

# THE SCIENCE OF ALTERNATE PICKING

# SPEED DRILL

S-Gt

*mf*

T  
A  
B

17-18-20 20-18-17-18-20 17-18-20-18-17 20-18 17 20-18-17-18-20 17-18-20 20-18-17

# LONG SEQUENCE

S-Gt

*mf*

1 2

TAB

12 14 15 12 14 15 14 15 14 15 17 14 16 17 16 17 19 17 18 20 17 19 20 19 17 20 18 17 19 17 15

3 4

TAB

18 17 15 17 16 14 17 15 13 17 15 13 15 13 12 13 12 15 13 12 14 12 10 14 12 10 14 12 10 13 12

5 6

TAB

10 12 13 10 12 14 10 12 14 12 10 14 12 10 13 12 12 10 9 12 10 8 12 10 8 10 9 7 10 8 7

7 8


TAB

10 8 7 9 7 5 8 7 5 8 7 5 5 7 8 5 7 8 7 8 10 7 9 10 9 10 12 9 10 12 10 12

9 10

TAB

13 10 12 13 12 13 15 12 13 15 13 15 17 13 15 17 15 17 18 15 17 19 17 18 20 17 19 20 19 17 20 18

11  12

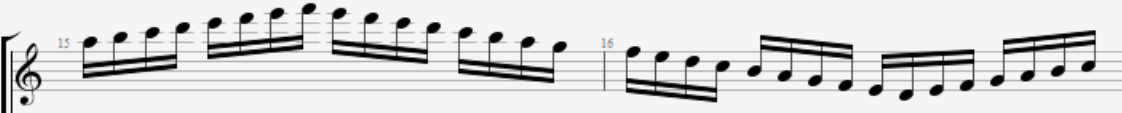
TAB

17-18-20 17-19-20-19-17 20-18-17-18-20 17-20-22 20-17 20-17-15-17-20 17-20-22-20-17 20-17-15 17

13  14

TAB

14-12 15 12-14-17-14-12 15 12-14-17-14-12 14-12 14-17-14-12 14 12-14-17-14-12 15-14-12-14-15 12

15  16

TAB

14-16 13-15-17 13-15-17-15-13 17-15-13 16-14-12 15-14-12 15-14-12 15-13-12-10-12-13 10-12-14 10

17  18

TAB

12-14 10-12-14 12-13-15 12-13-15-13-12 15-13-12 14-12-10 14-12-10 14-12-10 13-12-10-8-10-12 8

19  20

TAB

10-12 9-10-12 9-10-12 10-12-13 10-12-13-12-10 13-12-10 12-10-9 12-10-9 12-10-8 12-10-8-5

## TIMING SPEED

S-Gt

mf

T  
A  
B

7-9-11 7-9-11 7-9-11-9-7 11-9-7-9-11 7-9-11 8-9-11 9-10-12-10-9 11-9-8-9-11

9-10-12 9-11-12-11-9 12-10-9 11-9-8 11-9 7-9-11 8-9-11-9-8 11-9-7 11-9-7 11-9 7

## PENTATONIC SHREDDING

S-Gt

mf

T  
A  
B

12-15-17 12-15-17-15 12-14-17-14-12 12-14-17 12-15-17 15-17-19-17-15 17-15-12 17-14-12

17 15 12

# ALTERNATE PICKING SEQUENCES

# 1

S-Gt

*mf*

T  
A  
B

12-14-15-17 14-15-17-19-17-15-14-12-14-15-17-15 14 12-15 14 12 10 12

# 2

S-Gt

*mf*

T  
A  
B

12-15-14-12 15-13-12-13-15 12-15-14-12 15-13-12 13-15 14-17-15-14 17-15-13-15-17 14-17-15-14 17 15-13-15-17 15-19-17-15 19-17-15-17-19 15-19-17 15 19-17-15-17-19 17-20-19-17 20-19-17-19-20 17 20-19-17 20-19-17-19-20 19-22-20 22-20-19-20-22 19-22-20-19 22-20-19-20-22 20-24-22-20 24-22-20 22-24

S-Gt



1

*mf*

TAB

24 22 21-19 21 22 21-19 21-19 17-16 17-19 17 16 | 17-16 14 -12-14 16-14 -12-14 -12-10-9-10-12-10-9

2

Detailed description: This system contains the first two measures of a guitar piece. The top staff is a treble clef with a 4/4 time signature. Measure 1 is marked with a '1' and contains a melodic line of eighth notes: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. Measure 2 is marked with a '2' and contains a similar melodic line: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. The dynamic marking 'mf' is placed below the first measure. Below the staff is a TAB line with the following fret numbers: 24 22 21-19 21 22 21-19 21-19 17-16 17-19 17 16 | 17-16 14 -12-14 16-14 -12-14 -12-10-9-10-12-10-9.



3

TAB

10-9-7-5-7-9-7-5-7-5-4-2-4-5-4-2 | 7-5-4-5-7-9-7-5-10-9-7-9-10-12-10-9

4

Detailed description: This system contains measures 3 and 4. Measure 3 is marked with a '3' and contains a melodic line of eighth notes: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. Measure 4 is marked with a '4' and contains a similar melodic line: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. The TAB line below shows the fret numbers: 10-9-7-5-7-9-7-5-7-5-4-2-4-5-4-2 | 7-5-4-5-7-9-7-5-10-9-7-9-10-12-10-9.



5

TAB

14-12-10-12-14-16-14-12-17-16-14-16-17-19-17-16 | 21 19 17 19 21 22 21 19 24 22 21

6

Detailed description: This system contains measures 5 and 6. Measure 5 is marked with a '5' and contains a melodic line of eighth notes: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. Measure 6 is marked with a '6' and contains a similar melodic line: G4 (sharp), A4, B4, C5, B4, A4, G4 (sharp), F#4, E4, D4, C4, B3, A3, G3, F3, E3, D3. The TAB line below shows the fret numbers: 14-12-10-12-14-16-14-12-17-16-14-16-17-19-17-16 | 21 19 17 19 21 22 21 19 24 22 21.

S-Gt

1 2

*mf*

TAB

24 22 21 19 21 22 21 19 22 21 19 17 19 21 19 17 21 19 17 16 17 19 17 16 19 17 15 14 15 17 15 14

3 4

TAB

17-16-14-12-14-16-14-12 15-14-12-10-12-14-12-10 14-12-10-9-10-12-10-9 12-10-9-7-9-10-9-7

5 6

TAB

10-9-7-5-7-9-7-5 9-7-5-3-5-7-5-3 7-5-4-2-4-5-4-2 5-3-2-4-2-3-2-4



# 5

S-Gt

1

*mf*

T  
A  
B

10-8-7 10-8-7-12-10-8 11-9-7-12-11-9 12 10-9-14-12-10 14-12-10-15-14-12 15-13-12-10-12

3

4

T  
A  
B

14 10-12-14-12-10-9-10-12 9-10-12-10-9-7-9 10 7-9-11-9-7-5-7-9 7-8-10-8-7-5-7

5

T  
A  
B

8 7-8-10

# EXTENDED FOUR NOTES PER STRING LESSON

S-Gt

*mf*

T  
A  
B

5-7-8-10 7-8-10-12 10-8-7-5-7-8-10 7 9-10-12 10-9-7-9-10-12 14 10-12-14 16-14-12

T  
A  
B

10-9-10-12-14 12-13-15-17-15-13-12-13-15-17-18 15-17-19-20-19-17-15 18-17-15-13-12-13-15-17-15

T  
A  
B

13-12 14-12-10-9-10-12-14-16-14-12-10 14-12-10 9-7-9-10-12-10-9-7 10-8-7-5-7-8-10-12

T  
A  
B

10-8-7 10-8-7-5

# SPEED AND STAMINA

S-Gt

The musical score is written in 4/4 time. The treble clef staff contains a melodic line starting with a first finger (1) on the first note, followed by a series of eighth notes and quarter notes, ending with a second finger (2) on the final note. The dynamic marking *mf* is placed below the first few notes. The bass clef staff is a fretboard diagram with three lines labeled T, A, and B. The fret numbers are: 12-13-15, 12-13-15, 12-14-15-14-12, 15-13-12, 15-13, and 12.

*mf*

T  
A  
B

12-13-15 12-13-15 12-14-15-14-12 15-13-12 15-13 12

# MOTO PERPETUO

S-Gt

1

*f*

T  
A  
B

7 9 11 7 9 11 9 8 9 11 9 8 9 10 9 10

Detailed description: This block contains the first measure of the piece. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody is written on a single staff with a dynamic marking of *f* (forte). The notes are quarter notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4. Below the staff is a guitar tablature with six lines, showing the fret numbers for each note: 7, 9, 11, 7, 9, 11, 9, 8, 9, 11, 9, 8, 9, 10, 9, 10.

2

T  
A  
B

12 10 9 11 9 11 9 8 9 11 9 8 9 11 7 9

Detailed description: This block contains the second measure of the piece. The melody continues with quarter notes: G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The guitar tablature below shows the fret numbers: 12, 10, 9, 11, 9, 11, 9, 8, 9, 11, 9, 8, 9, 11, 7, 9.

3

T  
A  
B

11 9 7 11 7 9 11 7 9 7 11 9 11 7 9 11

Detailed description: This block contains the third measure of the piece. The melody continues with quarter notes: G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The guitar tablature below shows the fret numbers: 11, 9, 7, 11, 7, 9, 11, 7, 9, 7, 11, 9, 11, 7, 9, 11.

4

T  
A  
B

7 9 11 7 11 7 11 10 11 9 7 11 9 7 9 11

Detailed description: This block contains the fourth measure of the piece. The melody continues with quarter notes: G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The guitar tablature below shows the fret numbers: 7, 9, 11, 7, 11, 7, 11, 10, 11, 9, 7, 11, 9, 7, 9, 11.

5

T  
A  
B

7 9 11 7 9 11 9 8 9 11 9 8 9 10 9 10

Detailed description: This block contains the fifth measure of the piece. The melody continues with quarter notes: G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The guitar tablature below shows the fret numbers: 7, 9, 11, 7, 9, 11, 9, 8, 9, 11, 9, 8, 9, 10, 9, 10.

6

T  
A  
B

12 10 9 11 9 11 9 8 9 11 9 8 9 11 7 9

Detailed description: This block contains the sixth measure of the piece. The melody continues with quarter notes: G4, A4, B4, C#5, B4, A4, G4, F#4, G4, A4, B4, C#5, B4, A4, G4, F#4. The guitar tablature below shows the fret numbers: 12, 10, 9, 11, 9, 11, 9, 8, 9, 11, 9, 8, 9, 11, 7, 9.

7



5

TAB

11 9 7 7 9 11 7 9 7 11 9 11 7 9 11 7 11 9 7 9 7 11 9 7 7 9 11

Detailed description: This system shows measure 7. The musical staff is in treble clef with a key signature of two sharps (F# and C#). The notation consists of eighth notes. The guitar tab below shows the fret numbers for each note: 11, 9, 7, 7, 9, 11, 7, 9, 7, 11, 9, 11, 7, 9, 11, 7, 11, 9, 7, 9, 7, 11, 9, 7, 7, 9, 11.

9



TAB

7 9 11 7 9 11 9 8 9 11 9 8 9 10 9 10

Detailed description: This system shows measure 9. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 7, 9, 11, 7, 9, 11, 9, 8, 9, 11, 9, 8, 9, 10, 9, 10.

10



TAB

12 10 9 11 9 11 9 8 9 11 9 8 9 11 7 9

Detailed description: This system shows measure 10. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 12, 10, 9, 11, 9, 11, 9, 8, 9, 11, 9, 8, 9, 11, 7, 9.

11



TAB

11 9 7 11 7 9 11 7 9 7 11 9 11 7 9 11

Detailed description: This system shows measure 11. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 11, 9, 7, 11, 7, 9, 11, 7, 9, 7, 11, 9, 11, 7, 9, 11.

12



TAB

7 9 11 7 11 7 11 10 11 9 7 11 9 9 11 8

Detailed description: This system shows measure 12. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 7, 9, 11, 7, 11, 7, 11, 10, 11, 9, 7, 11, 9, 9, 11, 8.

13



TAB

9 11 7 9 11 12 11 10 11 12 11 10 11 12 11 12

Detailed description: This system shows measure 13. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 9, 11, 7, 9, 11, 12, 11, 10, 11, 12, 11, 10, 11, 12, 11, 12.

14



TAB

14 12 10 13 11 12 11 10 11 12 11 9 12 11 10 11

Detailed description: This system shows measure 14. The musical staff is in treble clef with a key signature of two sharps. The notation consists of eighth notes. The guitar tab below shows the fret numbers: 14, 12, 10, 13, 11, 12, 11, 10, 11, 12, 11, 9, 12, 11, 10, 11.

Musical notation for measures 15-18. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 9 12 11 9 11 9 13 9 12 11 9 12 9 12 11 12

Musical notation for measures 16-17. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 11 14-12-11-12-12-11-12 11 12-11-12 14 12-11-12 | 14 12-11-12 16 12-11-12 12 12-11-12 16 14-13-14

Musical notation for measures 18-19. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 16-14-13-11 14 12-11-12 11 12-11-12 14 12-11-12 | 14 12-11-12 16 12-11-12 12 12-11-12 16 14-13-14

Musical notation for measures 20-21. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 16 14 13 11 14 12 11 12 11 12 11 12 14 11 10 11

Musical notation for measures 21-22. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 10 13 11 9 8 9 8 9 8 9 8 9 11 8 11 8

Musical notation for measures 22-23. The staff shows a treble clef with a key signature of three sharps (F#, C#, G#) and a common time signature. The melody consists of eighth notes. The guitar tablature below shows the fret numbers for each note.

TAB: 12 10 13 11 13 12 11 12 14 12 10 13 11 10 13 10

23



T  
A  
B

12 10 13 11 9 13 11 13 10 13 11 9 13 11 10 11

Detailed description: This system shows measure 23. The top staff is a treble clef with a key signature of three sharps (F#, C#, G#). The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4. The bottom staff is a guitar TAB with six lines. The fret numbers are: 12, 10, 13, 11, 9, 13, 11, 13, 10, 13, 11, 9, 13, 11, 10, 11.

24



T  
A  
B

13 11 9 13 11 13 9 13 11 13 9 11 12 9 11 9

Detailed description: This system shows measure 24. The top staff is a treble clef with a key signature of three sharps. The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4, G#4, A4, C#5, E5, F#5, G#5. The bottom staff is a guitar TAB with fret numbers: 13, 11, 9, 13, 11, 13, 9, 13, 11, 13, 9, 11, 12, 9, 11, 9.

25



T  
A  
B

12 9 11 12 9 11 9 13 9 11 13 9 11 9 13 9

Detailed description: This system shows measure 25. The top staff is a treble clef with a key signature of three sharps. The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4, G#4, A4, C#5, E5, F#5, G#5. The bottom staff is a guitar TAB with fret numbers: 12, 9, 11, 12, 9, 11, 9, 13, 9, 11, 13, 9, 11, 9, 13, 9.

26



T  
A  
B

11 13 9 11 8 9 8 9 8 9 8 9 11 9 8 9

Detailed description: This system shows measure 26. The top staff is a treble clef with a key signature of three sharps. The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4, G#4, A4, C#5, E5, F#5, G#5. The bottom staff is a guitar TAB with fret numbers: 11, 13, 9, 11, 8, 9, 8, 9, 8, 9, 8, 9, 11, 9, 8, 9.

27




T  
A  
B

10 9 8 9 9 8 9 9 9 8 9

Detailed description: This system shows measure 27. The top staff is a treble clef with a key signature of three sharps. The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4, G#4, A4, C#5, E5, F#5, G#5. The bottom staff is a guitar TAB with fret numbers: 10, 9, 8, 9, 9, 8, 9, 9, 9, 8, 9.

28



T  
A  
B

9 12 11 12 9 12 10 9 11 9 8 9

Detailed description: This system shows measure 28. The top staff is a treble clef with a key signature of three sharps. The melody consists of eighth notes: F#4, A4, C#5, E5, F#5, G#5, F#5, E5, C#5, A4, F#4, G#4, A4, C#5, E5, F#5, G#5. The bottom staff is a guitar TAB with fret numbers: 9, 12, 11, 12, 9, 12, 10, 9, 11, 9, 8, 9.

29

T  
A  
B

8 9 8 9 11 9 8 9 10 9 8 9 9 8 9

30

T  
A  
B

9 9 8 9 9 12 11 12 9 12 10 9 11 11 10 11

31

T  
A  
B

9 11 9 8 9 9 8 9 11 9 8 11 8 8 11 8

32

T  
A  
B

9 8 11 9 11 11 10 11 8 11 9 8 9 9 8 9

33

T  
A  
B

11 9 7 11 7 7 11 7 9 7 11 9 11 11 9 11 7

34

T  
A  
B

11 9 7 9 9 8 9 11 9 7 11 7 7 11 7 9



35



T  
A  
B

7 6 7 6 7 6 7 9 7 6 7 6 7 6 7 9

Detailed description: This block contains the musical notation for measure 35. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 6, 7, 6, 7, 9, 7, 6, 7, 6, 7, 6, 7, 9.

36



T  
A  
B

7 6 7 6 7 6 7 9 7 6 7 7 7 6 7 9

Detailed description: This block contains the musical notation for measure 36. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 6, 7, 6, 7, 9, 7, 6, 7, 7, 7, 6, 7, 9.

37



T  
A  
B

7 6 7 7 7 6 7 6 7 7 7 6 7 9

Detailed description: This block contains the musical notation for measure 37. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 7, 7, 6, 7, 6, 7, 7, 7, 6, 7, 9.

38



T  
A  
B

7 6 7 6 7 7 7 6 7 6 7 6 7 9

Detailed description: This block contains the musical notation for measure 38. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 6, 7, 7, 7, 6, 7, 6, 7, 6, 7, 9.

39



T  
A  
B

7 6 7 6 7 6 7 9 7 6 7 6 7 6 7 9

Detailed description: This block contains the musical notation for measure 39. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 6, 7, 6, 7, 9, 7, 6, 7, 6, 7, 6, 7, 9.

40



T  
A  
B

7 6 7 6 7 6 7 9 7 6 7 7 7 6 7 9

Detailed description: This block contains the musical notation for measure 40. It features a treble clef, a key signature of two sharps (F# and C#), and a 4/4 time signature. The melody consists of eighth notes: F#4, G4, A4, B4, C#5, B4, A4, G4, F#4, E4, D4, C#4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines, showing the fret numbers for each string: 7, 6, 7, 6, 7, 6, 7, 9, 7, 6, 7, 7, 7, 6, 7, 9.

41



TAB 7 6 7 7 7 6 7 7 6 7 7 7 6 7 9

Detailed description: This block contains the first system of music, labeled with the measure number 41. It features a treble clef and a key signature of three sharps (F#, C#, G#). The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 7, 6, 7, 7, 7, 6, 7, 7, 6, 7, 7, 7, 6, 7, 9.

42



TAB 7 6 7 6 7 7 7 6 7 6 7 6 7 9

Detailed description: This block contains the second system of music, labeled with the measure number 42. It features a treble clef and a key signature of three sharps. The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 7, 6, 7, 6, 7, 7, 7, 6, 7, 6, 7, 6, 7, 9.

43



TAB 7 6 7 6 7 6 7 9 7 6 7 11 9 8 9 11

Detailed description: This block contains the third system of music, labeled with the measure number 43. It features a treble clef and a key signature of three sharps. The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 7, 6, 7, 6, 7, 6, 7, 9, 7, 6, 7, 11, 9, 8, 9, 11.

44



TAB 9 8 9 12 9 8 9 11 9 8 9 6 9 8 9 6

Detailed description: This block contains the fourth system of music, labeled with the measure number 44. It features a treble clef and a key signature of three sharps. The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 9, 8, 9, 12, 9, 8, 9, 11, 9, 8, 9, 6, 9, 8, 9, 6.

45



TAB 9 8 9 9 9 8 9 9 8 9 9 7 6 7 9

Detailed description: This block contains the fifth system of music, labeled with the measure number 45. It features a treble clef and a key signature of three sharps. The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 9, 8, 9, 9, 9, 8, 9, 9, 8, 9, 9, 7, 6, 7, 9.

46



TAB 7 6 7 8 7 6 7 7 6 7 6 6 4 6 9

Detailed description: This block contains the sixth system of music, labeled with the measure number 46. It features a treble clef and a key signature of three sharps. The notation consists of a single melodic line with eighth notes. Below the staff is a guitar tablature line with the numbers 7, 6, 7, 8, 7, 6, 7, 7, 6, 7, 6, 6, 4, 6, 9.

47



TAB

6 4 6 9 6 4 6 9 6 4 6 7 6 4 6 9

Detailed description: This block contains the musical notation for measure 47. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 6, 4, 6, 9, 6, 4, 6, 9, 6, 4, 6, 7, 6, 4, 6, 9.

48



TAB

6 4 6 9 6 4 6 9 6 4 6 7 7 6 7 9

Detailed description: This block contains the musical notation for measure 48. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 6, 4, 6, 9, 6, 4, 6, 9, 6, 4, 6, 7, 7, 6, 7, 9.

49



TAB

7 6 7 9 7 6 7 9 7 6 7 7 6 4 6 9

Detailed description: This block contains the musical notation for measure 49. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 7, 6, 7, 9, 7, 6, 7, 9, 7, 6, 7, 7, 6, 4, 6, 9.

50



TAB

6 4 6 9 6 4 6 9 6 4 6 7 7 6 7 9

Detailed description: This block contains the musical notation for measure 50. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 6, 4, 6, 9, 6, 4, 6, 9, 6, 4, 6, 7, 7, 6, 7, 9.

51



TAB

7 6 7 9 7 6 7 9 7 6 7 4 4 2 4 5

Detailed description: This block contains the musical notation for measure 51. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 7, 6, 7, 9, 7, 6, 7, 9, 7, 6, 7, 4, 4, 2, 4, 5.

52



TAB

4 2 4 2 4 2 4 2 4 2 4 4 4 3 4 2

Detailed description: This block contains the musical notation for measure 52. It features a treble clef, a key signature of three sharps (F#, C#, G#), and a common time signature. The melody consists of eighth notes: F#4, A4, B4, C#5, D5, C#5, B4, A4, G#4, F#4, E4, D4, C#4, B3, A3, G#3, F#3. Below the staff is a guitar tablature with six lines, containing the numbers 4, 2, 4, 2, 4, 2, 4, 2, 4, 2, 4, 4, 4, 3, 4, 2.

53

TAB 4 3 4 6 4 2 4 4 7 4 8 2 5 4 5 4

V V

54

TAB 5 4 5 2 4 1 4 4 4 1 4 4 7 6 7 6

55

TAB 7 6 7 6 7 6 7 6 7 4 4 2 4 5

56

TAB 4 2 4 2 4 2 4 2 4 4 4 3 4 2

57

TAB 4 3 4 6 4 2 4 4 7 4 8 2 5 4 5 4

V V

58

TAB 5 4 5 2 4 1 4 4 4 1 4 13 14 13 14 16

59

T  
A  
B

14 13 14 16 16 15 16 18 16 15 16 13 14 13 14 16

60

T  
A  
B

14 13 14 16 16 15 16 18 16 15 16 13 14 13 14 16

61

T  
A  
B

14 13 14 13 14 13 14 16 14 13 14 14 14 13 14 16

62

T  
A  
B

14 13 14 16 14 13 14 16 14 13 14 15 17 14 15 16

63

T  
A  
B

14 14 16 18 14 16 18 14 16 17 14 16 17 14 16 17

64

T  
A  
B

(17)

# CAPRICCI II

S-Gt

*mf*

1 2

3 4

5 6

7 8

9 10

TAB

7 6 7 5 7 3 7 7 5 7 3 7 7 7 7 7 5 7 6 3 6 2 6 6

4 4 3 4 5 6 4 3 4 5 6 4 7 5 4 7 10 10 10

10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

7 10 9 10 9 9 10 9 8 9 8 7 6 9 10 7

9 9 9 9 12 9 12 10 9 7 7 7 6 7 7 6 4 5 6

9 8 5 9 9 9 10 9 7 5 4 3 4 7 7 6 4 5 6

3 7 9 9 12 10 12 11 11 11 10 11 11 10 11 11 14

8 9 10 10 10 10 9 9 10 9 9 10 9 9 9

TAB

Musical notation for measures 11 and 12. The staff shows a treble clef with a key signature of one sharp (F#) and a common time signature. Measure 11 contains a half note chord (F#, A, C) followed by a quarter note chord (F#, A, C). Measure 12 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). The TAB part below shows the fretting for each note.

TAB: 14 14 11 11 | 12 14 13 14 12 14 10 14 11 14 14 14 12 14 14

Musical notation for measures 13 and 14. Measure 13 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). Measure 14 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). The TAB part below shows the fretting for each note.

TAB: 14 14 14 14 14 13 14 12 14 13 14 | 14 14 12 14 11 14 14 14 14 14 14 14

Musical notation for measures 15 and 16. Measure 15 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). Measure 16 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). The TAB part below shows the fretting for each note.

TAB: 15 15 15 15 15 14 14 12 12 | 12 12 12 12 12 12 10 10 10

Musical notation for measures 17 and 18. Measure 17 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). Measure 18 contains a quarter note chord (F#, A, C) followed by a quarter note chord (F#, A, C). The TAB part below shows the fretting for each note.

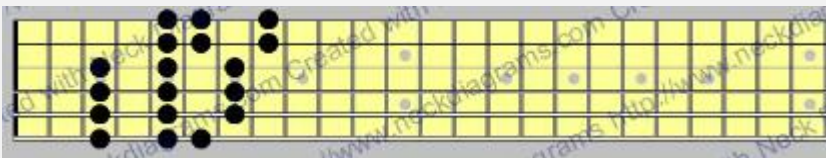
TAB: 10 10 9 10 9 8 8 8 8 7 7 | 7 7 7 5

# SCALES

## FIRST POSITION



## SECOND POSITION



## THIRD POSITION



## FOURTH POSITION

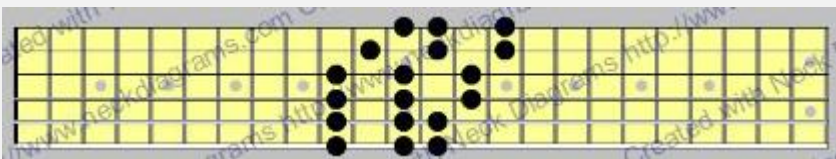




## FIFTH POSITION



## SIXTH POSITION



## SEVENTH POSITION



## **TIPS**

#1 keep as much of the palm as possible in contact with the guitar body

#2 practicing too much can hurt your daily progress

#3 always start a drill or lesson way below your actual capabilities in order to improve your technique

#4 you progress in quantum leaps when achieving speed in alternate picking

#5 when learning scales don't move beyond the fourth position until you know all four by heart

## THE ULTIMATE WORKOUT

1. Warmup
2. Drill
3. Alternate picking lesson
4. Sweep picking

### Mid day session

1. Classical pice

### Physical training

### Second mid day session

1. Legato or more sweep picking

### Final session

1. Four of the alternate picking sessions free of choice