

# The arcane speed concept of alternate picking

Standard tuning

♩ = 120

Lesson 1

S-Gt

*mf*

T  
A  
B

13 15 17 14 15 17 14 15 15 17 19 15 17 19 17 18

T  
A  
B

20 18 17 19 17 15 19 17 17 15 14 17 15 14 17 15

T  
A  
B

13 15 17 14 15 17 14 15 15 17 19 15 17 19 17 18

T  
A  
B

20 18 17 19 17 15 19 17 17 15 14 17 15 14 17 15

Lesson 2

T  
A  
B

19 23 21 19 21 20 18 16 18 16 19 17 16 18 16 15

6

T  
A  
B

16 14 12 16 14 12 15 13 11 13 15 12 14 16 12 14

7

T  
A  
B

19 23 21 19 21 20 18 16 18 16 19 17 16 18 16 15

8

T  
A  
B

16 14 12 16 14 12 15 13 11 13 15 12 14 16 12 14

Third lesson

9

T  
A  
B

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

10

T  
A  
B

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

11

T  
A  
B

15

Lesson 4

Musical notation for measure 12, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 23, 22, 20, 24, 21, 20, 22, 20, 19, 22, 21, 18, 22, 20, 18, 17.

Musical notation for measure 13, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 20, 19, 16, 20, 18, 16, 19, 17, 16, 18, 17, 15, 18, 17, 15, 19.

Musical notation for measure 14, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 15, 16, 19, 15, 17, 18, 15, 17, 18, 16, 17, 19, 16, 18, 20, 16.

Musical notation for measure 15, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 23, 22, 20, 24, 21, 20, 22, 20, 19, 22, 21, 18, 22, 20, 18, 17.

Musical notation for measure 16, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 20, 19, 16, 20, 18, 16, 19, 17, 16, 18, 17, 15, 18, 17, 15, 19.

Musical notation for measure 17, including a treble clef staff with notes and a guitar TAB staff with fret numbers: 15, 16, 19, 15, 17, 18, 15, 17, 18, 16, 17, 19, 16, 18, 20, 16.

Lesson five

18

T  
A  
B

10 11 13 10 11 13 10 12 11 13 15 12 13 15 12 13

19

T  
A  
B

13 15 17 13 15 17 15 16 18 16 15 18 16 15 17 15

20

T  
A  
B

13 17 15 13 17 15 13 12 15 13 11 15 13 11 13 12

21

T  
A  
B

10 13 12 10 13 12 10 13

Lesson six

22

T  
A  
B

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

23

T  
A  
B

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

Lesson seven

24

TAB 17 20 18 17 19 17 16 17 19 17 18 20 20 19 17 20

This block contains the first system of Lesson seven. It features a treble clef staff with a repeat sign and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 17, 20, 18, 17, 19, 17, 16, 17, 19, 17, 18, 20, 20, 19, 17, 20.

25

TAB 18 17 19 17 16 17 19 17 16 19 17 15 14 15 17 14

This block contains the second system of Lesson seven. It features a treble clef staff with a repeat sign and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 18, 17, 19, 17, 16, 17, 19, 17, 16, 19, 17, 15, 14, 15, 17, 14.

26

TAB 16 17 15 17 18 15 19 15

This block contains the third system of Lesson seven. It features a treble clef staff with a 2/4 time signature and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 16, 17, 15, 17, 18, 15, 19, 15.

Stamina/Deep technique Lesson 1

27

TAB 15 13 12 13 16 14 13 14 16 14 12 16 15 16 13 16

This block contains the first system of the Stamina/Deep technique section. It features a treble clef staff with a 4/4 time signature and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 15, 13, 12, 13, 16, 14, 13, 14, 16, 14, 12, 16, 15, 16, 13, 16.

28

TAB 12 13 12 14 13 14 12 13 15 12 14 16 14 12 14 12

This block contains the second system of the Stamina/Deep technique section. It features a treble clef staff with a 4/4 time signature and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 12, 13, 12, 14, 13, 14, 12, 13, 15, 12, 14, 16, 14, 12, 14, 12.

29

TAB 15 13 12 13 16 14 13 14 16 14 12 16 15 16 13 16

This block contains the third system of the Stamina/Deep technique section. It features a treble clef staff with a 4/4 time signature and a key signature of one sharp (F#). The melody consists of eighth notes. Below the staff is a six-line guitar tablature with fret numbers: 15, 13, 12, 13, 16, 14, 13, 14, 16, 14, 12, 16, 15, 16, 13, 16.

30

T  
A  
B

12 13 12 14 13 14 12 13 15 12 14 16 14 12 14 12

31

T  
A  
B

13 14 16 13 14 17 13 17 13 17 14 17 18 15 18 15

32

T  
A  
B

18 17 14 17 18 15 18 15 18 15 16 18 16 15 18 17

33

T  
A  
B

13 14 16 13 14 17 13 17 13 17 14 17 18 15 18 15

34

T  
A  
B

18 17 14 17 18 15 18 15 18 15 16 18 16 15 18 17

35

T  
A  
B

15 13 12 13 16 14 13 14 16 14 12 16 15 16 13 16

36

T  
A  
B

12 13 12 14 13 14 12 13 15 12 14 16 14 12 14 12

37

T  
A  
B

15 13 12 14 13 11 14 13 11

Stamina/Deep technique Lesson 2

38

T  
A  
B

15 18 17 18 14 17 15 17 15 18 17 18 17 20 18 20

39

T  
A  
B

15 18 17 18 14 17 15 17 15 18 17 18 17 20 18 20

41

T  
A  
B

16 13 17 15 13 17 15 14 15 10 11 10 8 11 10 8 7 8 10 12 8 10 9 10 7

43

T  
A  
B

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

45

46

TAB

20-19-16 20-18-16 19-17-16 18-17-15 18-17-15-14 15-18 17 18-14-17 15 17-15-18 17 18-17-20 18 20

47

48

TAB

15-18 17 18-14-17 15 17 17 17-15 18-17 15 15-19 19