

Hand Mechanics Workshop #7

Practice Routine

Week 1:

- Big Knuckle Isolation
- Scorpion Finger
- Finger Tap Reverse Roll
- Open String Single Finger Hammer-Ons
- Open String Single Finger Pull-Offs

Week 2:

- Big Knuckle Isolation
- Scorpion Finger
- Finger Tap Reverse Roll
- Open String Single Finger Hammer-Ons
- Open String Single Finger Pull-Offs
- Climbing Fingers
 - Start at fret 9, descend after every full rep down one fret until fret 5
- Triplet Slurs

Week 3:

-Big Knuckle Isolation

-Scorpion Finger

-Finger Tap Reverse Roll

-Open String Single Finger Hammer-Ons

-Open String Single Finger Pull-Offs

-Climbing Fingers

- Start at fret 9, descend after every full rep down one fret until fret 5

-Triplet Slurs

-Slur/Slide Combo

- Find BPM that you can play cleanly without muffled slurs

-Changing Fingers/Static Slur

- Focus on accurate, crisp slurs – not speed

Week 4:

Open String Single Finger Hammer-Ons

-Open String Single Finger Pull-Offs

-Climbing Fingers

- Start at fret 9, descend after every full rep down one fret until fret 5

-Triplet Slurs

-Slur/Slide Combo

- Start increasing BPM by 5-10

-Changing Fingers/Static Slur

- Start increasing BPM by 5-10

-Slur & Stretch

- Minimize tension during the stretches by angling the hand

-Whipping Post

-Thunderstruck