



CD1 • TRACK 1

N
O
M

Exercise: #1 **CD2 • Tracks: 9-16** **Technique: Alternate Picking** **Genre: Metal**
Music Description: Performed exclusively in sixteenth notes on the first string, this lick makes its way up the neck by utilizing every note of the E harmonic minor scale (E-F#-G-A-B-C-D#).
Tip: Reverse your picking pattern after playing through the lick a few times, beginning with an upstroke.

♩ = 40-112
Em

pick: ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V

TAB: 0 0 0 0 2 0 0 0 3 0 0 0 5 0 0 0 7 0 0 0 8 0 0 0 11 0 0 0 12 0 0 0



T
U
E

Exercise: #2 **CD2 • Tracks: 1-8** **Technique: String Skipping** **Genre: Rock/Blues**
Music Description: This exercise is based in the root position of the A minor pentatonic scale (A-C-D-E-G) and skips a string between each note pair.
Tip: Throughout the figure, keep your index, middle, ring, and pinky fingers positioned at the fifth, sixth, seventh, and eight frets, respectively.

♩ = 40-120
Am or A7

pick: ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V ♩ V

TAB: 5 8 5 7 5 7 5 8 5 7 5 8



W
E
D

Exercise: #3 **CD2 • Tracks: 1-8** **Technique: String Bending** **Genre: Rock/Blues**
Music Description: This descending lick is also based in A minor pentatonic and features whole-step bends on the second and third strings.
Tip: Reinforce each bend with fingers not directly performing the bend. For example, when executing the third-string bend in measure 1, reinforce your ring finger your middle and index fingers.

♩ = 40-120
Am or A7

pick: ♩ ♩ ♩ ♩ ♩ ♩ ♩ ♩

TAB: 8 5 8 5 7 5 7 5



T
H
U

Exercise: #4

CD2 • Tracks: 1-8

Technique: Arpeggios

Genre: Rock

Music Description: This is a simple arpeggio exercise that features the notes of open-position G, D, and C chords played individually.

Tip: Although a single downstroke (sweep) with your pick hand is more efficient when performing this exercise, practice alternate picking it as well.

♩ = 40-120

Musical notation for Exercise #4 in 4/4 time. The top staff shows a melodic line with notes grouped by chords: G (G4, B4, D5), D (D4, F#4, A4), C (C4, E4, G4), and G (G4, B4, D5). Fingering numbers (1-3) are shown below the notes. Pick notation includes 'pick: ▯ V ▯ V' and 'or: ▯' with a note 'let ring throughout'. The bottom staff shows the guitar TAB with fret numbers: 3 2 0 0 0 2 3 2 | 3 2 0 1 | 3 2 0 0 | 3 2 0 0.



F
R
I

Exercise: #5

CD2 • Tracks: 9-16

Technique: Sweep Picking

Genre: Metal

Music Description: This two-bar sweep-picking workout features diatonic triads in the key of G played exclusively in triplet rhythms on the top three strings.

Tip: To keep the notes of each chord from ringing together (you want them to sound separately), release some—or all—of the pressure from the finger fretting the note(s) once each note has sounded.

♩ = 40-112

Musical notation for Exercise #5 in 4/4 time. The top staff shows triplet arpeggios for chords: G (G4, B4, D5), Am (A3, C4, E4), Bm (B3, D4, F#4), C (C4, E4, G4), D (D4, F#4, A4), Em (E3, G3, B3), F#o (F#4, A4, C5), and G (G4, B4, D5). Fingering numbers (1-3) are shown. Pick notation includes 'pick: ▯' with a note 'let ring throughout'. The bottom staff shows the guitar TAB with fret numbers: 4 3 3 | 5 5 5 | 7 7 7 | 9 8 8 | 11 10 10 | 12 12 12 | 14 13 14 | 16 15 15.



S
A
T

Exercise: #6

CD2 • Tracks: 1-8

Technique: Legato

Genre: Rock/Blues

Music Description: This straightforward lick uses hammer-ons to connect the note pairs on each string as it ascends the A minor pentatonic scale.

Tip: As you hammer on to the second note of each string, simultaneously shift your index finger to the first note of the higher, neighboring string.

♩ = 40-120

Am or A7

Musical notation for Exercise #6 in 4/4 time. The top staff shows a melodic line with notes: G4, A4, B4, C5, D5, E5. Fingering numbers (1, 4, 3, 1, 3, 1, 3, 1, 4, 1) are shown. Pick notation includes 'pick: ▯'. The bottom staff shows the guitar TAB with fret numbers: 5 8 | 5 7 | 5 7 | 5 8 | 5 8 | 5 8 | 5 8 | 5 8.



S
U
N

Exercise: #7

CD2 • Tracks: 1-8

Technique: Rhythm

Genre: Rock

Music Description: The chord fragments used in Thursday's arpeggio exercise (#4) are played here as full chords, in quarter-note rhythms.

Tip: Keep your ring finger planted on the third fret of the second string as you change from G to D. Also, use downstrokes throughout.

♩ = 40-120

Musical notation for Exercise #7 in 4/4 time. The top staff shows full chords: G (G4, B4, D5), D (D4, F#4, A4), C (C4, E4, G4), and G (G4, B4, D5). Fingering numbers (3, 2, 0) are shown. Pick notation includes 'strum: ↓'. The bottom staff shows the guitar TAB with fret numbers: 3 3 3 | 3 3 3 | 2 3 0 | 2 3 0 | 0 0 3 | 0 0 3 | 3 3 3 | 3 3 3.

