

## **The Complete Shredder's System**

### **week 7**

this week we are combining two major techniques, sweep picking and tapping. And obviously before you combine the two it's definitely most effective if you feel comfortable with at least one of the techniques and since we have been through a week focusing on each of the techniques my guess is that the techniques are starting to settle themselves in your playing. As you have experienced in the lessons this week I find it to be a help to practice playing sweep picking on the fret board so the distance between each technique becomes shorter. Of course it depends on the interval that are between the sweep picking pattern and the notes you are tapping. I also hope you start to become inspired by the licks and techniques maybe even to the degree where you are coming up with your own ideas and licks or maybe your own way of playing the techniques, this increases the learning curve in my opinion.

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**

7 minutes of accelerated learning system with the new sweep picking tapping technique, this could be with both a drill like in the first video plus for example the etude

#### **Midday session**

It's jam track time, use at least one jam track and improvise with new licks, 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 keep 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