

Hand Mechanics Workshop #4

Practice Routine

Everything is to be done with a metronome!

Week 1:

- 1) Familiarize yourself w/ alternate picking method
 - If you use rested wrist, try scooped...vice versa
- 2) Staccato Chromatic Scale
 - Use Chromatic Scale from previous month's routine
 - Staccato must come from pick resting immediately after the stroke.
 - Focus on making the longest rest between notes as possible
- 3) Two Note Sync
 - Practice slowly, landing both pick and LH finger simultaneously
 - Use LH finger combos: 1-2, 1-3,1-4

Week 2:

- 1) Staccato Chromatic Scale
 - Find maximum BPM you can successfully play one entire cycle perfectly
 - Practice each string individually at 2-6 BPM faster than your maximum
- 2) Two Note Sync
 - Find maximum BPM for each finger combo
 - Practice each combo at 2-6 BPM faster than your maximum
- 3) The Flick
 - Focus on making the two quick notes as fast as possible
 - Ensure the two quick notes feel like one motion in the RH
 - Apply to Chromatic Scale

Week 3:

1) Staccato Chromatic Scale

- Use Speed Bursts on each string (total of two measures per string)
- Partial Rhythm: At maximum BPM play 16th notes on string and stop on first note of next string

2) Two Note Sync

- Use LH finger combos: 2-3, 2-4, 3-4
- Find maximum BPM for each finger combo

3) Double Down Strokes

- Practice on dead notes, making sure to use The Flick method
- Find maximum BPM

4) Experiment w/ Odd & Even Number Exercises

- Use alternate picking method to what is natural for you

Week 4:

1) Staccato Chromatic Scale

- Use Speed Bursts on two strings at a time (total of four measures)
- Partial Rhythm: At maximum BPM play 16th notes on two strings and stop on first note of third string

2) Two Note Sync

- Practice cycling between 2-3 different finger combos without stopping
- Practice at maximum BPM of the slowest combo

3) Double Down Strokes w/ String Change

- Practice all three variations
- Find maximum BPM
- Increase BPM by using Speed Bursts & Partial Rhythm Figures

4) Practice All Odd & Even Number Exercises/Scales

- Find maximum BPM
- Apply both dotted rhythms from The Flick exercise
- Use Speed Bursts & Partial Rhythm Figures

5) Analyze & Change Your Current Lick Repertoire

- Find licks you know how to play and analyze them to see if they are mainly odd or even numbers per string
- Find out how to re-finger & fret them so they become the opposite pattern

- Begin to train licks/riffs in both odd & even number groupings using both picking styles
- Example: Both versions of the Am scale (one uses upward and one uses downward escape)