

The Complete Shredder's System

week 11

This is the last week of the Extreme techniques and it features the longest lick I have ever created and probably also the most intense which is why this complete week is dedicated to that one lick exclusively. It's made up of an enormous amounts of little licks that can be used in a variety of ways. So the complete lick is divided up in smaller parts that individually can be used in improvising. So in the practicing schedule example I will suggest that you dedicate quite a bit of time for this lick because you will touch upon several of the different techniques that you practice also.

Here is a suggestion on how a practicing week could look like for you, of course you can also choose to use the Action plan video instead as an inspiration to what and how much you want to practice this week. As long as you keep working with the Accelerated learning system you are sure to keep a high learning curve.

Morning session

Important ! if you are working on anything specific towards a goal you have set in a specific lick of technique that takes up most of your practicing time then I would suggest that you only make time for a fraction of this full lick. Decide on one little part of the full lick that you want to spend time on to keep the intensity up in your practicing. What I mean with this is that new material always has a tendency to improve the passion you have for practicing even more. It always works for me, the key is to find the perfect balance between how much and how little so you don't take away the focus from the important elements in your practicing like improving control and speed in Alternate picking or Sweep picking or whatever you feel is most important at this time for you. But if you are ready to take time out to something new then take the first part of the sweep picking tapping of the Extreme to the max lick and drill it without the metronome for seven or eight minutes and then for example a few sweep picking patterns for the remaining time this morning

Midday session

Take out ten minutes to repeat the new material you practiced this morning to establish some momentum in the patterns. The shifting between fingerings does take a little extra focus

(It's jam track time, use at least one jam track and improvise with new licks, for example the lick you practiced this morning or around 10 minutes with the jam tracks) practice for example five to seven minutes with a few different licks you want in your playing so you can use them in improvising. For example three different short licks or just Sweep picking patterns

Evening session

practicing alternate picking in the evening between 25 to 40 minutes where you ultimately possibly will become tense in your picking arm is critical to be on the edge regarding alternate picking, but it's also critical that you don't do this more than once a day, doing so will tire your musculature and keeping you from playing your top speed when needed

As always this is just suggestions, you always have to fit the practicing in such a way so it fits into your life, as long as you take your practicing seriously and take enough time out to do it every day, and also be consistent with the licks and techniques so you experience the development in the techniques so you don't choose new lessons in case you get bored with something just because you don't necessarily see improvement as quick as you may think. Remember to become a great at everything takes time and dedication, that being said you can surely improve faster with the right amount of focus