

*Sweep Licking Virtuosity*

# Practicing Schedule

## Lesson 1

In this first lesson which I made for one specific reason and that is to shift your right hand from the typical alternate picking motion into being able to do the sweeping motion. I have noticed that most people actually divide the sweep picking motion into many little down strokes which mean that you practically stop between every string which is not the meaning of sweep picking. What this lesson did for me was to actually play sweep picking at a slow pace and mid tempo pace. Before I spend time with this lesson I had a lot of trouble playing sweep picking slow and I felt that it first started working for me when I sped it up and what can be the problem with this is that doing it this way where it only works where you play fast is you never get to perfect the crucial synchronization between right and left hand. Let me also tell you that this is an incredible lesson and even better... I personally did not spend large amounts of time with it to integrate the movements of it.

It's also important that you don't practice this lesson with a metronome because the focus of this lesson is not speed or timing but simply just the sweep picking motion in itself. So don't spend hours on this. Just a little bit every day like ten minutes or so and it only takes a few weeks of this before the mechanics have manifested in your picking hand. I'm sure you will experience that for some reason it takes quite some getting used- to lose the tendency to play in time and i'm sure it's because of the heartbeat that it feels natural to follow some kind of tempo even though you don't try to. You can start by looking at the picking hand while you play but actually it's even more effective to just close your eyes or just not look at anything specific and feel the sweep picking motion in progress

Lesson 1

S-Gt

4/4

*mf*

V V ▣ ▣ V V ▣ ▣ V

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

T  
A  
B

The image shows a musical score for a guitar lesson. It consists of two staves: a standard musical staff in treble clef and a tablature staff. The time signature is 4/4. The piece is labeled 'Lesson 1' and 'S-Gt'. The musical staff shows a sequence of notes on the 15th and 12th frets of the high E string, and the 13th and 14th frets of the B string. The notes are grouped into four pairs, each with a slur over it. The tablature staff shows the corresponding fret numbers: 15-12, 13, 14, 13, 12-15-12, 13, 14, 13, 12-15. Above the tablature, there are picking directions: 'V' for downstroke and '▣' for upstroke. The dynamics are marked as *mf* (mezzo-forte). The piece is numbered 1 and 2 at the beginning and end of the musical staff.

## Lesson 2

This lesson is putting special emphasis on just playing sweep picking on two strings. No matter what - it is a really beneficial lesson for the picking hand especially because the movement done from the high E string to the B string is so subtle and requires a lot of precision especially if you want to play it fast and clean. This lesson is again one that place way more focus on the picking hand than to the fretting hand so it is as in the previous lesson very important that you get a good grasp of the picking movement before you introduce the metronome, if you do that at all. If you like I have experience with the three string arpeggios and arpeggios that covers even more strings then this two string arpeggio lesson might take more practicing than you would expect simply because the sweep in itself is so short before you actually move outside the strings to start the sweep picking patter over so in a way you could say that the sweep picking arpeggios



on's or pull off's and the concept for doing this is you play an even amount of notes to turn around the pattern to the opposite direction and an uneven amount of notes to stay in the same direction. So this is also the first lesson where we expand a pattern to five strings and as soon as you know the pattern good enough to play through without playing wrong notes ore stopping to think "what's the next note??" I want you to introduce the metronome so this lesson is one of those where we focus on speed and timing pretty quickly. Of course if you feel you need extra time to focus on the low strings where you turn around by all means do so.

Lesson 4

## Lesson 5

The final lesson is also a lot of fun because it is composed in the chord progression Em to B, D and A which is first and fifth of E harmonic minor and then first and fifth in major which is also called a one five progression. The only new introduction of arpeggios is the D major triad which also makes use of the barring technique that we have been digging into detail in the beginning but this one is a little different since we only barre over two strings and then use the long finger on the G string

Lesson 5

## Experienced Practicing Schedule

For the experienced players I mainly want to put emphasis on the sweep picking arpeggios song as a workout. And this song is something that is awesome to just keep as you daily workout. But please be completely honest to yourself, are you totally confident that your sweep picking does not need extra

attention anywhere? To get to the core of your technique and get the most of a program like this you need to analyze your playing and be honest regarding your playing. So if you know somewhere in the back of your head that your sweep picking could need some cleaning up I strongly suggest that you apart from using the song you also use the beginners program with the five previous lessons just for as long as it takes to clean up any technical matters. Being too proud to admit that you're playing needs some work will get you absolutely nowhere. But if you are happy with your playing as it is I want you to practice the sweep picking arpeggio song every day starting at a pace where you have complete control and you can decipher every note. **Practicing Schedule 1b** So as an example let's say that speed is 66bpm. Then I want you to play the main theme through twice before you go to the next tempo which will be 69 – 72 – 76 – 80 – 84 – 88 – 92 until you hit the pace where you lose control and it does not sound good anymore. When you hit that specific pace I want you to stop the lesson and return to it every day but other than that I want you to take it one step further everyday so as an example if you stop one day at 132bpm then the day after you will stop at 138bpm. Whenever you reach a pace where you can say to yourself this is as fast as I want to play sweep picking then you just keep going back to the same pace every day to keep your technique in top shape. If for some reason you don't feel that you improve in a period then stay at the same pace every day until you feel the technique has improved enough to raise the tempo. Now it's really important that you understand that you do improve, if you practice and especially every day you do improve even though you might not notice it. So if you don't feel you improve in speed for a period of time then you are improving the quality of notes, timing and so on and so forth so don't be alarmed if you don't improve speed as fast as you would have liked.

# Sweep Picking Virtuosity 1

The Song

[www.nielsvejlyt.com](http://www.nielsvejlyt.com)

Standard tuning

♩ = 140

S-Gt

The score consists of five systems, each with a musical staff and a corresponding guitar tablature (TAB) staff. The music is in 4/4 time with a tempo of 140 bpm. It features a series of sweep-picked eighth-note patterns. The first system starts with a treble clef, a 4/4 time signature, and a first-measure rest. The second system begins with a key signature change to one sharp (F#) and a second-measure rest. The third system starts with a third-measure rest. The fourth system begins with a key signature change to two sharps (F# and C#) and a fourth-measure rest. The fifth system starts with a fifth-measure rest. The notation includes dynamic markings such as *mf* and various fret numbers (13, 15, 17, 18, 20, 22) connected by horizontal lines to indicate sweep-picked notes. The TAB staff shows the fret numbers for each string, with vertical lines indicating the fret position.

17-13 15 13-17-13 15 13-17-13 15 13-17-13 15 13 18-13 15 13-18-13 15 13-18-13 15 13-18-13 15 13

18-15 15 15-18-15 15 15-18-15 15 15-18-15 15 15 20-15 17 15-20-15 17 15-20-15 17 15-20-15 17 15

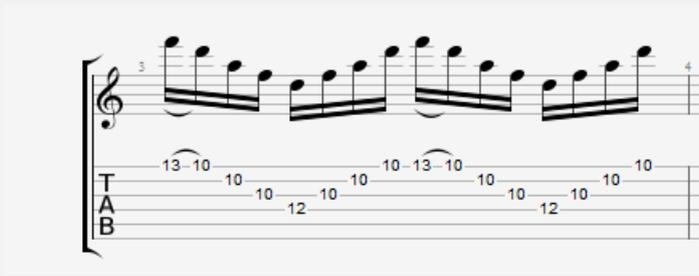
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18-15 15 15-18-15 15 15-18-15 15 15-18-15 15 15 20-15 17 15-20-15 17 15-20-15 17 15-20-15 17 15

22-17 18 19 19 18 17-22-17 18 19 19 18 17 17-13 15 14 14 15 13-17-13 15 14 14 15 13

TAB





## Drill 2

This is one of my favorite patterns in sweep picking and I use it quite a bit for improvising as well, but I have experienced that this pattern produces some trouble for most people playing sweep picking so make a quick analysis if this is something you need to work on as well



## Improvising

I want you to get as much as possible from the program so I want to take parts of the sweep picking arpeggios song and isolate them as individual licks and show you a sure fire way to incorporate them into you playing and improvising.

### Second part four string arpeggios

The solo is in D minor and the four string arpeggios kicks off from the third position of the major scale so whenever I reach the third position of the major scale either on the 22<sup>nd</sup> fret or one octave lower from the 10<sup>th</sup> fret I start the arpeggio and wherever I decide to end it I need to be aware which position I'm in in order to be able to continue the improvising avoiding "coffee breaks". So if I for example ended it in the tenth fret as I do in the song I would be in the fifth position of the major scale and so I can continue the solo from there but you obviously need to have some kind of knowledge of the scale patterns to do this. So here is shown the scale pattern that I use to work my way into the lick. I strongly suggest that you take the time to learn all seven position of the major scale because this is a major aspect to be able to improvise at all



metronome as soon as you know the lesson by heart and increase the speed but then you are also pretty certain that you will increase the time in this one

#### **Lesson 4**

5 minutes

This is yet again a lesson that places a lot of emphasis on the mechanics of sweep picking and learning the theory and praxis of economy picking but that being said you can easily start using the metronome as soon as you know the lesson by heart but this is also a lesson you can find yourself using a lot of time on because it's pretty fun to do

#### **Lesson 5**

10 minutes

This lesson is something you can easily dissect and use as a lick in your playing and improvising and when you know these patterns and have gotten them up to speed you will also be able to play a lot of the patterns in many of the neo classical metal songs by a lot of famous shredders

**Practicing Schedule 1b** The sweep Picking song example speed 66bpm play the main theme through twice before you go to the next tempo which will be 69 – 72 – 76 – 80 – 84 – 88 – 92 and increase the speed until you reach your limit then return to the same way of practicing it every day and raise the speed limit a few beats per minute everyday unless you are stagnating in speed for a while. But its important that you remember as long as you practice every day you will improve. But you can have a period where you are improving the quality of notes instead of speed