

The Complete Shredder's System

week 9

welcome to the extreme techniques, introducing 8 finger tapping and the new cross hand technique. The next few or even three weeks we will be focusing on the extreme techniques. These techniques can in many cases be divided up into several different techniques and lick and on top of that to master the licks we need to dissect the licks into smaller parts that are much more manageable, this helps us master the licks so much faster than if you learn the complete lick and start rehearse it every day with a metronome. While this in many situations can do the trick, when we work with something new and very advanced we very often end up with never being able to get the lick up the tempo. It's an almost "magic" way of practicing when you drill the individual parts but very often we become lazy and think we can make faster progress when we learn the whole thing right away and start practicing it, but nothing can be further from the truth, especially when we deal with something as advanced as this. Of course only you know where you are technically so if you really feel that you can take on the whole lick, then of course do so. But if not I hope you will make use of the drilling examples in the videos.

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

Now is the time to become really selective with what you rehearse, if you are getting a good fundamental technique and several of the licks are starting to manifest themselves in your playing that's awesome, but if you are still waiting to see some progress in your technique and speed I would suggest that you just take a part of either the 8 finger tapping lesson in the first video or one of the drills in the Bb minor lick. As an example you could just practice the 8 finger tapping lesson for about 15 minutes every morning, even without a metronome, just get a feeling for the technique and the fingers on the tapping hand

Midday session

The remaining lessons could be just continuing with the same lessons from last week or if you are beginning to feel more confident with new material then take it out of your lessons and exclusively use it with the jam tracks, this way you can start taking new licks into your practicing sessions

(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 the "Crazy combo techs" video. This could be a warm up or switch it around and practice licks and techniques for 30 minutes and around 10 minutes with the jam tracks)

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