THE SECRET OF PLAYING FAST

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Welcome to The Secret of Playing Fast. My history is I have always had the discipline to practice from morning to evening and this way of course helped my speed to some degree but more important it perfected my technique which is an essential ingredient in taking you speed to the highest level. But what happened was that I would be warmed up after half an hour to 45 minutes and this way I could keep a good high pace but only for a short period of time so even though I continued with more exercises focusing on speed only to find out that my muscles would get tired so I would actually play slower and slower. But I was still persistent enough to stay with this way for quite some time because I did learn a very valuable lesson regarding learning to shred and that was the repetitions would get me to my goal but I experienced that that would only bring me some of the way, so at some point I needed to stop and evaluate what I had mastered with this method. There's no doubt that I could play many of the things that I dreamed of but I was still missing a goal of mine and that was to be able to play fast alternate picking more than 20 minutes a day. I'm exaggerating a little of course but I felt that I was practicing so much and not getting the results I was after which was very disappointing. So eventually I would change my practicing schedule and changing my fixed ideas of playing fast alternate picking. What happened was very weird because I learned that when I was using a more varied practicing schedule focusing on many different techniques I would actually play faster with more surplus meaning I did not have to strain myself playing fast when I followed this way of practicing. I would still work on my alternate picking technique so I could keep improving the technique but I would not tire my musculature so I could still play fast more than in my first few alternate picking lessons. This was a great lesson but then I learned something even more valuable. I discovered that if I about quarterly substitute one of the alternate picking pieces in my practicing schedule. Because what happens is that if you are practicing a lesson for a long period of time the law of familiarity kicks in and when this happens you stop improving and actually just use it as a warm up and this is the time where you need to introduce a new piece to your schedule to start improving again plus keeping your motivation. The reason I oppose to adding new stuff more often is that many times you will not have reached any kind of improvement in the piece or reached the desired speed in the lesson. This is also where you need to decide if you additionally need to lose anything from your practicing schedule because equally important is it that you have a realistic amount of time for your technical lessons and drills because you will only become frustrated if you make a two hour practicing schedule but only have that time in the weekends. It's much more efficient to make a plan that you know you can stick to every day and this way will really create the momentum to leverage you technique and speed. So to make it totally clear what you need to do to improve your speed instantly is the following

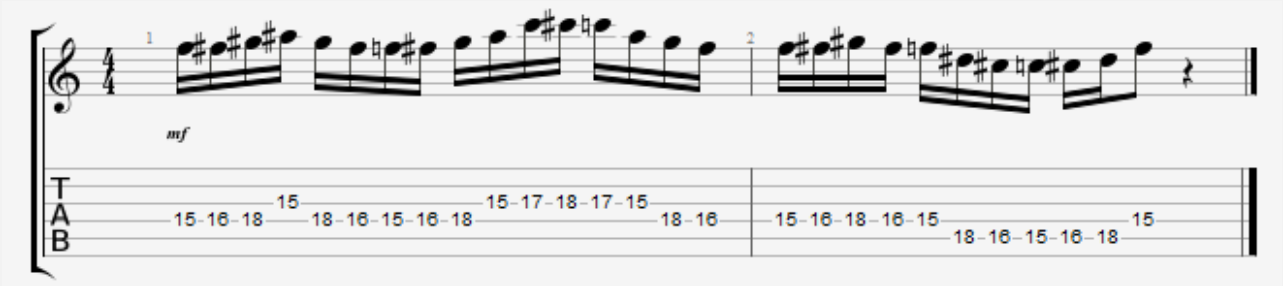
Start every day with only one alternate picking piece, where you don't focus on speed, but just 15 minutes to get the fingers going. For example a musical piece like a classical violin of flute piece which are easy to fit to the guitar. The next thing you need to do is to practice for example a sweep picking piece or legato piece. Personally prefer ending the day with an alternate picking drill. Either a drill or another classical piece or a lick

The secret is to have a varied practicing schedule but still with a specific outcome in mind. And surprisingly not just loads of the same movements over and over again

First quarter

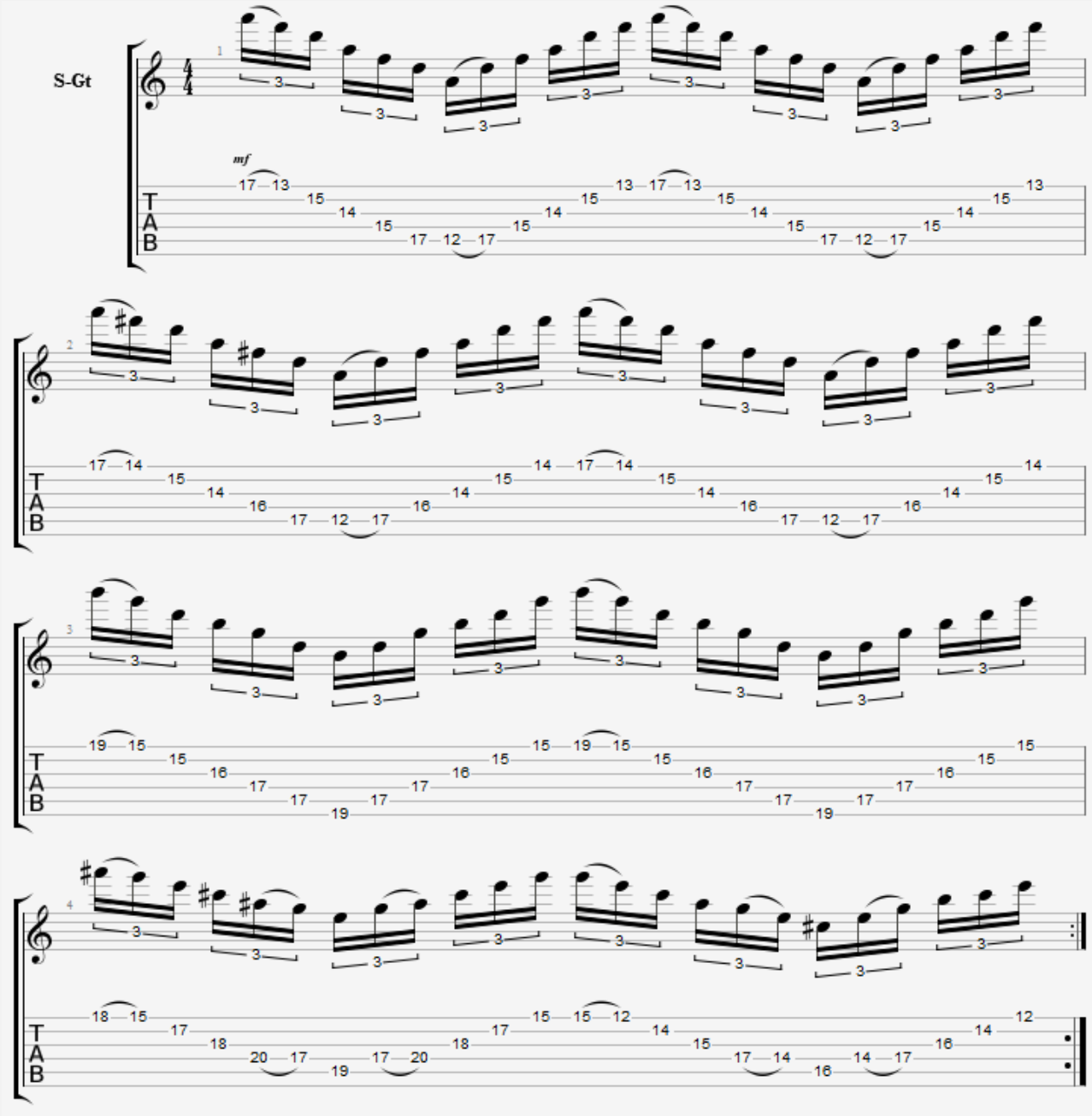
Lesson 1 alternate picking

This little drill is obvious heavily inspired by Paul Gilbert. But in my opinion something magic happens when you do your own little twists and ideas on the licks and lessons you practice. Of course your ideas have to come from somewhere and so you get you inspirations from many places and from those you compose your own ideas. So it's more the concepts and ideas that you make use of instead of simply copying someone else.



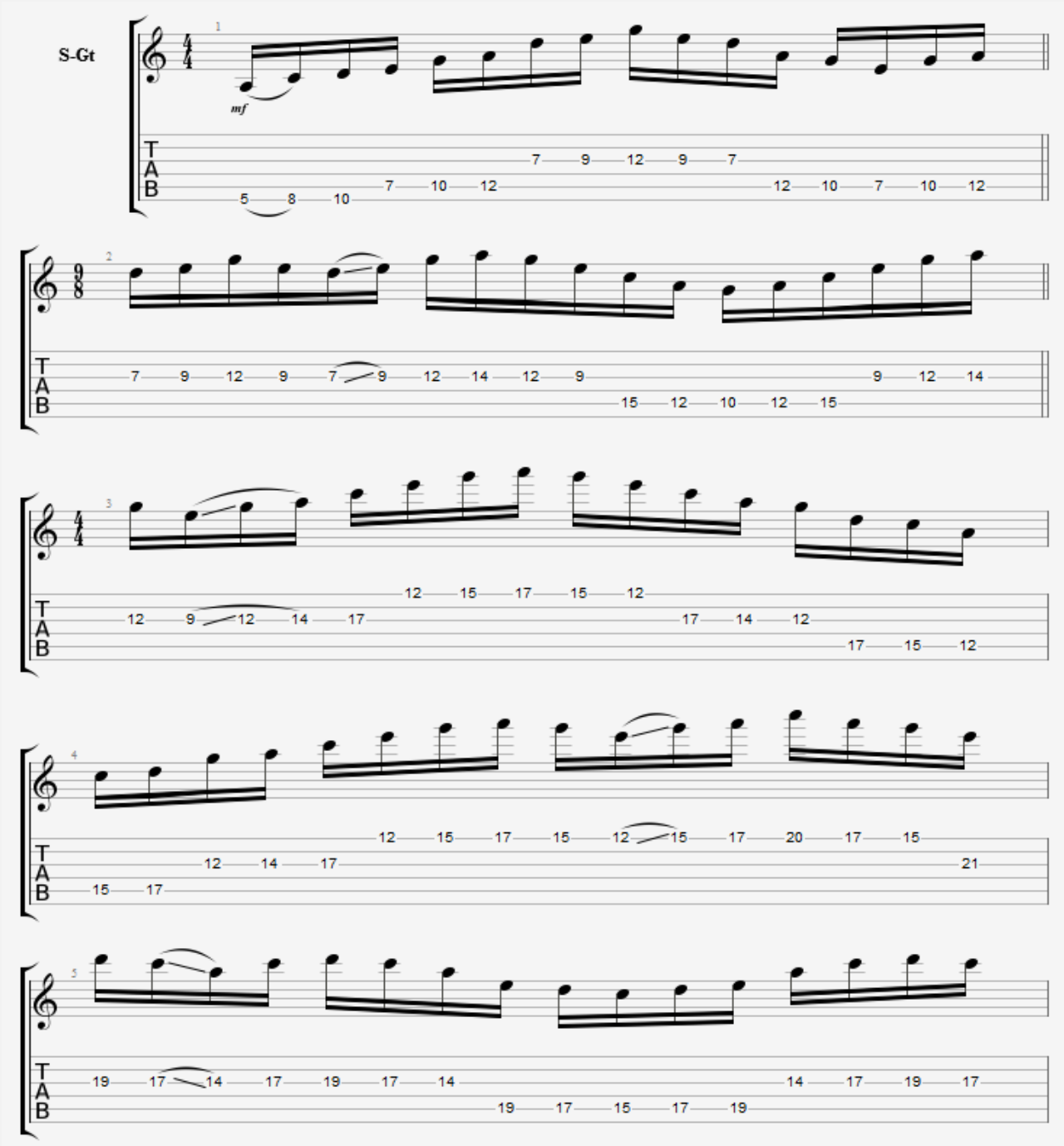
Lesson 2 sweep picking

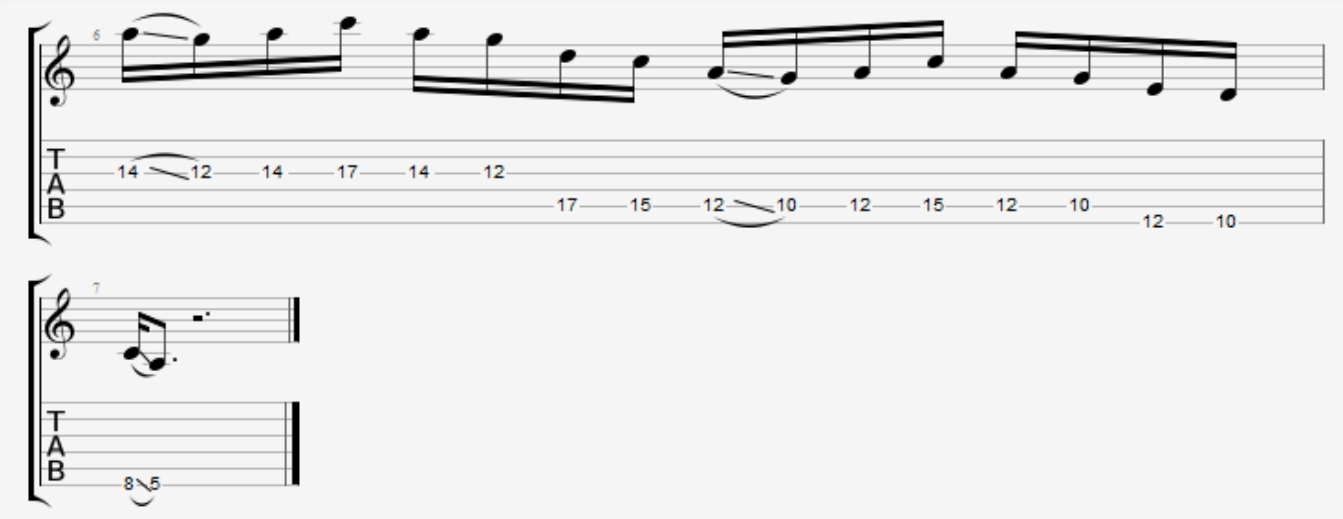
This short and sweet sweep picking piece focuses mainly on the sweep picking technique but is still quite musical



Lesson 3 legato

This legato phrase is definitively ne of my own favorites and I use it all the time myself when I improvise and also in my composition. Check my band Sage's Recital and hear for yourself. If you want to improvise with it you can start it from the sixth position of the major scale or the first position in the minor Pentatonic scale





Happy practicing and dont hesitate to contact me with the above mail if you have any questions

Regard

Niels