

COORDINATION WORKOUTS

▮ = pick down. ↓ ▽ = pick up. ↑

Pick direction →

▮	▽	▮	▽
FRET 5	6	7	8

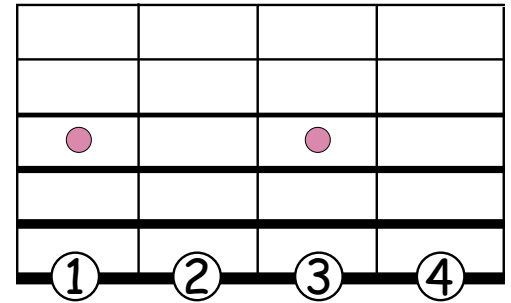
This lesson deals with some nice little finger twisters all using alternate picking (as shown).

The fretboard fingering pattern shows one finger per fret on the bottom E string along frets 5,6,7 and 8 respectively.

fig.1



Thinking in terms of sixteenth notes fig.1 shows the above description in guitar tab.



Repeat this figure non-stop at a learning speed of 70 - 80 beats per minute then slowly up the tempo. 160 b.p.m is the standard fast these days. John Petrucci speed is about 200 b.p.m (yikes!). Don't sacrifice control and accuracy for the sake of speed. I'll say that again - don't sacrifice control and accuracy for the sake of speed.

VARIATIONS

To make life interesting it's a good idea to mix things up a bit. Here are some options. Feel free to make up your own as well.

Refer to the tab examples on the next page (fig.2) with the corresponding variation numbers.

1. Repeat on any string (not just the bottom E string as shown in the neck diagram).
2. Repeat on any set of two strings.
3. Ascend / descend all six strings still thinking 1 2 3 4 when descending.
4. Ascend / descend along any string.
5. Ascend / descend along any set of two strings.
6. Repeat on any set of two strings but jump a string E to D string or D to B string for example.
7. Ascend / descend along any set of two strings but jump a string (as per 6.).
8. Ascend / descend all six strings using one string jumps (as per 6. and 7.).
9. Repeat on any set of two strings but alternate from one string to another for each note.
10. Ascend / descend all six strings alternating from one string to another for each note (as per 9.)

COORDINATION WORKOUTS

fig.2

1. 2. 3.

4. 5. 6.

7. 8.

9. 10.

Got all that ? cool. Ok, so here's where the fun starts. Any four note pattern has 24 possible permutations (fig. 3) - the original underlined in red. Check out these other fret hand patterns going through the previous sequences 1 to 10.

fig.3

①	②	③	④	②	③	④	①	③	④	①	②	④	①	②	③
①	②	④	③	②	③	①	④	③	④	②	①	④	①	③	②
①	③	②	④	②	④	①	③	③	①	②	④	④	②	③	①
①	③	④	②	②	④	③	①	③	①	④	②	④	②	①	③
①	④	③	②	②	①	③	④	③	②	④	①	④	③	②	①
①	④	③	②	②	①	④	③	③	②	①	④	④	③	①	②