DVD The LEVEL ONE MELODIC SPEED, SHRED & HEAVY RIFFS HtiW ALEXI LAIHO OF CHILDREN OF BODOM BOOKLET



Presents

METAL GUITAR

MELODIC SPEED, SHRED & HEAVY RIFFS

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BACKING TRACK LISTING

Go to the *Lesson Support Site* at www.rockhousemethod.com to download all of the Backing Tracks that correspond with your program.

- 1: Basic Metal Chord Progression "Next in Line" without guitar
- 2: Complete Metal Lead #2 "If You Want Peace, Prepare For War"
- 3: Complete Rhythm & Lead "Punch me I Bleed" without guitar
- 4: Complete Rhythm & Lead "Punch Me I Bleed" with guitar
- 5: Melodic Rhythm & Lead "If You Want Peace, Prepare For War" without Guitar
- 6: Single Note Rhythm & Diminished Arpeggio Variation
- 7: Single Note Rhythm & Diminished Arpeggio "In Your Face"
- 8: Heavy Riff "Bastards of Bodom"
- 9: Melodic Metal Riff "Are You Dead Yet?"
- 10: Melodic Rhythm & Lead "Needled 24/7"
- 11: Metal Song Rhythm "Living Dead Beat" without guitar
- 12: Metal Song Rhythm "Living Dead Beat" with guitar
- 13: Pivot Melody with Syncopated Rhythm "Bastards of Bodom" without guitar
- 14: Pivot Melody with Syncopated Rhythm "Bastards of Bodom" with guitar
- 15: Pivoting "Living Dead Beat"
- 16: Single Note Rhythm Into a Heavy Rhythm "We're Not Gonna Fall" complete section
- 17: Single Note Rhythms "Living Dead Beat"
- 18: Single Note Riff Into a Heavy Rhythm "We're Not Gonna Fall" riff part 1
- 19: Single Note Riff Into a Heavy Rhythm "We're Not Gonna Fall" riff part 2
- 20: Speed Runs "Bastards of Bodom"

ABOUT THE ITSTRUCTOR



ALEXI LAIHO

Alexi is the founding member and lead guitarist of the Metal band "**Children Of Bodom**," he has his own Signature Model ESP guitar, made Guitar World's list of the top 100 metal guitarist of all time in 2004 and appeared on the cover of Guitar World in 2005 with Steve Vai and Zack Wylde.

Originating from the town of Espoo, in Finland, Alexi began his musical training at an early age by learning the Violin. However, influenced by the music his sister listened to (heavy metal music) bands such as W.A.S.P., Poison and Stone; he ended up dropping the classical instrument at the age of 11, in favor of guitars. A taped live performance of Steve Vai's song "For the Love of God" (from the Passion and Warfare album) was especially influential in Alexi's decision to become a guitarist. He then began taking lessons at the Finnish Pop & Jazz Conservatory in order to study the instrument. At the conservatory he also studied the pianos. The development of his playing style was heavily influenced by Stone's Roope Latvala (who many years later became his band mate in Sinergy and then in Children of Bodom). His vocal influences came mostly from Phil Anselmo of Pantera and Mille Petrozza of Kreator.

He has dedicated his life to creating music and developing his technique. Alexi is known for his incredible six string momentum and melodic speed along with stern vocal strength.



Introduction

Welcome to *The Rock House Method*® system of learning. You are joining millions of aspiring musicians around the world who use our easy-to-understand methods for learning to play music. Unlike conventional learning programs, *The Rock House Method*® is a four-part teaching system that employs DVD, CD and 24/7 online lesson support along with this book to give you a variety of sources to assure a complete learning experience. The products can be used individually or together. The DVD that comes with this book matches the curriculum exactly, providing you with a live instructor for visual reference. In addition, the DVD contains some valuable extras like sections on changing your strings, guitar care and an interactive chord library. The CD that we've included lets you take your lessons with you anywhere you go.

How to Use the Lesson Support Site

Every Rock House product offers FREE membership to our interactive Lesson Support site. Use the member number included with your book to register at www.rockhousemethod.com. You will find your member number on the sleeve that contains your DVD and CD. Once registered, you can use this fully interactive site along with your product to enhance your learning experience, expand your knowledge, link with instructors, and connect with a community of people around the world who are learning to play music using *The Rock House Method*®. There are sections that directly correspond to this product within the *Additional Information* and *Backing Tracks* sections. There are also a variety of other tools you can utilize such as *Ask The Teacher*, *Quizzes*, *Reference Material*, *Definitions*, *Forums*, *Live Chats*, *Guitar Professor* and much more.

ICON KEY

Throughout this book, you'll periodically notice the icons listed below. They indicate when there are additional learning tools available on our support web site for the section you're working on. When you see an icon in the book, visit the member section of www.rockhousemethod.com for musical backing tracks, additional information and learning utilities.

BACKING TRACK



Many of the exercises in this book are intended to be played along with bass and drum rhythm tracks. This icon indicates that there is a backing track available for download on the Lesson Support site.

Additional Information



The question mark icon indicates there is more information for that section available on the website. It can be theory, more playing examples or tips.

METROTOME



Metronome icons are placed next to the examples that we recommend you practice using a metronome. You can download a free, adjustable metronome from our Lesson Support site.

TABLATURE



This icon indicates that there is additional guitar tablature available on the web site that corresponds to the lesson. There is also an extensive database of music online that is updated regularly.

TUMER

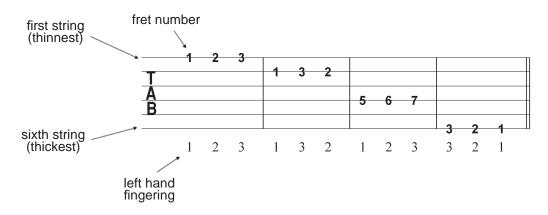


Also found on the website is a free online tuner that you can use to help tune your instrument. You can download the free online tuner from www.rockhousemethod.com.

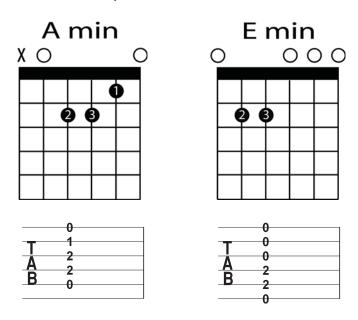
TABLATURE EXPLANATION

Tablature (or tab) is a number system for reading notes on the neck of a guitar. It does not require you to have knowledge of standard music notation. This system was designed specifically for the guitar. Most music for guitar is available in tab. Tablature is a crucial and essential part of your guitar playing career.

The six lines of the tablature staff represent each of the six strings. The top line is the thinnest (highest pitched) string. The bottom line is the thickest (lowest pitched) string. The lines in between are the 2nd through 5th strings. The numbers placed directly on these lines show you the fret number to play the note. At the bottom, underneath the staff, is a series of numbers. These numbers show you which left hand fingers you should use to fret the notes.

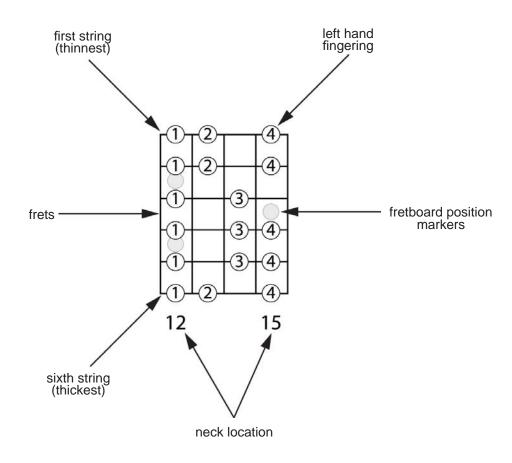


Chords can also be written in tab. If there are several numbers stacked together in a column, those notes should be played or strummed at the same time. Here are the Am and Em chords with the tablature written out underneath each diagram. Since the fingerings are shown on the chord diagrams, we won't bother to repeat them underneath the tab.



Reading a Scale Diagram

Scale diagrams are used to visually show you a scale pattern on the neck of a guitar. The six lines that go from left to right represent each of the six strings. Like you just learned with the tablature, the top line is the thinnest (highest pitched) string. The bottom line is the thickest (lowest pitched) string. The lines in between are the 2nd through 5th strings. The lines running from top to bottom are the frets. The numbered dots placed directly on these lines show you which finger to play at a specific fret. Each of these dots will have a number inside of it. These numbers indicate which left hand finger to fret the note with (1 = index, 2 = middle, 3 = ring, 4 = pinky). The numbers underneath the diagram show you where on the neck the scale is located, in this diagram the scale begins at the 12th fret.



- \bigcirc = first finger
- \bigcirc = second finger
- (3) = third finger
- (4) = fourth finger

Tuning



Alexi Laiho uses two different tunings in his music. One tuning he uses is "D" tuning and the other is Drop "C" tuning. Below are the tuning notes for each, notice that the only difference between the two is the note on the 6th string. On each page you will see an icon for the tuning used in the example. The icons for each are shown below. If you do not have a tuner, go to the lesson support site at wwwrockhousemethod.com to download one for free.

"D" Tuning

(thinnest string) $\textcircled{1} = D \overset{\textcircled{4}} = C$

② = A ⑤ = G ③ = F ⑥ = D (thickest string)

Dropped "C" Tuning

(thinnest string) $\textcircled{1} = D \overset{\textcircled{4}}{=} C$

② = A ⑤ = G ③ = F ⑥ = C (thickest string)

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CHOROS & VOICINGS

Dropped "C" Tuning

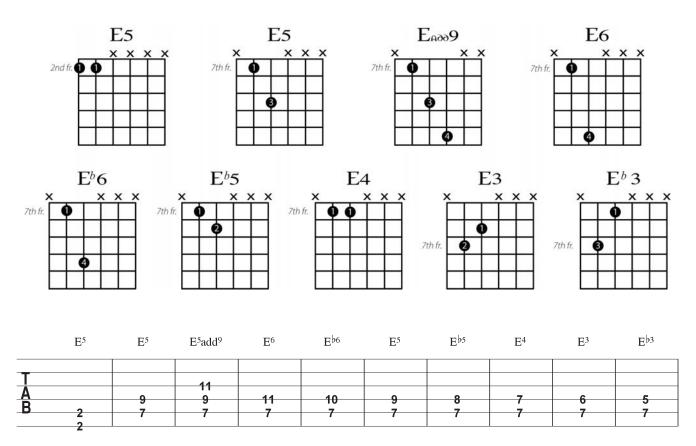
 $\bigcirc 1 = D \bigcirc 4 = C$

② = A ⑤ = G

③ = F ⑥ = C



All of these chords are neither Major nor minor in tonality. These are interval shapes based on an "E" Root note. Due to Alexi's use of distortion, these chord voicings work best because they don't have a "muddy" sound when used with distortion.







Basic Metal Chord Progressions

"Пеедгед 24/7"





"Next In Line"



| | E^5 | B ⁵ | G_2 | D^5 | |
|--------|-------------|----------------|--------|----------------|---|
| Ţ | | | | | |
| A B | ; 9 7 | 4 2 | 5 5 | 7 5 | : |

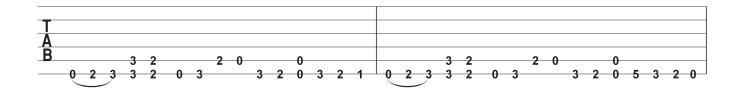


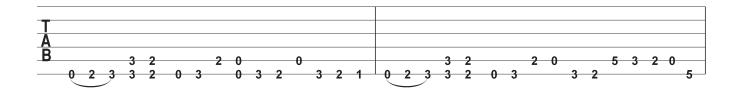
HEAVY RIFF

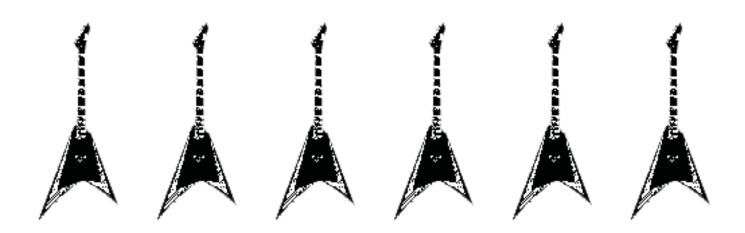
Dropped "C" Tuning 1 = D 4 = C 2 = A 5 = G 3 = F 6 = C

"Bastards Of Bodom"











Single Note Rhythm

Dropped "C" Tuning

(1) = D (4) = C
(2) = A (5) = G
(3) = F (6) = C

"Living Dead Beat"



| | P | P | Р | |
|---|---------|-------|---------|-----------|
| Ţ | | | | |
| В | 5 3 3 5 | 3 2 2 | 5 3 3 5 | 5 3 3 5 7 |



House

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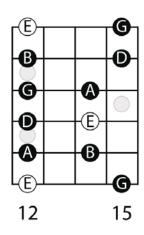
E MINOR PENTATORIC SCALES

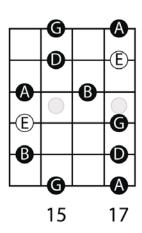
"D" Tuning

(1) = D (4) = C
(2) = A (5) = G
(3) = F (6) = D



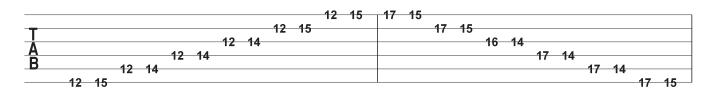
Minor pentatonic scales are the most commonly used scales for playing Rock and Metal solos. The pentatonic is a five note scale, or an abbreviated version of the full natural minor scale. The word "pentatonic" comes from the greek words, "penta" (five) and "tonic" (the keynote).





First Position

Second Position





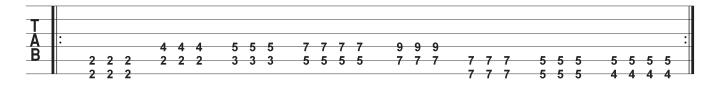


MELODIC RHYTHM & LEAD

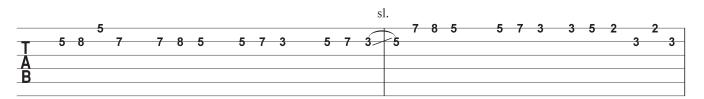
"Needled 24/7"



Rhythm Section



MELODY SECTION





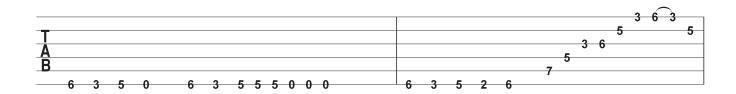
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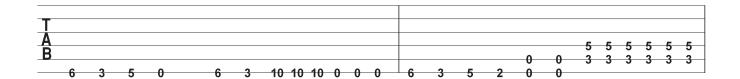
Single Note Rhythm & Diminished Arpeggio

Dropped "C" Tuning

(1) = D (4) = C
(2) = A (5) = G
(3) = F (6) = C

"In YOUR FACE"







SWEEP PICKING

Dropped "C" Tuning

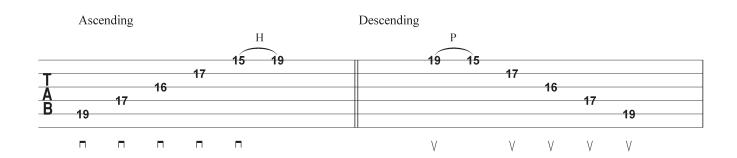
 $\bigcirc = D \bigcirc = C$

② = A ⑤ = G

③ = F ⑥ = C



Sweep picking is a technique that is performed by dragging the pick across the strings in one smooth, flowing motion. In the example below, sweep downward with the pick across the ascending part of the arpeggio, then sweep back up across the strings with the pick using the same smooth motion. Sweep picking is a very useful technique for playing fast arpeggio runs. The downward sweep picking motion is also sometimes referred to as raking.



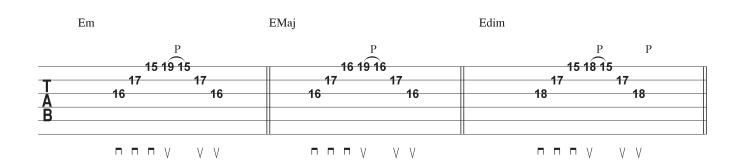


THREE STRING ARPEGGIOS





An arpeggio is defined as the notes of a chord played separately. Major and minor arpeggios contain three different name notes: the root note (which is the same note as the arpeggio or chord's letter name), the third (which is the third scale step and letter name up from the root note), and the fifth (the fifth scale step and letter name up from the root note).





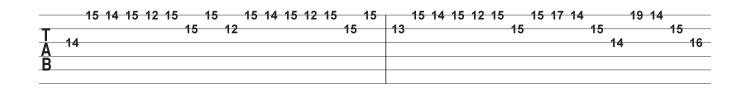
Pivoting

Dropped "C" Tuning

② = A ⑤ = G ③ = F ⑥ = C "Living Dead Beat"



Pivoting is another useful technique used in playing leads and riffs. Pivoting involves creating a melodic phrase by alternating between one constant note and the other notes in the scale. While playing the following example always use alternate picking for speed and accuracy.





MELODIC METAL RIFF

Dropped "C" Tuning

(1) = D (4) = C
(2) = A (5) = G
(3) = F (6) = C

"ARE YOU DEAD YET?"



| $\frac{1}{\lambda}$ | • | | 14 | | | 14 | | 14 | | | 17 | | | | | |
|---------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| B | 12 | 12 | | 12 | 12 | | 12 | | 15 | 15 | | 15 | 15 | 15 | 17 | 15 |
| | | | | | | | | | | | | | 13 | 13 | | 15 |

| | | 1. | 2. |
|---|----------------|---------------------|-------------------|
| T | 15 13 13 13 | 15 14 : 12 10 | 17 16 14 12 |



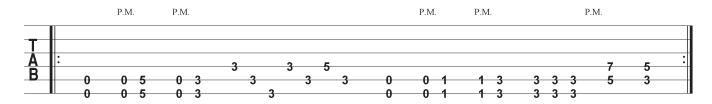


Creating a Melodic Rhythm & Lead

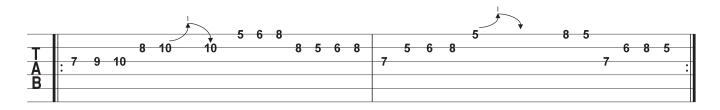
(1) = D (4) = C (2) = A (5) = G (3) = F (6) = C "IF YOU WANT PEACE, PREPARE FOR WAR"



RHYTHM PART



MELODY SECTION





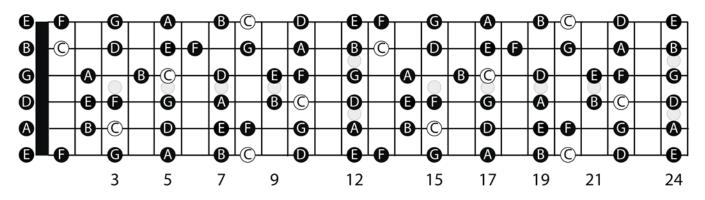
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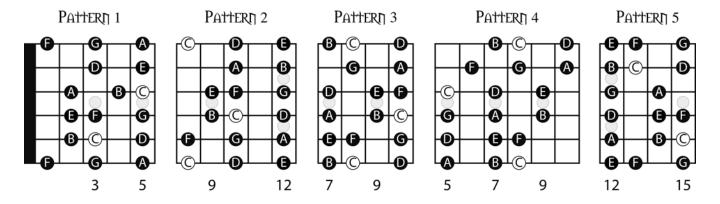
C Major Scales

"D" Tuning

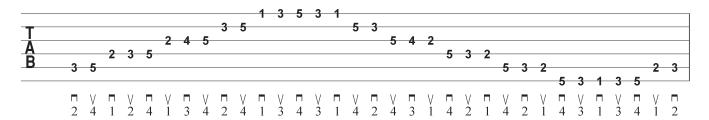
(1) = D (4) = C
(2) = A (5) = G
(3) = F (6) = D



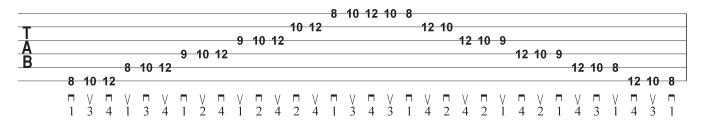




First Pattern

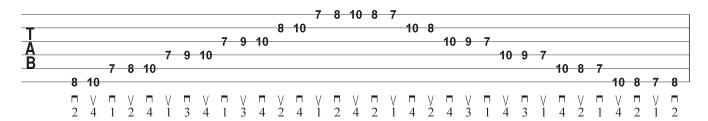


Second Pattern

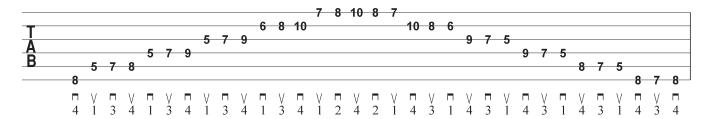


MELODIC SPEED, SHRED & HEAVY RIFFS LEVEL ONE

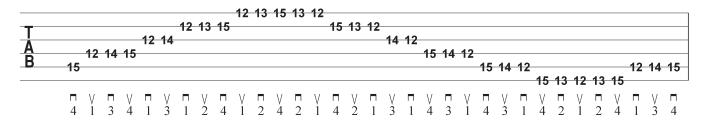
Third Pattern



Fourth Pattern



Fifth Pattern





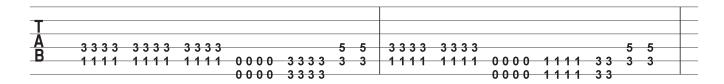
Pivot Melody with Syncopated Rhythm

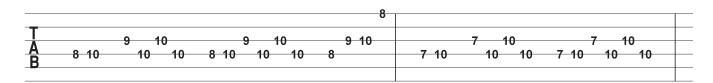
Dropped "C" Tuning

 $\textcircled{1} = D \quad \textcircled{4} = C$

 $② = A \quad \overline{\textcircled{5}} = G$ $③ = F \quad \textcircled{6} = C$ "Bastards Of Bodom"







| T | |
|--|---|
| 9 10 9 10 9 10 7 10 8 10 10 10 8 10 10 10 | 7 10 8 12 10 12 10 9 10 7 10 10 10 10 10 10 7 8 10 |
| В | |



Single Note Riff Into a Heavy Rhythm

Dropped "C" Tuning

1 = D 4 = C 2 = A 5 = G 3 = F 6 = C

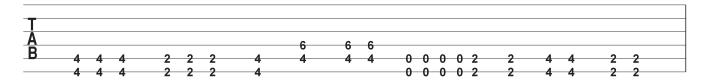
"We're Not Gonna Fall"



MELODIC LEAD

| | | | | 12 | | | | 17 | |
|-------|---------|---------------|-------|-------|-------|---------------|------------------|--------|----------|
| \ \ \ | . 11 14 | 13 11 1411 | 14 13 | 13 | 11 14 | 13 11 1411 | 14 13 | 1614 . | _ |
| B | 11 11 | 1411 | 11 11 | 11 14 | 11 11 | 14 11 | 11 12 | • | \vdash |
| | | | | | | | | | |

HEAVY RIFF







METAL SONG RHYTHM

Dropped "C" Tuning

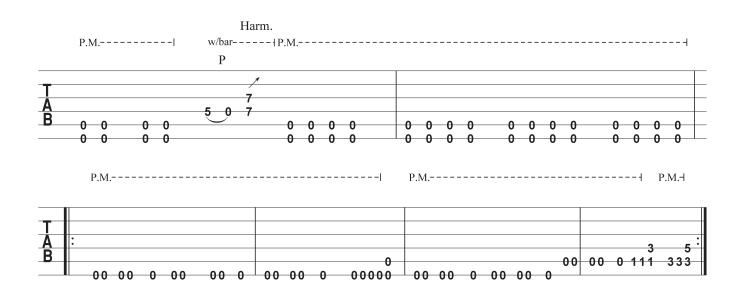
1 = D 4 = C

② = A ⑤ = G

③ = F ⑥ = C

"Living Dead Beat"







SPEED RUTS

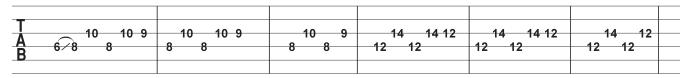
Dropped "C" Tuning

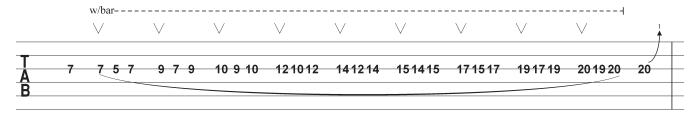
① = D ④ = C ② = A ⑤ = G ③ = F ⑥ = C

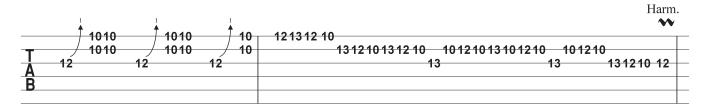
"Bastards Of Bodom"



sl.







sl.17 18 20 17 18 20 18 18 16 18 20 16 18 20 12 10 17 17 15 15 12 10 15 15 15 14 14 14 12 10 13

| | | | | | | | 3X | | | | 1 |
|---|----|----|----|----|----|----|----|----|----|----|---|
| | 22 | 18 | 20 | 22 | 20 | 18 | | 22 | 18 | 20 | |
| T | | | | | | | | | | | |
| Α | : | | | | | | -: | | | | |
| B | | | | | | | | | | | |
| | | | | | | | | | | | |



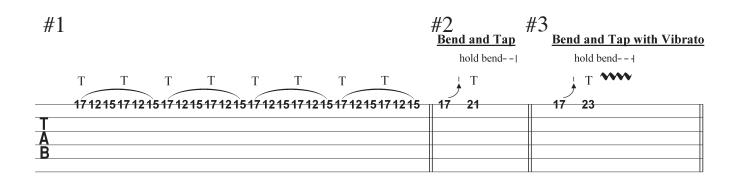
RIGHT HAND TAPPING TECHNIQUE

Dropped "C" Tuning (1) = D (4) = C

② = A ⑤ = G ③ = F ⑥ = C

Right hand Tapping is a lead technique performed by reaching over to the neck with your right hand and hammering on (tapping) a note using your right hand middle finger (Alexi's preferred finger for tapping). After tapping the note, pull off with your right hand finger to the lower notes on the neck that should be fretted in advance with your left hand fingers. The "T" above the tab staff indicates a right hand tap.

If you tap with your middle finger, you can keep the pick in position in your hand. If you feel more comfortable tapping with your index finger, you can use a technique called "palming the pick" where you tuck the pick under your middle finger to get it out of the way. After playing the riff, bring it back into position to go back to regular picking.



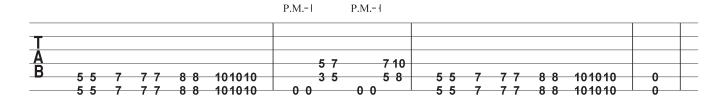


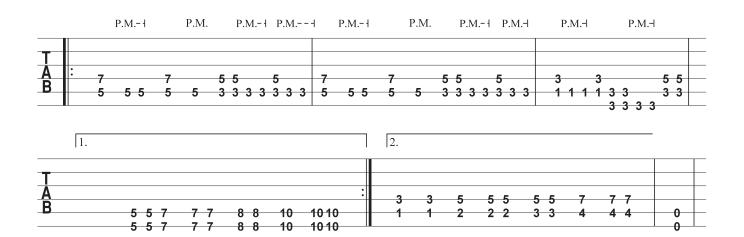
Complete Rhythm & Lead

② = A ⑤ = G ③ = F ⑥ = C

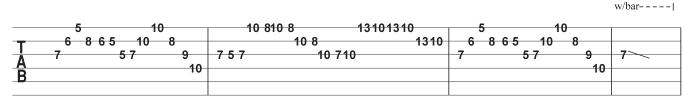
"PUNCH ME I BLEED"



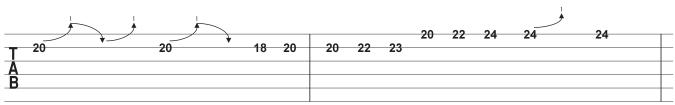




First Section

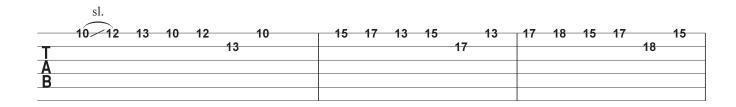


Second Section





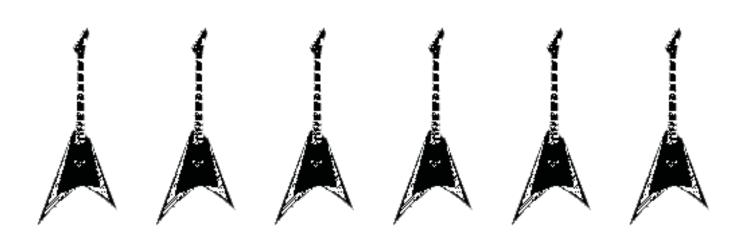
MELODIC SPEED, SHRED & HEAVY RIFFS LEVEL ONE



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|--------------------------|----------------------------------|-------------------------------|
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| | 10 20 | 17 1020 1017 |
| 19 | 19 | - 17 - 17 - 19 - |
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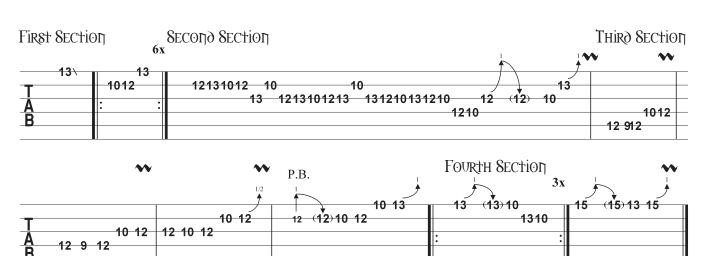




Complete Metal Lead

"IF YOU WANT PEACE, PREPARE FOR WAR"





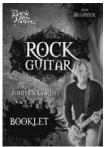
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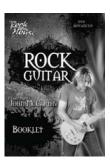




Beginner



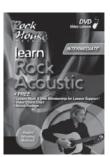
Intermediate



Advanced



Beginner



Intermediate



Beginner



Leo Nocentelli



Riffs, Rhythms & Secrets



Workout Routines for Guitarists



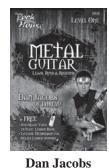
John McCarthy
Basics of Metal Guitar



Alexi Laiho Melodic Speed, Shred & Heavy Riffs #1

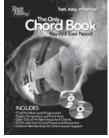


Alexi Laiho Melodic Speed, Shred & Heavy Riffs #2



Leads, Runs & Rhythms #1

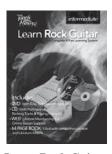




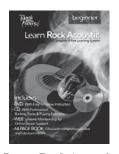
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