 7-- 5-----|
E |-----8-- 6-- 5-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----5h6--| --6p5-----|
B |-----5h6-----| -----6p5-----|
G |-----5h7-----| -----7p5-----|
D |-----5h7-----| -----7p5-----|
A |-----5h7-----| -----7p5-----|
E |--5h6-----| -----6p5--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----5--|
D |-----5-- 5-- 7-- 5-- 7-- 8-- 7-- 8--|
A |-----5-- 5-- 7-- 5-- 7-- 8-- 7-- 8--|
E |--5-- 6-- 8-- 6-- 8-- 8--|

e |-----5-- 5-- 6-- 5-- 6-- 8--|
B |-----5-- 5-- 6-- 5-- 6-- 8-- 6-- 8--|
G |-----5-- 7-- 5-- 7-- 9-- 7-- 9-- 9--|
D |--8--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----5-- 6--|
G |-----5-- 5-- 7-- 9-- 7-- 9--|
D |-----5-- 7-- 5-- 7-- 8-- 8--|
A |-----5-- 5-- 7-- 8-- 7-- 8--|
E |--5-- 6-- 8-- 8--|

e |-----5-- 5-- 6-- 8--|
B |--5-- 6-- 8-- 8--|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----5-- 6-- 8--|
B |-----5-- 6-- 8--|
G |-----5-- 7-- 9--|
D |-----5-- 7-- 8--|
A |-----5-- 7-- 8--|
E |--5-- 6-- 8--|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U5--D6--U8--|
B |-----D5--U6--D8--|
G |-----U5--D7--U9--|
D |-----D5--U7--D8--|
A |-----U5--D7--U8--|
E |--D5--U6--D8-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->5-- 6-- 8--|
B |----->5-- 6-- 8--|
G |----->5-- 7-- 9--|
D |----->5-- 7-- 8--|
A |----->5-- 7-- 8--|
E |-->5-- 6-- 8-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----8--10--12--|
B |-----8--10--11--|
G |-----7-- 9--10--|
D |-----7-- 8--10--|
A |-----7-- 8--10--|
E |--8--10--12-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--12--10-- 8-----|
B |-----11--10-- 8-----|
G |-----10-- 9-- 7-----|
D |-----10-- 8-- 7-----|
A |-----10-- 8-- 7-----|
E |--12--10-- 8-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----8h10--| --10p8-----|
B |-----8h10--| -----10p8-----|
G |-----7h9--| -----9p7-----|
D |-----7h8--| -----8p7-----|
A |-----7h8--| -----8p7-----|
E |--8h10--| -----10p8--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----7--|

```

```

D |-----7-----7-- 8-- 7-- 8--10-- 8--10-----|
A |-----7-----7-- 8-- 7-- 8--10-- 8--10-----10-----|
E |-- 8--10--12--10--12-----12-----|

e |-----8-----8--10-- 8--10--12--|
B |-----8-----8--10-- 8--10--11--10--11-----11-----|
G |-----7-- 9-- 7-- 9--10-- 9--10-----10-----|
D |--10-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----8--10--|
G |-----7-----7-- 9--10-- 9--10-----|
D |-----7-- 8-- 7-- 8--10-----10-----|
A |-----7-----7-- 8--10-- 8--10-----|
E |-- 8--10--12-----12-----|

e |-----8-----8--10--12-----|
B |-- 8--10--11-----11-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----8--10--12--|
B |-----8--10--11-----|
G |-----7-- 9--10-----|
D |-----7-- 8--10-----|
A |-----7-- 8--10-----|
E |-- 8--10--12-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U8--D10--U12--|
B |-----D8--U10--D11--|
G |-----U7--D9--U10--|
D |-----D7--U8--D10--|
A |-----U7--D8--U10--|
E |--D8--U10--D12--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->8--10--12--|
B |----->8--10--11-----|
G |----->7-- 9--10-----|
D |----->7-- 8--10-----|
A |----->7-- 8--10-----|
E |-->8--10--12-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----10--12--13--|
B |-----10--11--13--|
G |-----9--10--12-----|
D |-----10--12--14-----|
A |-----10--12--13-----|
E |--10--12--13-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--13--12--10-----|
B |--13--11--10-----|
G |--12--10--9-----|
D |--14--12--10-----|
A |--13--12--10-----|
E |--13--12--10-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----10h12--| --12p10-----|
B |-----10h11-----| -----11p10-----|
G |-----9h10-----| -----10p9-----|
D |-----10h12-----| -----12p10-----|
A |-----10h12-----| -----12p10-----|
E |--10h12-----| -----12p10--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----9--|
D |-----10-----10--12--10--12--14--12--14-----|
A |-----10-----10--12--10--12--13--12--13-----13-----|
E |--10--12--13--12--13-----13-----|

e |-----10-----10--12--10--12--13--|
B |-----10-----10--11--10--11--13--11--13-----13-----|
G |-----9--10--9--10--12--10--12-----12-----|
D |--14-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----10--11--|
G |-----9-----9--10--12--10--12-----|
D |-----10--12--10--12--14-----14-----|
A |-----10-----10--12--13--12--13-----|
```



```

E|--10--12--13-----13-----|
e|-----10-----10--12--13-----|
B|--10--11--13-----13-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----10--12--13--|
B|-----10--11--13-----|
G|-----9--10--12-----|
D|-----10--12--14-----|
A|-----10--12--13-----|
E|--10--12--13-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U10--D12--U13--|
B|-----D10--U11--D13--|
G|-----U9--D10--U12--|
D|-----D10--U12--D14--|
A|-----U10--D12--U13--|
E|--D10--U12--D13-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->10--12--13--|
B|----->10--11--13--|
G|----->9--10--12--|
D|----->10--12--14--|
A|----->10--12--13--|
E|-->10--12--13-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----12--13--15--|
B|-----11--13--15--|
G|-----12--14--15--|
D|-----12--14--15--|
A|-----12--13--15--|
E|--12--13--15-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --15--13--12-----|
B | -----15--13--11-----|
G | -----15--14--12-----|
D | -----15--14--12-----|
A | -----15--13--12-----|
E | -----15--13--12-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----12h13-- | --13p12-----|
B | -----11h13-----| -----13p11-----|
G | -----12h14-----| -----14p12-----|
D | -----12h14-----| -----14p12-----|
A | -----12h13-----| -----13p12-----|
E | --12h13-----| -----13p12--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----12--|
D | -----12--14--12--14--15--14--15--|
A | -----12--12--13--12--13--15--13--15--15--|
E | --12--13--15--13--15--15--|

e | -----12--12--13--12--13--15--|
B | -----11--11--13--11--13--15--13--15--15--|
G | -----12--14--12--14--15--14--15--15--|
D | --15--|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----11--13--|
G | -----12--12--14--15--14--15--|
D | -----12--14--12--14--15--15--|
A | -----12--12--13--15--13--15--|
E | --12--13--15--15--|

e | -----12--12--13--15--|
B | --11--13--15--15--|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----12--13--15--|
B | -----11--13--15--|
G | -----12--14--15--|
D | -----12--14--15--|
A | -----12--13--15--|
E | --12--13--15--|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e | -----U12--D13--U15--|
B | -----D11--U13--D15--|
G | -----U12--D14--U15--|
D | -----D12--U14--D15--|
A | -----U12--D13--U15--|
E | -----D12--U13--D15--|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e | ----->12--13--15--|
B | ----->11--13--15--|
G | ----->12--14--15--|
D | ----->12--14--15--|
A | ----->12--13--15--|
E | ----->12--13--15--|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e | -----12--13--15--|
B | -----13--15--17--|
G | -----12--14--15--|
D | -----12--14--15--|
A | -----12--13--15--|
E | -----12--13--15--|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e | --15--13--12-----|
B | -----17--15--13-----|
G | -----15--14--12-----|
D | -----15--14--12-----|
A | -----15--13--12-----|
E | -----15--13--12-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e | -----12h13--| --13p12-----|
B | -----13h15-----| -----15p13-----|
G | -----12h14-----| -----14p12-----|
D | -----12h14-----| -----14p12-----|
A | -----12h13-----| -----13p12-----|
E | --12h13-----| -----13p12--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----12--|
D |-----12-----12--14--12--14--15--14--15--|
A |-----12-----12--13--12--13--15--13--15-----15-----|
E |--12--13--15--13--15-----15-----|

e |-----12-----12--13--12--13--15--|
B |-----13-----13--15--13--15--17--15--17-----17-----|
G |-----12--14--12--14--15--14--15-----15-----|
D |--15-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----13--15--|
G |-----12-----12--14--15--14--15-----|
D |-----12--14--12--14--15-----15-----|
A |-----12-----12--13--15--13--15-----|
E |--12--13--15-----15-----|

e |-----12-----12--13--15-----|
B |--13--15--17-----17-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----12--13--15--|
B |-----13--15--17-----|
G |-----12--14--15-----|
D |-----12--14--15-----|
A |-----12--13--15-----|
E |--12--13--15-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U12--D13--U15--|
B |-----D13--U15--D17--|
G |-----U12--D14--U15--|
D |-----D12--U14--D15--|
A |-----U12--D13--U15--|
E |--D12--U13--D15--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->12--13--15--|
B |----->13--15--17--|
G |----->12--14--15--|
D |----->12--14--15--|
A |----->12--13--15--|
E |-->12--13--15--|

```

Eb Lydian

Notes: Eb, F, G, A, Bb, C, D | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 10-14

```
e |-----10--11--13--|
B |-----10--11--13--|
G |-----10--12--14--|
D |-----10--12--13--|
A |-----10--12--13--|
E |--10--11--13-----|
```

E:10=D | E:11=Eb | E:13=F | A:10=G | A:12=A | A:13=Bb | D:10=C | D:12=D | D:13=Eb | G:10=F | G:12=G | G:14=A | B:10=A |
B:11=Bb | B:13=C | e:10=D | e:11=Eb | e:13=F

Position 2

Frets 12-17

```
e |-----13--15--17--|
B |-----13--15--16--|
G |-----12--14--15--|
D |-----12--13--15--|
A |-----12--13--15--|
E |--13--15--17-----|
```

E:13=F | E:15=G | E:17=A | A:12=A | A:13=Bb | A:15=C | D:12=D | D:13=Eb | D:15=F | G:12=G | G:14=A | G:15=Bb | B:13=C |
B:15=D | B:16=Eb | e:13=F | e:15=G | e:17=A

Position 3

Frets 14-19

```
e |-----15--17--18--|
B |-----15--16--18--|
G |-----14--15--17--|
D |-----15--17--19--|
A |-----15--17--18--|
E |--15--17--18-----|
```

E:15=G | E:17=A | E:18=Bb | A:15=C | A:17=D | A:18=Eb | D:15=F | D:17=G | D:19=A | G:14=A | G:15=Bb | G:17=C | B:15=D |
B:16=Eb | B:18=F | e:15=G | e:17=A | e:18=Bb

Position 4

Frets 16-20

```
e |-----17--18--20--|
B |-----16--18--20--|
G |-----17--19--20--|
D |-----17--19--20--|
A |-----17--18--20--|
E |--17--18--20-----|
```

E:17=A | E:18=Bb | E:20=C | A:17=D | A:18=Eb | A:20=F | D:17=G | D:19=A | D:20=Bb | G:17=C | G:19=D | G:20=Eb | B:16=Eb
 | B:18=F | B:20=G | e:17=A | e:18=Bb | e:20=C

Position 5

Frets 17-22

```
e |-----17--18--20--|
B |-----18--20--22--|
G |-----17--19--20--|
D |-----17--19--20--|
A |-----17--18--20--|
E |--17--18--20-----|
```

E:17=A | E:18=Bb | E:20=C | A:17=D | A:18=Eb | A:20=F | D:17=G | D:19=A | D:20=Bb | G:17=C | G:19=D | G:20=Eb | B:18=F |
 B:20=G | B:22=A | e:17=A | e:18=Bb | e:20=C

Companion Chords

Play these chords over your Eb Lydian exercises:

```
      Eb      Fm      Bb      Cm
e |--11--||--1--||--6--||--8--|
B |--11--||--1--||--6--||--8--|
G |--12--||--1--||--7--||--8--|
D |--13--||--3--||--8--||--10--|
A |--13--||--3--||--8--||--10--|
E |--11--||--1--||--6--||--8--|
```

Progression: **Eb - Fm - Bb - Cm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----10--11--13--|
B |-----10--11--13--|
G |-----10--12--14--|
D |-----10--12--13--|
A |-----10--12--13--|
E |--10--11--13-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--13--11--10-----|
B |--13--11--10-----|
G |--14--12--10-----|
D |--13--12--10-----|
A |--13--12--10-----|
E |--13--11--10-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----10h11-- | --11p10-----|
B |-----10h11-----| -----11p10-----|
G |-----10h12-----| -----12p10-----|
D |-----10h12-----| -----12p10-----|
A |-----10h12-----| -----12p10-----|
E |--10h11-----| -----11p10--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----10--|
D |-----10-----10--12--10--12--13--12--13-----|
A |-----10-----10--12--10--12--13--12--13-----13-----|
E |--10--11--13--11--13-----13-----|

e |-----10-----10--11--10--11--13--|
B |-----10-----10--11--10--11--13--11--13-----13-----|
G |-----10--12--10--12--14--12--14-----14-----|
D |--13-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----10--11--|
G |-----10-----10--12--14--12--14-----|
D |-----10--12--10--12--13-----13-----|
A |-----10-----10--12--13--12--13-----|
E |--10--11--13-----13-----|

e |-----10-----10--11--13-----|
B |--10--11--13-----13-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----10--11--13--|
B |-----10--11--13-----|
G |-----10--12--14-----|
D |-----10--12--13-----|
A |-----10--12--13-----|
E |--10--11--13-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U10--D11--U13--|
B |-----D10--U11--D13--|
G |-----U10--D12--U14--|
D |-----D10--U12--D13--|
A |-----U10--D12--U13--|
E |--D10--U11--D13-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->10--11--13--|
B |----->10--11--13--|
G |----->10--12--14--|
D |----->10--12--13--|
A |----->10--12--13--|
E |-->10--11--13-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----13--15--17--|
B |-----13--15--16--|
G |-----12--14--15--|
D |-----12--13--15--|
A |-----12--13--15--|
E |--13--15--17-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--17--15--13-----|
B |-----16--15--13-----|
G |-----15--14--12-----|
D |-----15--13--12-----|
A |-----15--13--12-----|
E |-----17--15--13-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----13h15--| --15p13-----|
B |-----13h15-----| -----15p13-----|
G |-----12h14-----| -----14p12-----|
D |-----12h13-----| -----13p12-----|
A |-----12h13-----| -----13p12-----|
E |--13h15-----| -----15p13--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----12--|

```



```

D |-----12-----12--13--12--13--15--13--15-----|
A |-----12-----12--13--12--13--15--13--15-----15-----|
E |--13--15--17--15--17-----17-----|

e |-----13-----13--15--13--15--17--|
B |-----13-----13--15--13--15--16--15--16-----16-----|
G |-----12--14--12--14--15--14--15-----15-----|
D |--15-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----13--15--|
G |-----12-----12--14--15--14--15-----|
D |-----12--13--12--13--15-----15-----|
A |-----12-----12--13--15--13--15-----|
E |--13--15--17-----17-----|

e |-----13-----13--15--17-----|
B |--13--15--16-----16-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----13--15--17--|
B |-----13--15--16-----|
G |-----12--14--15-----|
D |-----12--13--15-----|
A |-----12--13--15-----|
E |--13--15--17-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U13--D15--U17--|
B |-----D13--U15--D16--|
G |-----U12--D14--U15--|
D |-----D12--U13--D15--|
A |-----U12--D13--U15--|
E |--D13--U15--D17-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->13--15--17--|
B |----->13--15--16--|
G |----->12--14--15--|
D |----->12--13--15--|
A |----->12--13--15--|
E |-->13--15--17-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----15--17--18--|
B |-----15--16--18--|
G |-----14--15--17--|
D |-----15--17--19--|
A |-----15--17--18--|
E |--15--17--18-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--18--17--15-----|
B |-----18--16--15-----|
G |-----17--15--14-----|
D |-----19--17--15-----|
A |-----18--17--15-----|
E |-----18--17--15-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----15h17--| --17p15-----|
B |-----15h16-----| -----16p15-----|
G |-----14h15-----| -----15p14-----|
D |-----15h17-----| -----17p15-----|
A |-----15h17-----| -----17p15-----|
E |--15h17-----| -----17p15--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----14--|
D |-----15-----15--17--15--17--19--17--19-----|
A |-----15-----15--17--15--17--18--17--18-----18-----|
E |--15--17--18--17--18-----18-----|

e |-----15-----15--17--15--17--18--|
B |-----15-----15--16--15--16--18--16--18-----18-----|
G |-----14--15--14--15--17--15--17-----17-----|
D |--19-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----15--16--|
G |-----14-----14--15--17--15--17-----|
D |-----15--17--15--17--19-----19-----|
A |-----15-----15--17--18--17--18-----|
```

```

E|--15--17--18-----18-----|
e|-----15-----15--17--18-----|
B|--15--16--18-----18-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----15--17--18--|
B|-----15--16--18-----|
G|-----14--15--17-----|
D|-----15--17--19-----|
A|-----15--17--18-----|
E|--15--17--18-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U15--D17--U18--|
B|-----D15--U16--D18-----|
G|-----U14--D15--U17-----|
D|-----D15--U17--D19-----|
A|-----U15--D17--U18-----|
E|--D15--U17--D18-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->15--17--18--|
B|----->15--16--18-----|
G|----->14--15--17-----|
D|----->15--17--19-----|
A|----->15--17--18-----|
E|-->15--17--18-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----17--18--20--|
B|-----16--18--20-----|
G|-----17--19--20-----|
D|-----17--19--20-----|
A|-----17--18--20-----|
E|--17--18--20-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --20--18--17-----|
B | -----20--18--16-----|
G | -----20--19--17-----|
D | -----20--19--17-----|
A | -----20--18--17-----|
E | -----20--18--17-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----17h18-- | --18p17-----|
B | -----16h18-----| -----18p16-----|
G | -----17h19-----| -----19p17-----|
D | -----17h19-----| -----19p17-----|
A | -----17h18-----| -----18p17-----|
E | --17h18-----| -----18p17--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----17--|
D | -----17--19--17--19--20--19--20-----|
A | -----17-----17--18--17--18--20--18--20-----20-----|
E | --17--18--20--18--20-----20-----|

e | -----17-----17--18--17--18--20--|
B | -----16-----16--18--16--18--20--18--20-----20-----|
G | -----17--19--17--19--20--19--20-----20-----|
D | --20-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----16--18--|
G | -----17-----17--19--20--19--20-----|
D | -----17--19--17--19--20-----20-----|
A | -----17-----17--18--20--18--20-----|
E | --17--18--20-----20-----|

e | -----17-----17--18--20-----|
B | --16--18--20-----20-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----17--18--20--|
B | -----16--18--20-----|
G | -----17--19--20-----|
D | -----17--19--20-----|
A | -----17--18--20-----|
E | --17--18--20-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U17--D18--U20--|
B |-----D16--U18--D20--|
G |-----U17--D19--U20--|
D |-----D17--U19--D20--|
A |-----U17--D18--U20--|
E |--D17--U18--D20-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->17--18--20--|
B |----->16--18--20--|
G |----->17--19--20--|
D |----->17--19--20--|
A |----->17--18--20--|
E |-->17--18--20-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----17--18--20--|
B |-----18--20--22--|
G |-----17--19--20--|
D |-----17--19--20--|
A |-----17--18--20--|
E |--17--18--20-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--20--18--17-----|
B |-----22--20--18--|
G |-----20--19--17--|
D |-----20--19--17--|
A |-----20--18--17--|
E |-----20--18--17--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----17h18--| --18p17-----|
B |-----18h20-----| -----20p18-----|
G |-----17h19-----| -----19p17-----|
D |-----17h19-----| -----19p17-----|
A |-----17h18-----| -----18p17-----|
E |--17h18-----| -----18p17--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----17--|
D |-----17-----17--19--17--19--20--19--20--|
A |-----17-----17--18--17--18--20--18--20-----20--|
E |--17--18--20--18--20-----20-----|

e |-----17-----17--18--17--18--20--|
B |-----18-----18--20--18--20--22--20--22-----22--|
G |-----17--19--17--19--20--19--20-----20--|
D |--20-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----18--20--|
G |-----17-----17--19--20--19--20--|
D |-----17--19--17--19--20-----20--|
A |-----17-----17--18--20--18--20--|
E |--17--18--20-----20-----|

e |-----17-----17--18--20-----|
B |--18--20--22-----22-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----17--18--20--|
B |-----18--20--22-----|
G |-----17--19--20-----|
D |-----17--19--20-----|
A |-----17--18--20-----|
E |--17--18--20-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U17--D18--U20--|
B |-----D18--U20--D22--|
G |-----U17--D19--U20--|
D |-----D17--U19--D20--|
A |-----U17--D18--U20--|
E |--D17--U18--D20-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->17--18--20--|
B |----->18--20--22--|
G |----->17--19--20--|
D |----->17--19--20--|
A |----->17--18--20--|
E |-->17--18--20-----|

```

Ab Lydian

Notes: Ab, Bb, C, D, Eb, F, G | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 3-7

```
e |-----3-- 4-- 6--|
B |-----3-- 4-- 6-----|
G |-----3-- 5-- 7-----|
D |-----3-- 5-- 6-----|
A |-----3-- 5-- 6-----|
E |-- 3-- 4-- 6-----|
```

E:3=G | E:4=Ab | E:6=Bb | A:3=C | A:5=D | A:6=Eb | D:3=F | D:5=G | D:6=Ab | G:3=Bb | G:5=C | G:7=D | B:3=D | B:4=Eb | B:6=F | e:3=G | e:4=Ab | e:6=Bb

Position 2

Frets 5-10

```
e |-----6-- 8--10--|
B |-----6-- 8-- 9-----|
G |-----5-- 7-- 8-----|
D |-----5-- 6-- 8-----|
A |-----5-- 6-- 8-----|
E |-- 6-- 8--10-----|
```

E:6=Bb | E:8=C | E:10=D | A:5=D | A:6=Eb | A:8=F | D:5=G | D:6=Ab | D:8=Bb | G:5=C | G:7=D | G:8=Eb | B:6=F | B:8=G | B:9=Ab | e:6=Bb | e:8=C | e:10=D

Position 3

Frets 7-12

```
e |-----8--10--11--|
B |-----8-- 9--11-----|
G |-----7-- 8--10-----|
D |-----8--10--12-----|
A |-----8--10--11-----|
E |-- 8--10--11-----|
```

E:8=C | E:10=D | E:11=Eb | A:8=F | A:10=G | A:11=Ab | D:8=Bb | D:10=C | D:12=D | G:7=D | G:8=Eb | G:10=F | B:8=G | B:9=Ab | B:11=Bb | e:8=C | e:10=D | e:11=Eb

Position 4

Frets 9-13

```
e |-----10--11--13--|
B |-----9--11--13-----|
G |-----10--12--13-----|
D |-----10--12--13-----|
A |-----10--11--13-----|
E |--10--11--13-----|
```

E:10=D | E:11=Eb | E:13=F | A:10=G | A:11=Ab | A:13=Bb | D:10=C | D:12=D | D:13=Eb | G:10=F | G:12=G | G:13=Ab | B:9=Ab
 | B:11=Bb | B:13=C | e:10=D | e:11=Eb | e:13=F

Position 5

Frets 10-15

```
e |-----10--11--13--|
B |-----11--13--15--|
G |-----10--12--13--|
D |-----10--12--13--|
A |-----10--11--13--|
E |--10--11--13-----|
```

E:10=D | E:11=Eb | E:13=F | A:10=G | A:11=Ab | A:13=Bb | D:10=C | D:12=D | D:13=Eb | G:10=F | G:12=G | G:13=Ab | B:11=Bb
 | B:13=C | B:15=D | e:10=D | e:11=Eb | e:13=F

Companion Chords

Play these chords over your Ab Lydian exercises:

	Ab	Bbm	Eb	Fm
e	--4--	--6--	--11--	--1--
B	--4--	--6--	--11--	--1--
G	--5--	--6--	--12--	--1--
D	--6--	--8--	--13--	--3--
A	--6--	--8--	--13--	--3--
E	--4--	--6--	--11--	--1--

Progression: **Ab - Bbm - Eb - Fm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----3-- 4-- 6--|
B |-----3-- 4-- 6--|
G |-----3-- 5-- 7--|
D |-----3-- 5-- 6--|
A |-----3-- 5-- 6--|
E |-- 3-- 4-- 6-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |-- 6-- 4-- 3-----|
B |-- 6-- 4-- 3-----|
G |-- 7-- 5-- 3-----|
D |-- 6-- 5-- 3-----|
A |-- 6-- 5-- 3-----|
E |-- 6-- 4-- 3-----|
```


Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----3h4--| --4p3-----|
B |-----3h4-----| -----4p3-----|
G |-----3h5-----| -----5p3-----|
D |-----3h5-----| -----5p3-----|
A |-----3h5-----| -----5p3-----|
E |--3h4-----| -----4p3--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |----- 3--|
D |----- 3----- 3-- 5-- 3-- 5-- 6-- 5-- 6-----|
A |----- 3----- 3-- 5-- 3-- 5-- 6-- 5-- 6----- 6-----|
E |-- 3-- 4-- 6-- 4-- 6----- 6-----|

e |----- 3----- 3-- 4-- 3-- 4-- 6--|
B |----- 3----- 3-- 4-- 3-- 4-- 6-- 4-- 6----- 6-----|
G |----- 3-- 5-- 3-- 5-- 7-- 5-- 7----- 7-----|
D |-- 6-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |----- 3-- 4--|
G |----- 3----- 3-- 5-- 7-- 5-- 7-----|
D |----- 3-- 5-- 3-- 5-- 6----- 6-----|
A |----- 3----- 3-- 5-- 6-- 5-- 6-----|
E |-- 3-- 4-- 6----- 6-----|

e |----- 3----- 3-- 4-- 6-----|
B |-- 3-- 4-- 6----- 6-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |----- 3-- 4-- 6--|
B |----- 3-- 4-- 6-----|
G |----- 3-- 5-- 7-----|
D |----- 3-- 5-- 6-----|
A |----- 3-- 5-- 6-----|
E |-- 3-- 4-- 6-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U3--D4--U6--|
B |-----D3--U4--D6--|
G |-----U3--D5--U7--|
D |-----D3--U5--D6--|
A |-----U3--D5--U6--|
E |--D3--U4--D6-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->3-- 4-- 6--|
B |----->3-- 4-- 6--|
G |----->3-- 5-- 7--|
D |----->3-- 5-- 6--|
A |----->3-- 5-- 6--|
E |-->3-- 4-- 6-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----6-- 8--10--|
B |-----6-- 8-- 9--|
G |-----5-- 7-- 8--|
D |-----5-- 6-- 8--|
A |-----5-- 6-- 8--|
E |-- 6-- 8--10-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--10-- 8-- 6-----|
B |-----9-- 8-- 6-----|
G |-----8-- 7-- 5-----|
D |-----8-- 6-- 5-----|
A |-----8-- 6-- 5-----|
E |--10-- 8-- 6-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----6h8--| --8p6-----|
B |-----6h8--| -----8p6-----|
G |-----5h7--| -----7p5-----|
D |-----5h6--| -----6p5-----|
A |-----5h6--| -----6p5-----|
E |--6h8--| -----8p6--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----5--|

```

```

D |-----5-----5--6--5--6--8--6--8-----|
A |-----5-----5--6--5--6--8--6--8-----8-----|
E |--6--8--10--8--10-----10-----|

e |-----6-----6--8--6--8--10--|
B |-----6-----6--8--6--8--9--8--9-----9-----|
G |-----5--7--5--7--8--7--8-----8-----|
D |--8-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----6--8--|
G |-----5-----5--7--8--7--8-----|
D |-----5--6--5--6--8-----8-----|
A |-----5-----5--6--8--6--8-----|
E |--6--8--10-----10-----|

e |-----6-----6--8--10--|
B |--6--8--9-----9-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----6--8--10--|
B |-----6--8--9-----|
G |-----5--7--8-----|
D |-----5--6--8-----|
A |-----5--6--8-----|
E |--6--8--10-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U6--D8--U10--|
B |-----D6--U8--D9--|
G |-----U5--D7--U8--|
D |-----D5--U6--D8--|
A |-----U5--D6--U8--|
E |--D6--U8--D10--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->6--8--10--|
B |----->6--8--9-----|
G |----->5--7--8-----|
D |----->5--6--8-----|
A |----->5--6--8-----|
E |-->6--8--10-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----8--10--11--|
B |-----8-- 9--11-----|
G |-----7-- 8--10-----|
D |-----8--10--12-----|
A |-----8--10--11-----|
E |-- 8--10--11-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--11--10-- 8-----|
B |-----11-- 9-- 8-----|
G |-----10-- 8-- 7-----|
D |-----12--10-- 8-----|
A |-----11--10-- 8-----|
E |-----11--10-- 8--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----8h10--| --10p8-----|
B |-----8h9--| -----9p8-----|
G |-----7h8--| -----8p7-----|
D |-----8h10--| -----10p8-----|
A |-----8h10--| -----10p8-----|
E |--8h10-----| -----10p8--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----7--|
D |-----8----- 8--10-- 8--10--12--10--12-----|
A |-----8----- 8--10-- 8--10--11--10--11-----11-----|
E |-- 8--10--11--10--11-----11-----|

e |-----8----- 8--10-- 8--10--11--|
B |-----8----- 8-- 9-- 8-- 9--11-- 9--11-----11-----|
G |-----7-- 8-- 7-- 8--10-- 8--10-----10-----|
D |--12-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----8-- 9--|
G |-----7----- 7-- 8--10-- 8--10-----|
D |-----8--10-- 8--10--12-----12-----|
A |-----8----- 8--10--11--10--11-----|
```

```

E|-- 8--10--11-----11-----|
e|----- 8----- 8--10--11-----|
B|-- 8-- 9--11-----11-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 8--10--11--|
B|----- 8-- 9--11-----|
G|----- 7-- 8--10-----|
D|----- 8--10--12-----|
A|----- 8--10--11-----|
E|-- 8--10--11-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U8--D10--U11--|
B|-----D8--U9--D11-----|
G|-----U7--D8--U10-----|
D|-----D8--U10--D12-----|
A|-----U8--D10--U11-----|
E|--D8--U10--D11-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->8--10--11--|
B|----->8-- 9--11-----|
G|----->7-- 8--10-----|
D|----->8--10--12-----|
A|----->8--10--11-----|
E|-->8--10--11-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----10--11--13--|
B|----- 9--11--13-----|
G|-----10--12--13-----|
D|-----10--12--13-----|
A|-----10--11--13-----|
E|--10--11--13-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --13--11--10-----|
B | -----13--11-- 9-----|
G | -----13--12--10-----|
D | -----13--12--10-----|
A | -----13--11--10-----|
E | -----13--11--10-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----10h11--| --11p10-----|
B | -----9h11-----| -----11p9-----|
G | -----10h12-----| -----12p10-----|
D | -----10h12-----| -----12p10-----|
A | -----10h11-----| -----11p10-----|
E | --10h11-----| -----11p10-----|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----10-----|
D | -----10--12--10--12--13--12--13-----|
A | -----10-----10--11--10--11--13--11--13-----13-----|
E | --10--11--13--11--13-----13-----|

e | -----10-----10--11--10--11--13-----|
B | ----- 9----- 9--11-- 9--11--13--11--13-----13-----|
G | -----10--12--10--12--13--12--13-----13-----|
D | --13-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | ----- 9--11-----|
G | -----10-----10--12--13--12--13-----|
D | -----10--12--10--12--13-----13-----|
A | -----10-----10--11--13--11--13-----|
E | --10--11--13-----13-----|

e | -----10-----10--11--13-----|
B | -- 9--11--13-----13-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----10--11--13--|
B | ----- 9--11--13-----|
G | -----10--12--13-----|
D | -----10--12--13-----|
A | -----10--11--13-----|
E | --10--11--13-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U10--D11--U13--|
B |-----D9--U11--D13--|
G |-----U10--D12--U13--|
D |-----D10--U12--D13--|
A |-----U10--D11--U13--|
E |--D10--U11--D13--|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->10--11--13--|
B |----->9--11--13--|
G |----->10--12--13--|
D |----->10--12--13--|
A |----->10--11--13--|
E |-->10--11--13--|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----10--11--13--|
B |-----11--13--15--|
G |-----10--12--13--|
D |-----10--12--13--|
A |-----10--11--13--|
E |--10--11--13--|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--13--11--10--|
B |-----15--13--11--|
G |-----13--12--10--|
D |-----13--12--10--|
A |-----13--11--10--|
E |-----13--11--10--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----10h11--| --11p10-----|
B |-----11h13-----| -----13p11-----|
G |-----10h12-----| -----12p10-----|
D |-----10h12-----| -----12p10-----|
A |-----10h11-----| -----11p10-----|
E |--10h11-----| -----11p10--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----10--|
D |-----10-----10--12--10--12--13--12--13--|
A |-----10-----10--11--10--11--13--11--13-----13--|
E |--10--11--13--11--13-----13-----|

e |-----10-----10--11--10--11--13--|
B |-----11-----11--13--11--13--15--13--15-----15--|
G |-----10--12--10--12--13--12--13-----13--|
D |--13-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----11--13--|
G |-----10-----10--12--13--12--13--|
D |-----10--12--10--12--13-----13--|
A |-----10-----10--11--13--11--13--|
E |--10--11--13-----13-----|

e |-----10-----10--11--13-----|
B |--11--13--15-----15-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----10--11--13--|
B |-----11--13--15-----|
G |-----10--12--13-----|
D |-----10--12--13-----|
A |-----10--11--13-----|
E |--10--11--13-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U10--D11--U13--|
B |-----D11--U13--D15--|
G |-----U10--D12--U13--|
D |-----D10--U12--D13--|
A |-----U10--D11--U13--|
E |--D10--U11--D13--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->10--11--13--|
B |----->11--13--15--|
G |----->10--12--13--|
D |----->10--12--13--|
A |----->10--11--13--|
E |-->10--11--13--|

```


Db Lydian

Notes: Db, Eb, F, G, Ab, Bb, C | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 8-12

```
e |-----8--9--11--|
B |-----8--9--11-----|
G |-----8--10--12-----|
D |-----8--10--11-----|
A |-----8--10--11-----|
E |--8--9--11-----|
```

E:8=C | E:9=Db | E:11=Eb | A:8=F | A:10=G | A:11=Ab | D:8=Bb | D:10=C | D:11=Db | G:8=Eb | G:10=F | G:12=G | B:8=G |
B:9=Ab | B:11=Bb | e:8=C | e:9=Db | e:11=Eb

Position 2

Frets 10-15

```
e |-----11--13--15--|
B |-----11--13--14-----|
G |-----10--12--13-----|
D |-----10--11--13-----|
A |-----10--11--13-----|
E |--11--13--15-----|
```

E:11=Eb | E:13=F | E:15=G | A:10=G | A:11=Ab | A:13=Bb | D:10=C | D:11=Db | D:13=Eb | G:10=F | G:12=G | G:13=Ab | B:11=Bb |
B:13=C | B:14=Db | e:11=Eb | e:13=F | e:15=G

Position 3

Frets 12-17

```
e |-----13--15--16--|
B |-----13--14--16-----|
G |-----12--13--15-----|
D |-----13--15--17-----|
A |-----13--15--16-----|
E |--13--15--16-----|
```

E:13=F | E:15=G | E:16=Ab | A:13=Bb | A:15=C | A:16=Db | D:13=Eb | D:15=F | D:17=G | G:12=G | G:13=Ab | G:15=Bb | B:13=C |
B:14=Db | B:16=Eb | e:13=F | e:15=G | e:16=Ab

Position 4

Frets 14-18

```
e |-----15--16--18--|
B |-----14--16--18-----|
G |-----15--17--18-----|
D |-----15--17--18-----|
A |-----15--16--18-----|
E |--15--16--18-----|
```

E:15=G | E:16=Ab | E:18=Bb | A:15=C | A:16=Db | A:18=Eb | D:15=F | D:17=G | D:18=Ab | G:15=Bb | G:17=C | G:18=Db |
 B:14=Db | B:16=Eb | B:18=F | e:15=G | e:16=Ab | e:18=Bb

Position 5

Frets 15-20

```
e |-----15--16--18--|
B |-----16--18--20--|
G |-----15--17--18--|
D |-----15--17--18--|
A |-----15--16--18--|
E |--15--16--18-----|
```

E:15=G | E:16=Ab | E:18=Bb | A:15=C | A:16=Db | A:18=Eb | D:15=F | D:17=G | D:18=Ab | G:15=Bb | G:17=C | G:18=Db |
 B:16=Eb | B:18=F | B:20=G | e:15=G | e:16=Ab | e:18=Bb

Companion Chords

Play these chords over your Db Lydian exercises:

```
      Db      Ebm      Ab      Bbm
e |--9--| |--11--| |--4--| |--6--|
B |--9--| |--11--| |--4--| |--6--|
G |--10--| |--11--| |--5--| |--6--|
D |--11--| |--13--| |--6--| |--8--|
A |--11--| |--13--| |--6--| |--8--|
E |--9--| |--11--| |--4--| |--6--|
```

Progression: **Db - Ebm - Ab - Bbm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----8--9--11--|
B |-----8--9--11-----|
G |-----8--10--12-----|
D |-----8--10--11-----|
A |-----8--10--11-----|
E |--8--9--11-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--11--9--8-----|
B |--11--9--8-----|
G |--12--10--8-----|
D |--11--10--8-----|
A |--11--10--8-----|
E |--11--9--8-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----8h9--| --9p8-----|
B |-----8h9-----| -----9p8-----|
G |-----8h10-----| -----10p8-----|
D |-----8h10-----| -----10p8-----|
A |-----8h10-----| -----10p8-----|
E |--8h9-----| -----9p8--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----8--|
D |-----8-----8--10--8--10--11--10--11-----|
A |-----8-----8--10--8--10--11--10--11-----11-----|
E |--8--9--11--9--11-----11-----|

e |-----8-----8--9--8--9--11--9--11-----11-----|
B |-----8-----8--9--8--9--11--9--11-----11-----|
G |-----8--10--8--10--12--10--12-----12-----|
D |--11-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----8--9--|
G |-----8-----8--10--12--10--12-----|
D |-----8--10--8--10--11-----11-----|
A |-----8-----8--10--11--10--11-----|
E |--8--9--11-----11-----|

e |-----8-----8--9--11-----|
B |--8--9--11-----11-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |-----8--9--11--|
B |-----8--9--11-----|
G |-----8--10--12-----|
D |-----8--10--11-----|
A |-----8--10--11-----|
E |--8--9--11-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U8--D9--U11--|
B |-----D8--U9--D11-----|
G |-----U8--D10--U12-----|
D |-----D8--U10--D11-----|
A |-----U8--D10--U11-----|
E |--D8--U9--D11-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->8-- 9--11--|
B |----->8-- 9--11-----|
G |----->8--10--12-----|
D |----->8--10--11-----|
A |----->8--10--11-----|
E |-->8-- 9--11-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----11--13--15--|
B |-----11--13--14-----|
G |-----10--12--13-----|
D |-----10--11--13-----|
A |-----10--11--13-----|
E |--11--13--15-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--15--13--11-----|
B |-----14--13--11-----|
G |-----13--12--10-----|
D |-----13--11--10-----|
A |-----13--11--10-----|
E |-----15--13--11--|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----11h13--| --13p11-----|
B |-----11h13-----| -----13p11-----|
G |-----10h12-----| -----12p10-----|
D |-----10h11-----| -----11p10-----|
A |-----10h11-----| -----11p10-----|
E |--11h13-----| -----13p11--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----10--|

```

```

D |-----10-----10--11--10--11--13--11--13-----|
A |-----10-----10--11--10--11--13--11--13-----13-----|
E |--11--13--15--13--15-----15-----|

e |-----11-----11--13--11--13--15--|
B |-----11-----11--13--11--13--14--13--14-----14-----|
G |-----10--12--10--12--13--12--13-----13-----|
D |--13-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----11--13--|
G |-----10-----10--12--13--12--13--|
D |-----10--11--10--11--13-----13-----|
A |-----10-----10--11--13--11--13-----|
E |--11--13--15-----15-----|

e |-----11-----11--13--15--|
B |--11--13--14-----14-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----11--13--15--|
B |-----11--13--14-----|
G |-----10--12--13-----|
D |-----10--11--13-----|
A |-----10--11--13-----|
E |--11--13--15-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U11--D13--U15--|
B |-----D11--U13--D14--|
G |-----U10--D12--U13--|
D |-----D10--U11--D13--|
A |-----U10--D11--U13--|
E |--D11--U13--D15--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->11--13--15--|
B |----->11--13--14--|
G |----->10--12--13--|
D |----->10--11--13--|
A |----->10--11--13--|
E |-->11--13--15--|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----13--15--16--|
B |-----13--14--16-----|
G |-----12--13--15-----|
D |-----13--15--17-----|
A |-----13--15--16-----|
E |--13--15--16-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--16--15--13-----|
B |--16--14--13-----|
G |--15--13--12-----|
D |--17--15--13-----|
A |--16--15--13-----|
E |--16--15--13-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----13h15--| --15p13-----|
B |-----13h14-----| -----14p13-----|
G |-----12h13-----| -----13p12-----|
D |-----13h15-----| -----15p13-----|
A |-----13h15-----| -----15p13-----|
E |--13h15-----| -----15p13--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----12--|
D |-----13-----13--15--13--15--17--15--17-----|
A |-----13-----13--15--13--15--16--15--16-----16-----|
E |--13--15--16--15--16-----16-----|

e |-----13-----13--15--13--15--16--|
B |-----13-----13--14--13--14--16--14--16-----16-----|
G |-----12--13--12--13--15--13--15-----15-----|
D |--17-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----13--14--|
G |-----12-----12--13--15--13--15-----|
D |-----13--15--13--15--17-----17-----|
A |-----13-----13--15--16--15--16-----|
```

```

E|--13--15--16-----16-----|
e|-----13-----13--15--16-----|
B|--13--14--16-----16-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|-----13--15--16--|
B|-----13--14--16-----|
G|-----12--13--15-----|
D|-----13--15--17-----|
A|-----13--15--16-----|
E|--13--15--16-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U13--D15--U16--|
B|-----D13--U14--D16-----|
G|-----U12--D13--U15-----|
D|-----D13--U15--D17-----|
A|-----U13--D15--U16-----|
E|--D13--U15--D16-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->13--15--16--|
B|----->13--14--16-----|
G|----->12--13--15-----|
D|----->13--15--17-----|
A|----->13--15--16-----|
E|-->13--15--16-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|-----15--16--18--|
B|-----14--16--18-----|
G|-----15--17--18-----|
D|-----15--17--18-----|
A|-----15--16--18-----|
E|--15--16--18-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --18--16--15-----|
B | -----18--16--14-----|
G | -----18--17--15-----|
D | -----18--17--15-----|
A | -----18--16--15-----|
E | -----18--16--15-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----15h16-- | --16p15-----|
B | -----14h16-----| -----16p14-----|
G | -----15h17-----| -----17p15-----|
D | -----15h17-----| -----17p15-----|
A | -----15h16-----| -----16p15-----|
E | --15h16-----| -----16p15--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----15-----|
D | -----15-----15--17--15--17--18--17--18-----|
A | -----15-----15--16--15--16--18--16--18-----18-----|
E | --15--16--18--16--18-----18-----|

e | -----15-----15--16--15--16--18-----|
B | -----14-----14--16--14--16--18--16--18-----18-----|
G | -----15--17--15--17--18--17--18-----18-----|
D | --18-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----14--16-----|
G | -----15-----15--17--18--17--18-----|
D | -----15--17--15--17--18-----18-----|
A | -----15-----15--16--18--16--18-----|
E | --15--16--18-----18-----|

e | -----15-----15--16--18-----|
B | --14--16--18-----18-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----15--16--18--|
B | -----14--16--18-----|
G | -----15--17--18-----|
D | -----15--17--18-----|
A | -----15--16--18-----|
E | --15--16--18-----|

```


Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U15--D16--U18--|
B |-----D14--U16--D18--|
G |-----U15--D17--U18--|
D |-----D15--U17--D18--|
A |-----U15--D16--U18--|
E |--D15--U16--D18-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->15--16--18--|
B |----->14--16--18--|
G |----->15--17--18--|
D |----->15--17--18--|
A |----->15--16--18--|
E |-->15--16--18-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----15--16--18--|
B |-----16--18--20--|
G |-----15--17--18--|
D |-----15--17--18--|
A |-----15--16--18--|
E |--15--16--18-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--18--16--15-----|
B |-----20--18--16-----|
G |-----18--17--15-----|
D |-----18--17--15-----|
A |-----18--16--15-----|
E |-----18--16--15-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----15h16--| --16p15-----|
B |-----16h18-----| -----18p16-----|
G |-----15h17-----| -----17p15-----|
D |-----15h17-----| -----17p15-----|
A |-----15h16-----| -----16p15-----|
E |--15h16-----| -----16p15--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----15--|
D |-----15-----15--17--15--17--18--17--18--|
A |-----15-----15--16--15--16--18--16--18-----18--|
E |--15--16--18--16--18-----18-----|

e |-----15-----15--16--15--16--18--|
B |-----16-----16--18--16--18--20--18--20-----20-----|
G |-----15--17--15--17--18--17--18-----18-----|
D |--18-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----16--18--|
G |-----15-----15--17--18--17--18-----|
D |-----15--17--15--17--18-----18-----|
A |-----15-----15--16--18--16--18-----|
E |--15--16--18-----18-----|

e |-----15-----15--16--18-----|
B |--16--18--20-----20-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----15--16--18--|
B |-----16--18--20-----|
G |-----15--17--18-----|
D |-----15--17--18-----|
A |-----15--16--18-----|
E |--15--16--18-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U15--D16--U18--|
B |-----D16--U18--D20--|
G |-----U15--D17--U18--|
D |-----D15--U17--D18--|
A |-----U15--D16--U18--|
E |--D15--U16--D18--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->15--16--18--|
B |----->16--18--20--|
G |----->15--17--18--|
D |----->15--17--18--|
A |----->15--16--18--|
E |-->15--16--18--|

```

F Lydian

Notes: F, G, A, B, C, D, E | Degrees: 1, 2, 3, #4, 5, 6, 7

Scale Positions

Position 1

Frets 0-4

```
e |----- 0-- 1-- 3--|
B |----- 0-- 1-- 3-----|
G |----- 0-- 2-- 4-----|
D |----- 0-- 2-- 3-----|
A |----- 0-- 2-- 3-----|
E |-- 0-- 1-- 3-----|
```

E:0=E | E:1=F | E:3=G | A:0=A | A:2=B | A:3=C | D:0=D | D:2=E | D:3=F | G:0=G | G:2=A | G:4=B | B:0=B | B:1=C | B:3=D |
e:0=E | e:1=F | e:3=G

Position 2

Frets 2-7

```
e |----- 3-- 5-- 7--|
B |----- 3-- 5-- 6-----|
G |----- 2-- 4-- 5-----|
D |----- 2-- 3-- 5-----|
A |----- 2-- 3-- 5-----|
E |-- 3-- 5-- 7-----|
```

E:3=G | E:5=A | E:7=B | A:2=B | A:3=C | A:5=D | D:2=E | D:3=F | D:5=G | G:2=A | G:4=B | G:5=C | B:3=D | B:5=E | B:6=F |
e:3=G | e:5=A | e:7=B

Position 3

Frets 4-9

```
e |----- 5-- 7-- 8--|
B |----- 5-- 6-- 8-----|
G |----- 4-- 5-- 7-----|
D |----- 5-- 7-- 9-----|
A |----- 5-- 7-- 8-----|
E |-- 5-- 7-- 8-----|
```

E:5=A | E:7=B | E:8=C | A:5=D | A:7=E | A:8=F | D:5=G | D:7=A | D:9=B | G:4=B | G:5=C | G:7=D | B:5=E | B:6=F | B:8=G |
e:5=A | e:7=B | e:8=C

Position 4

Frets 6-10

```
e |----- 7-- 8--10--|
B |----- 6-- 8--10-----|
G |----- 7-- 9--10-----|
D |----- 7-- 9--10-----|
A |----- 7-- 8--10-----|
E |-- 7-- 8--10-----|
```

E:7=B | E:8=C | E:10=D | A:7=E | A:8=F | A:10=G | D:7=A | D:9=B | D:10=C | G:7=D | G:9=E | G:10=F | B:6=F | B:8=G | B:10=A
 | e:7=B | e:8=C | e:10=D

Position 5

Frets 7-12

```

e |----- 7-- 8--10--|
B |----- 8--10--12-----|
G |----- 7-- 9--10-----|
D |----- 7-- 9--10-----|
A |----- 7-- 8--10-----|
E |-- 7-- 8--10-----|
  
```

E:7=B | E:8=C | E:10=D | A:7=E | A:8=F | A:10=G | D:7=A | D:9=B | D:10=C | G:7=D | G:9=E | G:10=F | B:8=G | B:10=A |
 B:12=B | e:7=B | e:8=C | e:10=D

Companion Chords

Play these chords over your F Lydian exercises:

```

      F      Gm      C      Dm
e |--1--| |--3--| |--0--| |--1--|
B |--1--| |--3--| |--1--| |--3--|
G |--2--| |--3--| |--0--| |--2--|
D |--3--| |--5--| |--2--| |--0--|
A |--3--| |--5--| |--3--| |--X--|
E |--1--| |--3--| |--X--| |--X--|
  
```

Progression: **F - Gm - C - Dm**

Exercises

Position 1 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |----- 0-- 1-- 3--|
B |----- 0-- 1-- 3-----|
G |----- 0-- 2-- 4-----|
D |----- 0-- 2-- 3-----|
A |----- 0-- 2-- 3-----|
E |-- 0-- 1-- 3-----|
  
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |-- 3-- 1-- 0-----|
B |----- 3-- 1-- 0-----|
G |----- 4-- 2-- 0-----|
D |----- 3-- 2-- 0-----|
A |----- 3-- 2-- 0-----|
E |----- 3-- 1-- 0--|
  
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----0h1--| --1p0-----|
B |-----0h1-----| -----1p0-----|
G |-----0h2-----| -----2p0-----|
D |-----0h2-----| -----2p0-----|
A |-----0h2-----| -----2p0-----|
E |--0h1-----| -----1p0--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |----- 0--|
D |----- 0----- 0-- 2-- 0-- 2-- 3-- 2-- 3-----|
A |----- 0----- 0-- 2-- 0-- 2-- 3-- 2-- 3----- 3-----|
E |-- 0-- 1-- 3-- 1-- 3----- 3-----|

e |----- 0----- 0-- 1-- 0-- 1-- 3--|
B |----- 0----- 0-- 1-- 0-- 1-- 3-- 1-- 3----- 3-----|
G |----- 0-- 2-- 0-- 2-- 4-- 2-- 4----- 4-----|
D |-- 3-----|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |----- 0-- 1--|
G |----- 0----- 0-- 2-- 4-- 2-- 4-----|
D |----- 0-- 2-- 0-- 2-- 3----- 3-----|
A |----- 0----- 0-- 2-- 3-- 2-- 3-----|
E |-- 0-- 1-- 3----- 3-----|

e |----- 0----- 0-- 1-- 3-----|
B |-- 0-- 1-- 3----- 3-----|
G |-----|
D |-----|
A |-----|
E |-----|
```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```
e |----- 0-- 1-- 3--|
B |----- 0-- 1-- 3-----|
G |----- 0-- 2-- 4-----|
D |----- 0-- 2-- 3-----|
A |----- 0-- 2-- 3-----|
E |-- 0-- 1-- 3-----|
```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U0--D1--U3--|
B |-----D0--U1--D3--|
G |-----U0--D2--U4--|
D |-----D0--U2--D3--|
A |-----U0--D2--U3--|
E |--D0--U1--D3-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->0-- 1-- 3--|
B |----->0-- 1-- 3--|
G |----->0-- 2-- 4--|
D |----->0-- 2-- 3--|
A |----->0-- 2-- 3--|
E |-->0-- 1-- 3-----|

```

Position 2 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e |-----3-- 5-- 7--|
B |-----3-- 5-- 6--|
G |-----2-- 4-- 5--|
D |-----2-- 3-- 5--|
A |-----2-- 3-- 5--|
E |--3-- 5-- 7-----|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e |--7-- 5-- 3-----|
B |-----6-- 5-- 3-----|
G |-----5-- 4-- 2-----|
D |-----5-- 3-- 2-----|
A |-----5-- 3-- 2-----|
E |-----7-- 5-- 3-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e |-----3h5--| --5p3-----|
B |-----3h5--| -----5p3-----|
G |-----2h4--| -----4p2-----|
D |-----2h3--| -----3p2-----|
A |-----2h3--| -----3p2-----|
E |--3h5--| -----5p3--|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----2--|

```

```

D |-----2-----2-- 3-- 2-- 3-- 5-- 3-- 5-----|
A |-----2-----2-- 3-- 2-- 3-- 5-- 3-- 5-----5-----|
E |-- 3-- 5-- 7-- 5-- 7-----7-----|

e |-----3-----3-- 5-- 3-- 5-- 7--|
B |-----3-----3-- 5-- 3-- 5-- 6-- 5-- 6-----6-----|
G |-----2-- 4-- 2-- 4-- 5-- 4-- 5-----5-----|
D |-- 5-----|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----3-- 5--|
G |-----2-----2-- 4-- 5-- 4-- 5-----|
D |-----2-- 3-- 2-- 3-- 5-----5-----|
A |-----2-----2-- 3-- 5-- 3-- 5-----|
E |-- 3-- 5-- 7-----7-----|

e |-----3-----3-- 5-- 7-----|
B |-- 3-- 5-- 6-----6-----|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----3-- 5-- 7--|
B |-----3-- 5-- 6-----|
G |-----2-- 4-- 5-----|
D |-----2-- 3-- 5-----|
A |-----2-- 3-- 5-----|
E |-- 3-- 5-- 7-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U3--D5--U7--|
B |-----D3--U5--D6--|
G |-----U2--D4--U5--|
D |-----D2--U3--D5--|
A |-----U2--D3--U5--|
E |--D3--U5--D7-----|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->3-- 5-- 7--|
B |----->3-- 5-- 6-----|
G |----->2-- 4-- 5-----|
D |----->2-- 3-- 5-----|
A |----->2-- 3-- 5-----|
E |-->3-- 5-- 7-----|

```

Position 3 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----5-- 7-- 8--|
B |-----5-- 6-- 8-----|
G |-----4-- 5-- 7-----|
D |-----5-- 7-- 9-----|
A |-----5-- 7-- 8-----|
E |-- 5-- 7-- 8-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |-- 8-- 7-- 5-----|
B |-----8-- 6-- 5-----|
G |-----7-- 5-- 4-----|
D |-----9-- 7-- 5-----|
A |-----8-- 7-- 5-----|
E |-----8-- 7-- 5--|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----5h7--| --7p5-----|
B |-----5h6-----| -----6p5-----|
G |-----4h5-----| -----5p4-----|
D |-----5h7-----| -----7p5-----|
A |-----5h7-----| -----7p5-----|
E |--5h7-----| -----7p5--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```
e |-----|
B |-----|
G |-----4--|
D |-----5-- 5-- 7-- 5-- 7-- 9-- 7-- 9--|
A |-----5-- 5-- 7-- 5-- 7-- 8-- 7-- 8-- 8--|
E |-- 5-- 7-- 8-- 7-- 8-- 8--|

e |-----5-- 5-- 7-- 5-- 7-- 8--|
B |-----5-- 5-- 6-- 5-- 6-- 8-- 6-- 8-- 8--|
G |-----4-- 5-- 4-- 5-- 7-- 5-- 7-- 7--|
D |-- 9--|
A |-----|
E |-----|
```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```
e |-----|
B |-----5-- 6--|
G |-----4-- 4-- 5-- 7-- 5-- 7--|
D |-----5-- 7-- 5-- 7-- 9-- 9--|
A |-----5-- 5-- 7-- 8-- 7-- 8--|
```



```

E|-- 5-- 7-- 8----- 8-----|
e|----- 5----- 5-- 7-- 8-----|
B|-- 5-- 6-- 8----- 8-----|
G|-----|
D|-----|
A|-----|
E|-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e|----- 5-- 7-- 8--|
B|----- 5-- 6-- 8-----|
G|----- 4-- 5-- 7-----|
D|----- 5-- 7-- 9-----|
A|----- 5-- 7-- 8-----|
E|-- 5-- 7-- 8-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e|-----U5--D7--U8--|
B|-----D5--U6--D8--|
G|-----U4--D5--U7--|
D|-----D5--U7--D9--|
A|-----U5--D7--U8--|
E|--D5--U7--D8--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e|----->5-- 7-- 8--|
B|----->5-- 6-- 8-----|
G|----->4-- 5-- 7-----|
D|----->5-- 7-- 9-----|
A|----->5-- 7-- 8-----|
E|-->5-- 7-- 8-----|

```

Position 4 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```

e|----- 7-- 8--10--|
B|----- 6-- 8--10--|
G|----- 7-- 9--10--|
D|----- 7-- 9--10--|
A|----- 7-- 8--10--|
E|-- 7-- 8--10--|

```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```

e | --10-- 8-- 7-----|
B | -----10-- 8-- 6-----|
G | -----10-- 9-- 7-----|
D | -----10-- 9-- 7-----|
A | -----10-- 8-- 7-----|
E | -----10-- 8-- 7-----|

```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```

e | -----7h8-- | --8p7-----|
B | -----6h8-- | -----8p6-----|
G | -----7h9-- | -----9p7-----|
D | -----7h9-- | -----9p7-----|
A | -----7h8-- | -----8p7-----|
E | --7h8----- | -----8p7-----|

```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e | -----|
B | -----|
G | -----7--|
D | -----7-- 9-- 7-- 9--10-- 9--10-----|
A | -----7-- 8-- 7-- 8--10-- 8--10-----10-----|
E | -- 7-- 8--10-- 8--10-----10-----|

e | -----7-- 8-- 7-- 8--10--|
B | -----6-- 8-- 6-- 8--10-- 8--10-----10-----|
G | -----7-- 9-- 7-- 9--10-- 9--10-----10-----|
D | --10-----|
A | -----|
E | -----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e | -----|
B | -----6-- 8--|
G | -----7-- 9--10-- 9--10-----|
D | -----7-- 9-- 7-- 9--10-----10-----|
A | -----7-- 8--10-- 8--10-----|
E | -- 7-- 8--10-----10-----|

e | -----7-- 8--10-----|
B | -- 6-- 8--10-----10-----|
G | -----|
D | -----|
A | -----|
E | -----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e | -----7-- 8--10--|
B | -----6-- 8--10-----|
G | -----7-- 9--10-----|
D | -----7-- 9--10-----|
A | -----7-- 8--10-----|
E | -- 7-- 8--10-----|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```
e |-----U7--D8--U10--|
B |-----D6--U8--D10-----|
G |-----U7--D9--U10-----|
D |-----D7--U9--D10-----|
A |-----U7--D8--U10-----|
E |--D7--U8--D10-----|
```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```
e |----->7-- 8--10--|
B |----->6-- 8--10-----|
G |----->7-- 9--10-----|
D |----->7-- 9--10-----|
A |----->7-- 8--10-----|
E |-->7-- 8--10-----|
```

Position 5 Exercises

Ascending Run

Build fretboard familiarity by running the full position from low to high.

```
e |-----7-- 8--10--|
B |-----8--10--12-----|
G |-----7-- 9--10-----|
D |-----7-- 9--10-----|
A |-----7-- 8--10-----|
E |--7-- 8--10-----|
```

Descending Run

Reverse the pattern to develop equal fluency in both directions.

```
e |--10-- 8-- 7-----|
B |--12--10-- 8-----|
G |--10-- 9-- 7-----|
D |--10-- 9-- 7-----|
A |--10-- 8-- 7-----|
E |--10-- 8-- 7-----|
```

Legato (h=hammer-on, p=pull-off)

Develop hammer-on and pull-off technique for smooth, connected phrasing.

```
e |-----7h8--| --8p7-----|
B |-----8h10-----| -----10p8-----|
G |-----7h9-----| -----9p7-----|
D |-----7h9-----| -----9p7-----|
A |-----7h8-----| -----8p7-----|
E |--7h8-----| -----8p7--|
```

Sequence in 3s

Train your ear and fingers to break out of linear scale runs into musical patterns.

```

e |-----|
B |-----|
G |-----7--|
D |-----7-----7--9--7--9--10--9--10--|
A |-----7-----7--8--7--8--10--8--10-----10--|
E |--7--8--10--8--10-----10--|

e |-----7-----7--8--7--8--10--|
B |-----8-----8--10--8--10--12--10--12-----12--|
G |-----7--9--7--9--10--9--10-----10--|
D |--10--|
A |-----|
E |-----|

```

Sequence in 4s

Expand sequencing to four-note groups for more complex melodic vocabulary.

```

e |-----|
B |-----8--10--|
G |-----7-----7--9--10--9--10--|
D |-----7--9--7--9--10-----10--|
A |-----7-----7--8--10--8--10--|
E |--7--8--10-----10--|

e |-----7-----7--8--10--|
B |--8--10--12-----12--|
G |-----|
D |-----|
A |-----|
E |-----|

```

String Skipping (E-G, A-B, D-e)

Build accuracy jumping across wide intervals – essential for modern lead playing.

```

e |-----7--8--10--|
B |-----8--10--12--|
G |-----7--9--10--|
D |-----7--9--10--|
A |-----7--8--10--|
E |--7--8--10--|

```

Alternate Picking (D=down, U=up)

Develop consistent down-up pick attack and rhythmic precision at any tempo.

```

e |-----U7--D8--U10--|
B |-----D8--U10--D12--|
G |-----U7--D9--U10--|
D |-----D7--U9--D10--|
A |-----U7--D8--U10--|
E |--D7--U8--D10--|

```

Triplet Grouping (> = accent)

Internalize triplet grouping to add rhythmic variety and swing feel to your lines.

```

e |----->7--8--10--|
B |----->8--10--12--|
G |----->7--9--10--|
D |----->7--9--10--|
A |----->7--8--10--|
E |-->7--8--10--|

```