



METAL
TIM

**CHROMATIC
MADNESS!!!**



A guide to
increase speed,
accuracy and
precision on
the guitar

Chromatic Madness!!!

A guide to increase Speed, Accuracy and Precision on the Guitar

by

James “Metal Jim” Donahue



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About the author

James “Metal Jim” Donahue is a guitarist from Massachusetts. He has played guitar since the age of thirteen, studied music independently, played and toured in musical acts, and taught for over fifteen years.



Acknowledgments

I would like to thank my parents, Frank and Dellis Donahue for letting me enjoy the gift of learning and playing guitar. Life can be tough, but music and the guitar helped me overcome those tough times.

A big thanks to my original guitar teacher, Andy Frazier. Thank you for your great patience and for teaching me how to play guitar. Inspiring me to listen to the greats like Eddie Van Halen, Steve Vai, Joe Satriani, and more. I'm glad that I can not only call you my teacher but also my friend.

To all the guitarists and musicians who have, and still inspire me to play. Randy Rhoads, Yngwie Malmsteen, Dimebag Darrell, Steve Vai, Eddie Van Halen, Joe Satriani, Richie Blackmore, Zakk Wylde...if I were to list more, this book would be pages more of names!

And to all the other teachers I have taken lessons from, to all the players I have asked for advice and expertise, and to all the musicians for giving me and sharing their knowledge.

YOU ROCK!!!

Foreword

So...

Are you ready to tear it up on your axe?!?!?!?!

Want to melt faces off this beast?!?!?!?!?

DO YOU HAVE WHAT IT TAKES TO SHRED ON GUITAR?!?!?!?!?

Well...you have to work at it.

You have to practice!

Hello, I'm James "Metal Jim" Donahue. I've been playing guitar since I was 13 years old, for over 25 years, I have been teaching for over 15 years, and I've been playing in bands on and off for almost 20 years. I enjoy practicing by myself, teaching students, rehearsing with one of my acts, and playing in front of people. Playing an instrument is a great hobby for multiple things, such as boosting confidence, learning patience, building a craft, and more. Over the course of playing and practicing, I have had a lot of ups and downs with the guitar, from wanting to play every day as much as I can to being bored with it and having life get in the way, where I would forget about it.

There is the saying that "Patience is a virtue". But when we are eager, we can look for other, simpler ways to learn or perform, whether it be for a job or a hobby. I can't say if there is an easy way, as everyone learns differently, but these exercises that I have developed have helped my students and myself with learning, playing, and performing.

This instruction book that I wrote has a series of exercises, quotes from great players, and tips to help you become the guitarist that you want to be. I wrote this in the simplest form so anyone can understand the exercises, as it is on building technique. I am going to say that I don't have all the answers, but what I do have is life experience playing guitar. I wrote this book with the intention of it being for the beginner: someone who is discovering guitar the the intermediate player: someone who has been playing for some time but wants to step it up and go further and the advanced: someone who can shred on guitar, knows all about music theory and such but looks through and sees something that catches them to practice as a true student never stops learning. If you take a look at the guitar tabs, I've written them so that we start small and we build up. An example would be where we start fretting and picking at the 5th fret and work your way to the 12th fret, and when you have built up the strength and endurance, go further where you will start at the 3rd fret and the 1st fret. If you feel you can start on the 3rd or 1st fret, go for it, but remember that starting small can build up to great things. Think of it like bodybuilding. You don't automatically jump into lifting huge, heavy weights. You start small and slow and build your way up.

If you are a beginner, approach these exercises with patience. No one becomes a great guitarist overnight. It takes time...and patience. For players who are intermediate and advanced, you may move beyond some of the initial exercises, but please take a look at the ones you might have passed, as you might learn something new.

So, I won't keep going on any further. All I'll say now is please read the first few parts of this book before you get into the guitar exercises, and depending on what level you are as a player, you may be able to bounce around from different parts.

And remember to have fun practicing and playing!!! We listen to music for enjoyment, we dance to it, we sing to ourselves in the car and shower. And when we practice and play music, we are doing so for fun!

Thank you for choosing this book.

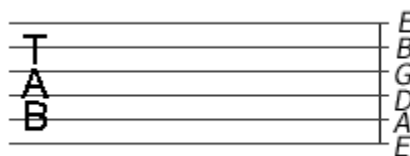
~James “Metal Jim” Donahue



Guide

How to read and understand guitar tablature.

Guitar tablature is the simplest form of how to read music or exercises on the guitar. The first line, the top line is high E, and the bottom line is low E. The order of the strings on the guitar tablature is as follows:



If you pick up your guitar and place it in front of you like you were going to play it, rest it on your lap. If you are a right-handed player, make sure the headstock is pointed to the left, and if you are a left-handed player, make sure your headstock is pointed to the right. Look at the guitar on your lap, and that is how guitar tablature is written. It will show what string or strings and what fret or frets you are to play.

Above each of the guitar tabs are circled numbers that represent which fretting fingers you would be using:

- ① = use your 1st fretting finger
- ② = use your 2nd fretting finger
- ③ = use your 3rd fretting finger
- ④ = use your 4th fretting finger

Also above each of the guitar tabs are marked:

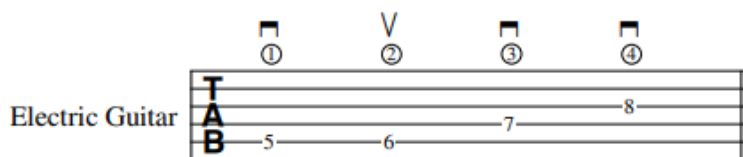
▮ = Downstroke

∨ = Upstroke

The downstroke means that you will pick the note of the string down.

The upstroke means that you will pick the note of the string up.

And the number or numbers on each string or strings means which fret or frets you will be fretting to pick.



Warming Up

Warming up and coordinating your fingers are very important. It's almost like, "OK FINGERS!!! Wake up now! We are playing guitar! Let's GO!!!"

Sometimes when I pick up the guitar, I'll just go off and start playing whatever, and that is fine, but it is a good thing to stop and warm up your fingers so you can build up the strength, speed, precision, and accuracy.

When I'm picking I have a slight palm mute where I take my palm and have it on the strings of the guitar and also over the bridge. Place your palm over this area and pick the strings so you can get a slight palm-mute sound from your guitar. You may have to move your palm around some odd times to get the right sound.

And also when I'm picking, I try to keep the tip of the pick as close to the string as much as possible. I use a variety of jazz mini guitar picks and sharp picks as they help me with my picking and speed.

Practice these exercises at a slow pace and repeat them multiple times when you feel your hands are ready, and if you want to jump around the fretboard to different frets and strings.



"There are really three parts to the creative process. First there is the inspiration, then there is the execution, and finally there is the release."

~Eddie Van Halen

Warm Up Exercise 1


In the exercise, Warm Up 1, pick the open low E string with all-down picking. This is to get your picking hand in motion. Starting in bar 5, practice the open note picking but now use alternate picking: down, up, down, up, etc.

Moving onto bar 9, you are now picking and fretting. For the fretting, use your 1st finger for all the fretting. Use all down picking first, and use your 1st finger for each fret, and then practice this exercise with alternate picking and using all of your fretting fingers.

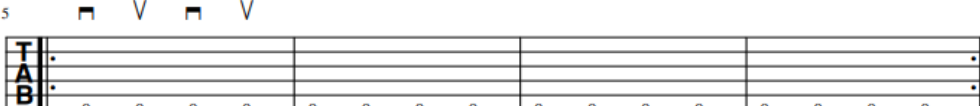
And onto bar 17, you are picking, using alternate picking, and now using all of your fingers. For the fretting, use your 1st finger on the 7th fret, your 2nd finger on the 8th fret, your 3rd finger on the 9th fret, and your 4th fret on the 10th fret.

Warm Up Exercise 1

Electric Guitar

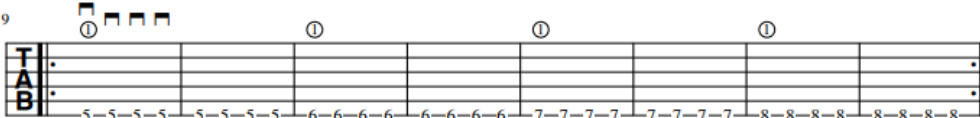


5



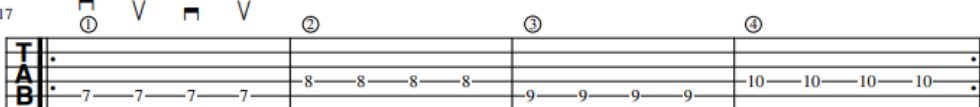
El. Guit.

9



El. Guit.

17



El. Guit.

Warm Up Exercise 2

Starting with these warm-ups, you are using all of your fingers, and you are coordinating your fretting fingers with your picking hand.

On the 1st bar going to the 4th bar, pick the 7th, 8th, 9th, and 10th frets on the B string and use each of your fretting fingers on the frets.

Bar 5 is where you will use the 1st and 2nd fingers of your fretting hand and will pick the 7th and 8th frets.

Bar 9 is where you will use the 1st and 2nd fingers of your fretting hand and will pick the 7th and 9th frets.

Bar 13 is where you will use the 1st and 2nd fingers of your fretting hand and will pick the 7th and 10th frets.

Warm Up Exercise 2

Electric Guitar

① ② ③ ④

7 8 9 10

5

El. Guit.

① ② ① ②

7 8 7 8 7 8 7 8 7 8 7 8 7 8

9

El. Guit.

① ③ ① ③

7 9 7 9 7 9 7 9 7 9 7 9 7 9

13

El. Guit.

① ④ ① ④

7 10 7 10 7 10 7 10 7 10 7 10 7 10

Using 2 fingers for fretting

These exercises are to help build your right and left-hand coordination, finger strength, and endurance. With these exercises, try not to think as to what frets you are playing, but more as to what fingers you are using. For these exercises, you will use your 1st and 2nd, then your 1st and 3rd, and then your 1st and 4th fingers. Coordinate which fret you are fretting with your fretting hand and with your picking hand when you are playing. If you are a beginner, you might feel the muscles in your hand and fingers start to ache a little bit, but don't be nervous, as your muscles are getting used to these exercises. The way I have written the guitar tablature is that you will begin each initial exercise starting on the 5th fret. Practice by starting on the 5th fret as if you are a beginner, as this will help build up endurance when your hands and fingers are feeling stronger then start on the 3rd fret, and then go past the 12th fret, and then go to the 1st fret and play all the frets. Each time you practice these exercises, when you have made your way down to the stopping point, then go backward until you have gotten from where you started. It might take a little time to build up the strength and endurance to go further. But if you practice, you will.



"Make your heart bleed! Put your soul into that damn thing. And try new things."

~Dimebag Darrell

1st and 2nd fretting fingers

Exercise 1 A


What you will do for the first exercise is use the 1st and 2nd fingers of your fretting hand. With your 1st finger, start and pick on the 5th fret of the low E string, and then with your 2nd finger pick the 6th fret. Then repeat going to each of the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret and your 2nd finger is at the 7th fret but now play it backward so you play the 7th fret first and then the 6th fret and you make your way up the strings. Keep going until you reach the 12th fret of the high E string.

Exercise 1 A

Electric Guitar

5 Keep going ----->

El. Guit.



T
A
B

7 6 7 6 7 6 7 6 7 8 7 8 7 8

[illegible]

"The guitar is the coolest instrument in all the world."

~Steve Vai

Exercise 1 B

This exercise is the same as Ex. 1 A, but now you will start on the 3rd fret of the low E string and pick your way to the 16th fret of the high E string.

Exercise 1 B

Electric Guitar

① ② ① ②

5 Keep going ----->

El. Guit.

9 Until you get here

El. Guit.

Exercise 1 C

This exercise is the same as Ex. 1 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 1 C

Electric Guitar

① ② ① ② Keep going until you get to your last fret

1st and 3rd fretting fingers

Exercise 2 A

With this exercise, you are using your 1st and 3rd fingers. Start and pick with your 1st finger on the 5th fret of the low E string, and then with your 3rd finger pick the 7th fret of the low E string. Continue by going up and down the strings until you get to the 12 frets of the low E string.

Exercise 2 A

Electric Guitar

① ③ ① ③

TAB

5—7—5—7—5—7—5—7—8—6—8—6

5 Keep going ----->

El. Guit.

TAB

8—6—8—6—8—6—7—9—7—9—7—9—7—9

9 Until you get here

El. Guit.

TAB

10—12—10—12—10—12—10—12—10—12—10—12



“Relax. Be yourself. Play a lot.”
~Joe Satriani

Exercise 2 B

This exercise is the same as Ex. 2 A, but now you will start on the 3rd fret and pick to the 16th fret of the low E string.

Exercise 2 B

Electric Guitar

① ③ ① ③

T
A
B

3—5—3—5 3—5—3—5 3—5—3—5 6—4—6—4

5 Keep going ----->

El. Guit.

T
A
B

6—4—6—4 6—4—6—4 5—7—5—7 5—7—5—7

9 Until you get here

El. Guit.

T
A
B

18—16—18—16 18—16—18—16 18—16—18—16 18—16—18—16

Exercise 2 C

This exercise is the same as Ex. 2 A and B, but now you will start on the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 2 C

Electric Guitar

① ③ ① ③

T
A
B

1—3—1—3 1—3—1—3 1—3—1—3 4—2—4—2

Keep going until you get to your last fret

1st and 4th fretting fingers

Exercise 3 A

You're now using your 1st and 4th fingers. Start and pick with your 1st finger on the 5th fret of the low E string, and then with your 4th finger pick the 8th fret of the low E string. Continue up and down until you get to the 9th fret on the low E string.

Exercise 3 A

Electric Guitar

① ④ ① ④

TAB

5 8 5 8 5 8 5 8 9 6 9 6

5 Keep going ----->

El. Guit.

TAB

9 6 9 6 9 6 7 10 7 10 7 10

9 Until you get here

El. Guit.

TAB

12 9 12 9 12 9 12 9 12 9



"When you feel like giving up, remember why you held on for so long in the first place."

~Yngwie Malmsteen

Exercise 3 B

This exercise is the same as Ex. 3 A, but now you will start on the 3rd fret and pick to the 12th fret of the low E string.

Exercise 3 B

Electric Guitar

① ④ ① ④

TAB

3 6 3 6 3 6 3 6 7 4 7 4

5

El. Guit.

Keep going ----->

TAB

7 4 7 4 7 4 5 8 5 8 5 8 5 8

9

El. Guit.

Until you get here

TAB

15 12 15 12 15 12 15 12 15 12 15 12

Exercise 3 C

This exercise is the same as Ex. 3 A and B, but now you will start on the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 3 C

Electric Guitar

① ④ ① ④

Keep going until you get to your last fret

TAB

1 4 1 4 1 4 1 4 5 2 5 2

1st and 4th fretting fingers...THE SEQUEL!!!

Exercise 4 A

Fourth finger again! With this exercise, you are using your 4th finger again, but now you are stretching out just a little bit. Take your 1st finger and pick the 5th fret of the low E string, and with your 4th finger pick the 9th fret. Continue up and down until you get to the 12th fret of the low E string.

Exercise 4 A

Electric Guitar

	①	④	①	④
T				
A				
B	5	9	5	9

5 — 9 — 5 — 9 — 5 — 9 — 5 — 9 — 10 — 6 — 10 — 6

5 Keep going ----->

El. Guit.

T	10	6	10	6	10	6	10	6	7	11	7	11
A												
B												

10 — 6 — 10 — 6 — 10 — 6 — 10 — 6 — 7 — 11 — 7 — 11 — 7 — 11 — 7 — 11

9 Until you get here

El. Guit.

T	16	12	16	12	16	12	16	12	16	12	16	12
A												
B												

16 — 12 — 16 — 12 — 16 — 12 — 16 — 12 — 16 — 12 — 16 — 12 — 16 — 12



"My guitar was a loyal person to me."
~Dave Mustaine

Exercise 4 B

This exercise is the same as Ex. 4 A, but now you will start on the 3rd fret and pick to the 15th fret of the low E string.

Exercise 4 B

Electric Guitar

① ④ ① ④

T A B

3 7 3 7 3 7 3 7 8 4 8 4

5 Keep going ----->

El. Guit.

T A B

8 4 8 4 8 4 5 9 5 9 5 9

9 Until you get here

El. Guit.

T A B

19 15 19 15 19 15 19 15 19 15

Exercise 4 C

This exercise is the same as Ex. 4 A and B, but now you will start on the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 4 C

Electric Guitar

① ④ ① ④

Keep going until you get to your last fret

T A B

1 5 1 5 1 5 6 2 6 2

Guitar Tip # 1! On a schedule??? Schedule your practice times!!!

You have a guitar and you want to practice, but something is in your way. What is it? Is it time? Do you have a lot during the day, like work or school, and can't find the time? When I was a kid, all I did was practice. It was great as I was young and did not have the things that affect me now: rent, bills, a full-time job, etc. I like to say that "life gets in the way". You don't have as much time as you did when you were younger. Sometimes after a long day, the last thing you want to do is practice.

But if you still have a yearning to play and learn, try to time things out. Make time during a specific part of the day when you are free from work, school, kids, significant other, etc. You don't have to dedicate hours to practicing, but a small block of time where you focus on certain exercises. Let me give you some examples:

At 8 pm, I'm going to dedicate 20 minutes to practicing guitar. But now taking it a step further, what are you going to practice?

20 minutes of practice

Warming up chromatic scale starting on the 5th fret - 3 minutes

A minor pentatonic - 7 minutes

Trill picking - 5 minutes

2 string, 3 note arpeggio - 5 minutes

If you're not the kind of person to do certain exercises in time, write down that you will do exercises a certain number of times:

Chromatic scale starting on the 3rd fret - 3 times

A minor pentatonic - 5 times

2 string, 3 note arpeggio - 3 times

Map and write down how much time and what exercises you will practice. There are a lot of templates online of forms where you can write down what you want to practice and more.

Be sure that when you are practicing, you are working on the exercises you want done specifically and not just noodling around.

Find the time to practice if you want to practice, and think of it like working out at the gym, even if you only get to work out for a small amount of time, you still work out. You still practiced!



Using 3 fingers for fretting

Now that you have practiced using two fingers going up and down the fretboard, it's time to start using three fingers for fretting. Just like the 2 finger exercises, these will help build up speed, strength, and coordination, and try not to think what frets you are picking but rather what fingers you are using. Also practice these in triplet timing: 1 and uh, 2 and uh, 3 and uh, 4 and uh.

Electric Guitar

	1 + uh	2 + uh	3 + uh	4 + uh
T	9—9—9—	9—9—9—	9—9—9—	9—9—9—
A				
B				

1st, 2nd and 3rd fretting fingers

Exercise 5 A

For this exercise, you will use the 1st, 2nd, and 3rd fingers of your fretting hand. With your 1st finger, start and pick the 5th fret of the low E string, then with your 2nd finger, pick the 6th fret of the low E string, and then fret and pick the 7th fret of the low E string. Then repeat going to each of the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret, then your 2nd finger is at the 7th fret and then your 3rd finger is at the 8th fret but now play it backward so you play the 8th fret first, then the 7th fret and then the 6th fret and you make your way down the strings. Keep going until you reach the 10th fret of the low E string.

Exercise 5 A

Electric Guitar

	①	②	③	④
T				
A				
B	5—6—7—5	6—7—5—6	7—5—6—7	5—6—7—5

El. Guit.

	5			Keep going ----->
T	6—7—8—7	6—8—7—6	8—7—6—8	7—6—8—7
A				
B				

El. Guit.

	9	Unitl you get here		
T	12—11—10	12—11—10	10—12—11—10	12—11—10—12
A				
B				

Exercise 5 B

This exercise is the same as Ex. 5 A, but now you will start on the 3rd fret of the low E string and pick your way to the 17th fret of the high E string.

Exercise 5 B

Electric Guitar

① ② ③ ④

El. Guit.

5 Keep going ----->

El. Guit.

9 Until you get here

Exercise 5 C

This exercise is the same as Ex. 5 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 5 C

Electric Guitar

① ② ③ ④

El. Guit.

5 Keep going until you get to your last fret

1st, 2nd and 4th fretting fingers

Exercise 6 A

This exercise is where you will use the 1st, 2nd, and 4th fingers of your fretting hand. Start by fretting and picking the 5th fret of the low E string with your 1st finger, then you will fret and pick the 6th fret of the low E string with your 2nd finger, and then with your 4th finger, fret and pick the 8th fret of the low E string. Then repeat going to each of the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret, your 2nd finger is at the 7th fret and your 3rd finger is at the 9th fret but now play it backward so you play the 9th fret first, then 7th fret and then the 6th fret and you make your way down the strings. Keep going until you reach the 12th fret of the low E string.

Exercise 6 A

Electric Guitar

① ② ④ ①

5 6 8 5 6 8 5 6 8 5 6 8 5

El. Guit.

5 6 8 9 7 6 9 7 6 9 7 6 9 7 6 9 7

Keep going ----->

El. Guit.

9 Until you get here

15 13 12 15 13 12 15 13 12 15 13 12 15 13 12 15

El. Guit.

13

13 12

Exercise 6 B

This exercise is the same as Ex. 6 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 6 B

Electric Guitar

① ② ④ ①

T
A
B

3 4 6 3 4 6 3 4 6 3 4 6 3

5 Keep going ----->

El. Guit.

T
A
B

4 6 7 5 4 7 5 4 7 5 4 7 5 4 7 5

9 Until you get here

El. Guit.

T
A
B

15 16 18 15 16 18 15 16 18 15 16 18 15

13

El. Guit.

T
A
B

16 18



“My guitars are my umbilical cord. They're directly wired into my head.”

~Kirk Hammett

Exercise 6 C

This exercise is the same as Ex. 6 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 6 C

Electric Guitar

	①	②	④	①
T				
A				
B	1—2—4	1—2—4	1—2—4	1—2—4—1

El. Guit.

	5			
T	2—4—5—3	2—5—3—2	5—3—2—5	3—2—5—3
A				
B				

Keep going until you get to your last fret



"The guitar is just a wonderful instrument. It's everything: a bartender, a psychiatrist, a housewife. It's everything, but it's elusive."

~Les Paul

1st, 3rd and 4th fretting fingers

Exercise 7 A

This exercise is where you will use the 1st, 3rd, and 4th fingers of your fretting hand. Start by fretting and picking the 5th fret of the low E string with your 1st finger, then you will fret and pick the 7th fret of the low E string with your 3rd finger, and then with your 4th finger, fret and pick the 8th fret of the low E string. Then repeat going to each of the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret, your 3rd finger is at the 8th fret and your 3rd finger is at the 9th fret but now play it backward so you play the 9th fret first, then 8th fret and then the 6th fret and you make your way down the strings. Keep going until you reach the 12th fret of the low E string.

Exercise 7 A

Electric Guitar

① ③ ④ V

5 7 8 5 7 8 5 7 8 5 7 8 5

El. Guit.

5 7 8 9 8 6 9 8 6 9 8 6 9 8 6 9 8

Keep going ----->

El. Guit.

9 Until you get here

15 14 12 15 14 12 15 14 12 15 14 12 15 14 12 15

El. Guit.

13

14 12

Exercise 7 B

This exercise is the same as Ex. 7 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 7 B

Electric Guitar

① V ③ ④ V ①

T			
A			
B			

3—5—6—3—5—6—3—5—6—3—5—6—3

5

El. Guit.

Keep going ----->

T			
A			
B			

5—6—7—6—4—7—6—4—7—6—4—7—6—4—7—6

9

Until you get here

El. Guit.

T			
A			
B			

15—17—18—15—17—18—15—17—18—15—17—18—15

13

El. Guit.

T	
A	
B	

17—18



"Sometimes you want to give up the guitar, you'll hate the guitar. But if you stick with it, you're gonna be rewarded."
~Jimi Hendrix

Exercise 7 C

This exercise is the same as Ex. 7 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 7 C

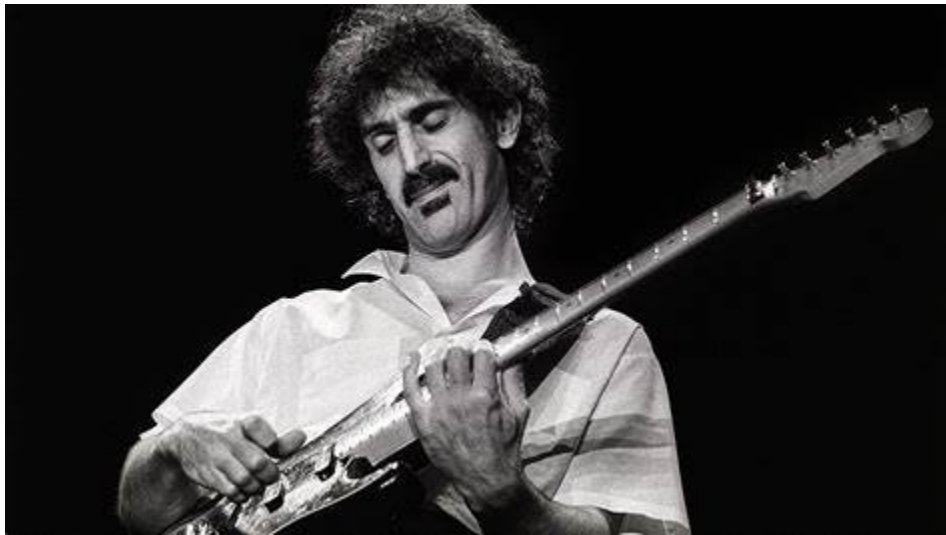
Electric Guitar

	①	③	④	①
T				
A				
B	1—3—4	1—3—4	1—3—4	1—3—4

El. Guit.

	5			
T	3—4—5—4	2—5—4—2	5—4—2	5—4—2
A				
B				

Keep going until you get to your last fret



**"If you pick up a guitar and it says, 'Take me I'm yours,' then that's the one for you."
~Frank Zappa**

1st, 2nd and fretting 4th fingers OR 1st, 3rd and 4th fretting fingers...Players choice!!!

Now this exercise is where you stretch out a little bit For example in Ex. 8 A, you will play the 5th, 7th and 9th fret and with your 1st finger you will fret and pick the 5th fret and with your 4th finger you will fret and pick the 9th fret but in between, the 7th fret is up to you. Do you want to use your 2nd finger or your 3rd finger? Your choice. Practice these exercises by trying out both the 2nd and 3rd fingers and see which fretting finger is comfortable for you.

Exercise 8 A

This exercise is where you will use your 1st, 2nd, and 4th fingers or your 1st, 3rd, and 4th fingers of your fretting hand. Start by fretting and picking the 5th fret of the low E string with your 1st finger, then you will fret and pick the 7th fret of the low E string with your 2nd or 3rd finger, and then with your 4th finger, fret and pick the 9th fret of the low E string. Then repeat going up the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret, your 2nd or 3rd finger is at the 8th fret and your 4th finger is at the 10th fret but now play it backward so you play the 10th fret first, then 8th fret and then the 6th fret and you make your way down the strings. Keep going until you reach the 12th fret of the low E string.

Exercise 8 A

Electric Guitar

① ② ③ ④ ①

5 7 9 5 7 9 5 7 9 5

El. Guit.

5 7 9 10 8 6 10 8 6 10 8 6 10 8

Keep going ----->

El. Guit.

9 Until you get here

16 14 12 16 14 12 16 14 12 16 14 12

El. Guit.

13

14 12

Exercise 8 B

This exercise is the same as Ex. 8 A, but now you will start on the 3rd fret of the low E string and pick your way to the 19th fret of the high E string.

Exercise 8 B

Electric Guitar

① ③ ④ ①

V V

T			
A			
B	3—5—7—3	5—7—3—5	7—3—5—7—3—5—7—3

5

Keep going ----->

El. Guit.

T	5—7—8—6—4	8—6—4	8—6—4—8	6—4—8—4
A				
B				

9 Until you get here

El. Guit.

T			15—17—19—15
A			
B	15—17—19—15	17—19—15—17—19	15—17—19—15

13

El. Guit.

T	17—19
A	
B	



**"The music is a personal expression, like art. It is something that
you like doing that comes from within."
~Michael Schenker**

Exercise 8 C

This exercise is the same as Ex. 8 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 8 C

Electric Guitar

① ② ③ ④ ①

V V

T A B

1—3—5—1—3—5—1—3—5—1—3—5—1

5

Keep going until you get to your last fret

El. Guit.

T A B

3—5—6—4—2—6—4—2—6—4—2—6—4—2—6—4



"Guitar is like an old friend that there is with me."

~B.B. King

Guitar Tip # 2! Practicing on an acoustic guitar

My first guitar was an acoustic guitar when I was 11 years old. On Christmas 1992, I woke up to a huge wrapped box and opened a big piece of wood with strings on it that was almost the size of me at the time. I had shown and expressed interest to my parents in guitar, and I think that by having an acoustic guitar first, they wanted to see if I would persist with trying to make sounds out of it, wanting lessons and practicing. I tinkered with it here and there, being able to make a few of my chords that I made up, and such, but the following summer, my brother and I were able to get our parents to get us electric guitars and lessons. We each got a Fender Squier Stratocaster with a small amp, gig bag, guitar strap, and picks. My first guitar, my acoustic...I can't remember what happened to it, and I can't even remember the brand it was. I remember it being a big piece of wood with very heavy-gauge strings. It looked like the typical big, clunky guitar that the folk artists of the 60s and 70s had. After getting my first electric guitar, it was easier to play electric than acoustic because of the sizes of the strings and the width between the fretboard and where the strings were settled. Rest assured, because of that, I learned how to play on electric for years.

But then, some odd years into practicing and such, I discovered a great challenge: practice exercises on an acoustic guitar. The main factor would be that you are playing heavier gauge strings, so it's a little tougher to fret. But with this, your hands will get stronger by gripping and fretting the strings.

If you have an acoustic lying around, pick it up and try out some exercises on it. Have you tried it? Is your fretting hand a little sore? Well, shake it off and take care of it, but then go to your electric guitar and try the same exercises, and you might find that they are a little easier. You'll find that your hands and your fingers are a little stronger.

I practice a lot of my exercises with an acoustic guitar. Now I learned a lot by practicing on an electric guitar, so I would suggest this: practice your exercises on an electric guitar where the strings are at a light gauge, and then pick up an acoustic and practice the same exercises, and then go back to the electric and practice the same exercises. With this, you will build up a lot with your fretting fingers: strength and endurance.

Invest in an acoustic guitar. You don't have to get something high-end and expensive. Go online and look at websites like Craigslist, FB Marketplace, Guitar Center used section, and more, and find an acoustic guitar for yourself. Walk into a music shop and try one out. You will notice a difference in building up your technique.



Using all of your fingers for fretting...the Chromatic Scale!!!

Now you are using all of your fingers for fretting the neck. You have entered into the chromatic scale. This is one of the most used and most popular guitar exercises for building up speed, precision, and coordination.

1st, 2nd, 3rd and 4th fingers...ALL OF THEM!!!

Exercise 9 A

You will use all of your fretting fingers. With your 1st finger, start and pick the 5th fret of the low E string, then with your 2nd finger, pick the 6th fret of the low E string, and then, pick the 7th fret of the low E string and pick the 8th fret of the low E string. Then repeat going to each of the strings and when you get to the high E string, move over one fret so your 1st finger is at the 6th fret, then your 2nd finger is at the 7th fret, your 3rd finger is at the 8th fret and your 4th fingers is at the 9th fret but now play it backward so you play the 9th fret first, then the 8th fret, the 7th fret, the 6th fret and you make your way down the strings. Keep going until you reach the 12th fret of the low E string.

Exercise 9 A

Electric Guitar

① ② ③ ④

5—6—7—8 5—6—7—8 5—6—7—8 5—6—7—8

El. Guit.

5—6—7—8 5—6—7—8 9—8—7—6 9—8—7—6

Keep going ----->

El. Guit.

15—14—13—12 15—14—13—12 15—14—13—12 15—14—13—12

Until you get here

El. Guit.

15—14—13—12 15—14—13—12 15—14—13—12 15—14—13—12

Exercise 9 B

This exercise is the same as Ex. 9 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 9 B

Electric Guitar

① ② ③ ④

T
A
B

3—4—5—6 3—4—5—6 3—4—5—6 3—4—5—6

5

Keep going ----->

El. Guit.

T
A
B

3—4—5—6 3—4—5—6 7—6—5—4 7—6—5—4

9 Until you get here

El. Guit.

T
A
B

15—16—17—18 15—16—17—18 15—16—17—18 15—16—17—18

13

El. Guit.

T
A
B

15—16—17—18 15—16—17—18



"The reason why you get into music is because you love it."
~Zakk Wylde

Exercise 9 C

This exercise is the same as Ex. 9 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 9 C

Electric Guitar

① ② ③ ④

T B

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

5 Keep going until you get to your last fret

El. Guit.



"Guitar is the best form of self-expression I know. Everything else, and I'm just sort of tripping around, trying to figure my way through life."

~Slash

Variations of the Chromatic Scale

Now that you have worked on using all of your fingers, now is the time to break out of your comfort zone and pick and fret the guitar in different ways. These exercises vary with the chromatic scale, where you will pick along and across the strings. Pick one note from one string, and then pick and fret another note on another string, and keep going.

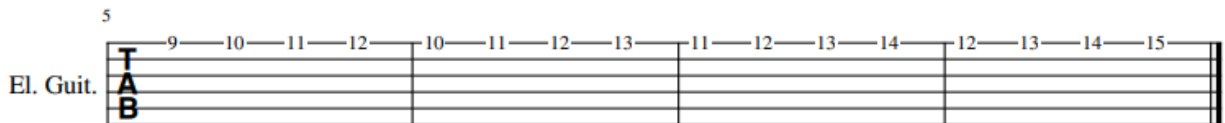
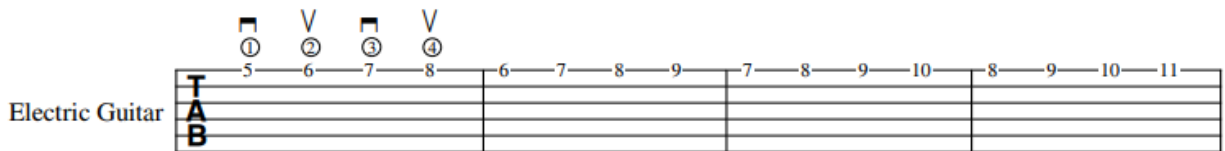
Single String Chromatic Run

For these exercises, you will play the chromatic scale, but now on one string. Start on the high E string and move on to the next until you have practiced them on all of the strings.

Exercise 10 A

With your 1st finger, start and pick on the 5th fret of the high E string, then pick the 6th fret of the low E string with your 2nd finger, then pick the 7th fret of the low E string with your 3rd finger, and then pick the 8th fret of the high E string with your 4th finger. Repeat the pattern going up the fretboard until you get to the 15th fret of the high E string.

Exercise 10 A



"There's no reason for a guitarist to have a big ego. You should love the instrument more than wanting to be a rockstar." ~Randy Rhoads

Exercise 10 B

This exercise is the same as Ex. 10 A, but now you will start on the 3rd fret of the high E string and pick your way to the 18th fret of the high E string.

Exercise 10 B

Electric Guitar

① ② ③ ④
P V P V
3 4 5 6 4 5 6 7 5 6 7 8 6 7 8 9

El. Guit.

5
P
7 8 9 10 8 9 10 11 9 10 11 12 10 11 12 13

El. Guit.

9
P
11 12 13 14 12 13 14 15 13 14 15 16 14 15 16 17

El. Guit.

13
P
15 16 17 18

Exercise 10 C

This exercise is the same as Ex. 10 A and B, but now you will start at the 1st fret of the high E string and pick your way towards the last fret on your guitar.

Exercise 10 C

Electric Guitar

① ② ③ ④
P V P V
1 2 3 4 2 3 4 5 3 4 5 6 4 5 6 7
Keep going until you get to your last fret

Chromatic Arpeggios

These exercises are where you will arpeggiate the chromatic scale. You will go not just from one note to another but also to a different string each time. Note on the tabs that I have written each one where you will use sweep picking. Sweep picking is defined as playing single notes on consecutive strings by using a 'sweeping' motion of the pick. Review the guitar tablature before you start to practice each exercise.

Exercise 11 A

With your 1st finger, start and pick on the 5th fret of the high E string, then pick the 6th fret of the A string with your 2nd finger, then pick the 7th fret of the D string with your 3rd finger, and then pick the 8th fret of the G with your 4th finger. Repeat the pattern going up the fretboard until you get to the 15th fret of the low E string.

Exercise 11 A

Electric Guitar

	①	②	③	④	V	V	V	V
T								
A								
B								

5 6 7 8 5 6 7 8 6 7 8 9 6 7 8 9

5 Keep going ----->

El. Guit.

T								
A								
B								

7 8 9 10 7 8 9 10 8 9 10 11 8 9 10 11

9 Until you get here

El. Guit.

T							
A							
B							

12 13 14 15 12 13 14 15



“Your sound is in your hands as much as anything. It's the way you pick, and the way you hold the guitar, more than it is the amp or the guitar you use.”

~Stevie Ray Vaughan

Exercise 11 B

This exercise is the same as Ex. 11 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the low E string.

Exercise 11 B

Electric Guitar

5

El. Guit.

9 Until you get here

El. Guit.

Exercise 11 C

This exercise is the same as Ex. 11 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 11 C

Electric Guitar

Keep going until you get to your last fret

Chromatic Arpeggios 2

I have the chromatic arpeggios where we go a little further by staying in the same position, repeating the pattern, and going up the neck. Take a look at the tabs to see the pattern of notes before practicing the exercises.

Exercise 12 A

With your 1st finger, start and pick on the 5th fret of the high E string, then pick the 6th fret of the A string with your 2nd finger, then pick the 7th fret of the D string with your 3rd finger, and then pick the 8th fret of the G with your 4th finger. Now repeat the pattern but start on the A string, then the D string, and finish on the 15th fret of the low E string.

Exercise 12 A

Electric Guitar

El. Guit.

El. Guit.

El. Guit.

El. Guit.

Exercise 12 B

This exercise is the same as Ex. 12 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the low E string.

Exercise 12 B

Electric Guitar

Measure 1: Fret 3 (T), 4 (A), 5 (B). Measure 2: Fret 3 (T), 4 (A), 5 (B). Measure 3: Fret 3 (T), 4 (A), 5 (B). Measure 4: Fret 3 (T), 4 (A), 5 (B).

Diagram above the staff shows fingerings: ① ② ③ ④ for measures 1-2, and V ① V ② V ③ V ④ for measures 3-4.

5

El. Guit.

Measure 5: Fret 3 (T), 4 (A), 5 (B). Measure 6: Fret 3 (T), 4 (A), 5 (B). Measure 7: Fret 3 (T), 4 (A), 5 (B). Measure 8: Fret 3 (T), 4 (A), 5 (B).

9

El. Guit.

Measure 9: Fret 3 (T), 4 (A), 5 (B). Measure 10: Fret 3 (T), 4 (A), 5 (B). Measure 11: Fret 3 (T), 4 (A), 5 (B). Measure 12: Fret 3 (T), 4 (A), 5 (B).

Keep going ----->

13

El. Guit.

Until you get here

Measure 13: Fret 15 (T), 16 (A), 17 (B). Measure 14: Fret 15 (T), 16 (A), 17 (B). Measure 15: Fret 15 (T), 16 (A), 17 (B). Measure 16: Fret 15 (T), 16 (A), 17 (B).

17

El. Guit.

Measure 17: Fret 15 (T), 16 (A), 17 (B). Measure 18: Fret 15 (T), 16 (A), 17 (B).

Exercise 12 C

This exercise is the same as Ex. 12 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 12 C

Electric Guitar

	①	②	③	④	①	②	③	④
T								
A								
B	1	2	3	4	1	2	3	4

El. Guit.

	5			
T				
A				
B	1	2	3	4

El. Guit.

	9			
T				
A				
B	2	3	4	5

Keep going until you get to your last fret



**"I've always had determination. I had to go against all the people who said,
'You're never going to be able to play guitar.'"**

~Tony Iommi

Guitar Tip # 3! Moving on from old to new exercises

When you're playing guitar and you have a certain routine for it, let's say pentatonic scales, you have been practicing and playing them for some time. You may need more practice with them, or you have mastered them and you can practice and play them to the best of your ability...but then something may be hiding in the back of your psyche...you're getting bored with them.

It's time to move on.

Practicing and playing new exercises can help get you out of a rut. Whatever you're practicing that you feel you have mastered, stop and move on to something new. Don't just try something similar to what exercises you are already doing, but something more challenging. Think of it like working out: when you first start lifting weights, you notice a difference in your body, but if you keep on the same routine, you are not going to progress. You have to change things up, and not small changes, but new exercises where you lift heavier weights. Or you can run 5 miles in 35 minutes. Your goal is now to run 8 miles in 40 minutes. Apply that same idea to the guitar, where you find a new or a series of new exercises that are different from what you last did, and they are more challenging. I have an example:

You have been practicing and playing pentatonic scales in A minor. Pentatonic scales are 2 notes per string. A minor is all natural notes, no sharps or flats. You've played them up and down the fretboard...now you are getting bored.

Now practice diatonic scales in G major. Diatonic scales are 2 to 3 notes per string. G major has an F# in the scale. Practice and challenge this as it's more than what you have been doing.

You may be great at one thing on guitar, but if you want to be better, you will practice new things. It's important to work on things that you may have trouble with, rather than practicing the same thing expecting a different result.



Along and Across the Frets

Exercise 13 A

You will start by fretting and picking the 5th fret of the low E string. Move onto the same picking and fretting pattern onto the A string, but then when you get to the D string, you will start on the 6th fret. You are simply moving over one fret. Repeat this pattern until you get to the 16th fret of the high E string.

Exercise 13 A

Electric Guitar

① ② ③ ④

The first staff shows a four-measure exercise. Above the staff are four picking symbols: a flat pick (①), a down pick (②), a flat pick (③), and a down pick (④). The staff has three strings shown: low E (bottom), A (middle), and D (top). The low E string has a fret number 5 in the first measure. The A string has fret numbers 6, 7, and 8 in the first measure. The D string has fret numbers 7, 8, and 9 in the first measure. The second measure has fret numbers 5, 6, 7, and 8 on the low E string. The third measure has fret numbers 6, 7, 8, and 9 on the A string. The fourth measure has fret numbers 7, 8, 9, and 10 on the D string.

5

El. Guit.

The second staff shows a four-measure exercise. The staff has three strings shown: A (bottom), D (middle), and G (top). The A string has fret numbers 7, 8, 9, and 10 in the first measure. The D string has fret numbers 8, 9, 10, and 11 in the first measure. The G string has fret numbers 9, 10, 11, and 12 in the first measure. The second measure has fret numbers 8, 9, 10, and 11 on the A string. The third measure has fret numbers 9, 10, 11, and 12 on the D string. The fourth measure has fret numbers 10, 11, 12, and 13 on the G string.

9

El. Guit.

The third staff shows a four-measure exercise. The staff has three strings shown: D (bottom), G (middle), and B (top). The D string has fret numbers 12, 11, 10, and 9 in the first measure. The G string has fret numbers 11, 10, 9, and 8 in the first measure. The B string has fret numbers 10, 9, 8, and 7 in the first measure. The second measure has fret numbers 11, 10, 9, and 8 on the D string. The third measure has fret numbers 12, 11, 10, and 9 on the G string. The fourth measure has fret numbers 13, 12, 11, and 10 on the B string.

13

El. Guit.

The fourth staff shows a four-measure exercise. The staff has three strings shown: G (bottom), B (middle), and E (top). The G string has fret numbers 11, 12, 13, and 14 in the first measure. The B string has fret numbers 12, 13, 14, and 15 in the first measure. The E string has fret numbers 13, 14, 15, and 16 in the first measure. The second measure has fret numbers 12, 13, 14, and 15 on the G string. The third measure has fret numbers 13, 14, 15, and 16 on the B string. The fourth measure has fret numbers 14, 15, 16, and 17 on the E string.

17

El. Guit.

The fifth staff shows a four-measure exercise. The staff has three strings shown: B (bottom), E (middle), and high E (top). The B string has fret numbers 13, 14, 15, and 16 in the first measure. The E string has fret numbers 14, 15, 16, and 17 in the first measure. The high E string has fret numbers 15, 16, 17, and 18 in the first measure. The second measure has fret numbers 14, 15, 16, and 17 on the B string. The third measure has fret numbers 15, 16, 17, and 18 on the E string. The fourth measure has fret numbers 16, 17, 18, and 19 on the high E string.

Exercise 13 B

This exercise is the same as Ex. 13 A, but now you will start on the 3rd fret of the low E string and pick your way to the 14th fret of the low E string.

Exercise 13 B

Electric Guitar

	①	②	③	④
T				
A				
B	3	4	5	6

3	4	5	6
3	4	5	6
4	5	6	7
4	5	6	7

5

Keep going ----->

El. Guit.

5	6	7	8
5	6	7	8
9	8	7	6
9	8	7	6

9

Until you get here

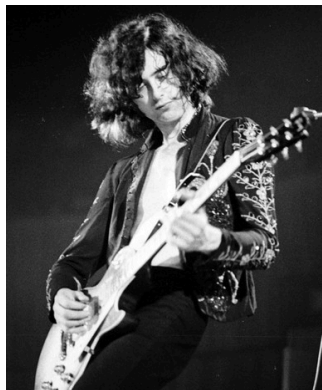
El. Guit.

15	14	13	12
15	14	13	12
16	15	14	13
16	15	14	13

13

El. Guit.

17	16	15	14
17	16	15	14



"I can communicate far better on a guitar than I can through my mouth."

~Jimmy Page

Exercise 13 C

This exercise is the same as Ex. 13 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 13 C

Electric Guitar

① ② ③ ④

T
A
B

1—2—3—4 1—2—3—4 2—3—4—5 2—3—4—5

5

Keep going until you get to your last fret

El. Guit.

T
A
B

3—4—5—6 3—4—5—6 7—6—5—4 7—6—5—4



"When I was 20, I didn't give a damn about song construction. I just wanted to make as much noise and play as fast and as loud as possible."

~Ritchie Blackmore

Along and Across the Frets 2

Exercise 14 A

Start by fretting and picking the 5th fret of the low E string, move onto the 6th, 7th, and 8th frets, and then when you move onto the A string, start on the 6th fret. Pick your way to the 16th fret of the low E string.

Exercise 14 A

Electric Guitar

	①	②	③	④
T				
A				
B	5—6—7—8	6—7—8—9	7—8—9—10	8—9—10—11

El. Guit.

T
A
B

9—10—11—12 | 10—11—12—13 | 14—13—12—11 | 15—14—13—12

[illegible]

"I don't care about the rules if I don't break the rules at least 10x every song then I'm not doing my job."

~Jeff Beck

Exercise 14 B

This exercise is the same as Ex. 14 A, but now you will start on the 3rd fret of the low E string and pick your way to the 14th fret of the low E string.

Exercise 14 B

Electric Guitar

① ② ③ ④

T			
A			
B	3—4—5—6	4—5—6—7	5—6—7—8

6—7—8—9

5

El. Guit.

T	7—8—9—10	8—9—10—11	12—11—10—9	13—12—11—10
A				
B				

9

El. Guit.

T	14—13—12—11	15—14—13—12
A		
B		

11

El. Guit.

T	16—15—14—13	17—16—15—14
A		
B		



"My guitar is not a thing. It is an extension of myself. It is who I am."

~Joan Jett

Exercise 14 C

This exercise is the same as Ex. 14 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 14 C

Electric Guitar

	①	②	③	④
T				
A				
B	1—2—3—4	2—3—4—5	3—4—5—6	4—5—6—7

El. Guit.

5

Keep going until you get to your last fret

T	5—6—7—8	6—7—8—9	10—9—8—7	11—10—9—8
A				
B				



"My ambition was just to be able to play guitar."

~Angus Young

Guitar Tip # 4. The Metronome

The metronome. Some musicians love them... a lot of guitar players hate them! Timing is essential in music and learning guitar. But yes, I feel your pain, the dreaded, annoying click of a metronome, and practicing along with it. But it is vital for improvement in your playing, such as building up speed and precision.

When you are practicing, whether it be a scale, a song, etc., you start slow. You are practicing at a slow and steady pace so you can be precise and accurate with what you are playing, and if you keep at it, you will build up speed.

Slow and steady can win the race, but if you want to be faster and better, you have to push yourself. You may have a certain sequence, lick, or more that you play, and you want to be faster, but you may only be at a certain speed. This is where you will then push yourself to play faster. You have to break out of your comfort zone and push yourself and your playing to get where you want to be.

Now, if you are trying to build up speed and play faster, track what bpm's you are playing at and push yourself to a few bpm's more. I have an example below:

Chromatic scale starting at the 5th fret - currently at 110 bpm.

Now challenge yourself to play the exercise at 115 bpm.

Keep track of your progress daily to see what results you have gotten at the end of a certain time frame, like a week.

And with all the electronic platforms that we have, you don't have to use only a metronome. There are many apps out there, like a drum machine, that can act like a metronome. Explore what is out there.

Get friendly with a metronome as they are a great tool for your playing.



Different Finger Patterns

Exercise 15 A

Start on the 5th fret with your 1st finger and with your 4th finger fret and pick the 8th fret, with your 3rd finger fret and pick the 7th fret, and with your 2nd finger fret and pick the 6th fret. Repeat the pattern as you go onto the A string and the rest of the strings, and finish at the 14th fret of the low E string.

Exercise 15 A

Electric Guitar

5

El. Guit.

9

El. Guit.

Keep going ----->

13

Until you get here

El. Guit.

17

El. Guit.

Exercise 15 B

This exercise is the same as Ex. 15 A, but now you will start on the 3rd fret of the low E string and pick your way to the 16th fret of the high E string.

Exercise 15 B

Electric Guitar

① ④ ③ ②

T			
A			
B	3—6—5—4	3—6—5—4	3—6—5—4

5

Keep going ----->

El. Guit.

T	3—6—5—4	3—6—5—4	7—4—5—6	7—4—5—6
A				
B				

9 Until you get here

El. Guit.

T			
A			
B	15—18—17—16	15—18—17—16	15—18—17—16

13

El. Guit.

T	15—18—17—16	15—18—17—16
A		
B		



"Every time you pick up your guitar to play, play as if it's the last time."
~Eric Clapton

Exercise 15 C

This exercise is the same as Ex. 15 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 15 C

Electric Guitar

	①	④	③	②
T				
A				
B	1—4—3—2	1—4—3—2	1—4—3—2	1—4—3—2

5

Keep going until you get to your last fret

El. Guit.

T	1—4—3—2	1—4—3—2	5—2—3—4	5—2—3—4
A				
B				



"I'm always happy with a guitar in my hand."

~John 5

Different Finger Patterns 2

Exercise 16 A

You will start by picking and fretting with the 5th fret of the low E string with your 1st finger, you will then fret and pick the 7th fret of the low E string with your 3rd finger, and fret and pick the 6th fret of the low E with your 2nd finger and then fret and pick the 8th fret with your 4th finger. Repeat this pattern onto the A string and the other strings until you get to the 12th fret of the low E string.

Exercise 16 A

Electric Guitar

	①	③	②	④
T				
A				
B	5	7	6	8

5

El. Guit.

T	5	7	6	8	5	7	6	8	9	7	8	6	9	7	8	6
A																
B																

Keep going ----->

9

Until you get here

El. Guit.

T	15	13	14	12	15	13	14	12	15	13	14	12	15	13	14	12
A																
B																

13

El. Guit.

T																
A																
B	15	13	14	12	15	13	14	12	15	13	14	12	15	13	14	12

Exercise 16 B

This exercise is the same as Ex. 16 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 16 B

Electric Guitar

① ③ ② ④

T
A
B

3—5—4—6 3—5—4—6 3—5—4—6 3—5—4—6

5

Keep going ----->

El. Guit.

T
A
B

3—5—4—6 3—5—4—6 7—5—6—4 7—5—6—4

9 Until you get here

El. Guit.

T
A
B

15—17—16—18 15—17—16—18 15—17—16—18 15—17—16—18

13

El. Guit.

T
A
B

15—17—16—18 15—17—16—18



"When I plug in my guitar and play it really loud, loud enough to deafen most people, that's my shot of adrenaline, and there's nothing like it. That's what it's always been for me."

~Joe Perry

Exercise 16 C

This exercise is the same as Ex. 16 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 16 C

Electric Guitar

	①	③	②	④
T				
A				
B	1—3—2—4	1—3—2—4	1—3—2—4	1—3—2—4

5

Keep going until you get to your last fret

El. Guit.

T	1—3—2—4	1—3—2—4	5—3—4—2	5—3—4—2
A				
B				



“I’m from the school of putting a lot of hours of practice into playing. But at the same time you have to write original music – that’s really important, because that’s the thing that’s going to separate you from everybody else, that’s going to give you your unique voice as a music that you create.”

~John Petrucci

Different String Patterns

Exercise 17 A

Start with your 1st finger on the 5th fret of the low E string and you will then fret and pick the 6th fret of the A string with your 2nd finger, pick and fret the 7th fret of the low E string with your 3rd finger, and then pick and fret the 8th fret of the A string with your 4th finger. Repeat this pattern until you get to the 12th fret of the low E string.

Exercise 17 A

Electric Guitar

	①	②	③	④
T				
A				
B	5	6	7	8

El. Guit.

	5	6	7	8	9	8	7	6	9	8	7	6	9	8	7	6
T																
A																
B																

Keep going ----->

El. Guit.

	9	15	14	13	12	15	14	13	12	15	14	13	12	15	14	13	12
T																	
A																	
B																	

Until you get here

El. Guit.

	13	15	14	13	12
T					
A					
B					



"If you play music for no other reason than actually just because you love it, the skills just kinda creep up on you." ~Nuno Bettencourt

Exercise 17 B

This exercise is the same as Ex. 17 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 17 B

Electric Guitar

① ② ③ ④

T
A
B

3 4 5 6 3 4 5 6 3 4 5 6 3 4 5 6

5

Keep going ----->

El. Guit.

T
A
B

3 4 5 6 7 6 5 4 7 6 5 4 7 6 5 4 7 6 5 4

9 Until you get here

El. Guit.

T
A
B

15 16 17 18 15 16 17 18 15 16 17 18 15 16 17 18

13

El. Guit.

T
A
B

15 16 17 18



"To me, the guitar is a tool for songwriting, and it's fun, too."

~Scott Ian

Exercise 17 C

This exercise is the same as Ex. 17 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 17 C

Electric Guitar

① ② ③ ④

5

Keep going until you get to your last fret

El. Guit.



**"I'm only myself when I have a guitar in my hands."
~George Harrison**

Different String Patterns 2

Exercise 18 A

Start with your 1st finger by fretting and picking the 5th fret of the low E string, then fret and pick the 7th fret of the A string with your 3rd finger, then fret and pick the 6th fret of the low E string with your 2nd finger and then fret and pick the 8th fret of the A string with your 4th finger. Repeat this pattern until you get to the 12th fret of the low E string.

Exercise 18 A

Electric Guitar

① ③ ② ④

5 7 6 8 5 7 6 8 5 7 6 8 5 7 6 8

El. Guit.

5 Keep going ----->

5 7 6 8 9 7 8 6 9 7 8 6 9 7 8 6

El. Guit.

9 Until you get here

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

El. Guit.

13

15 13 14 12

Exercise 18 B

This exercise is the same as Ex. 18 A, but now you will start on the 3rd fret of the low E string and pick your way to the 18th fret of the high E string.

Exercise 18 B

Electric Guitar

① ③ ② ④

T
A
B

3 5 4 6 3 5 4 6 3 5 4 6 3 5 4 6

5

Keep going ----->

El. Guit.

T
A
B

3 5 4 6 7 5 6 4 7 5 6 4 7 5 6 4 7 5 6 4

9 Until you get here

El. Guit.

T
A
B

15 17 16 18 15 17 16 18 15 17 16 18 15 17 16 18

13

El. Guit.

T
A
B

15 17 16 18



"The guitar was my weapon, my shield to hide behind."

~ Brian May

Exercise 18 C

This exercise is the same as Ex. 18 A and B, but now you will start at the 1st fret of the low E string and pick your way towards the last fret on your guitar.

Exercise 18 C

① ③ ② ④

Electric Guitar

5

Keep going until you get to your last fret

El. Guit.



“Believe in yourself and have confidence that you can compete against all odds. Have a vision of what you’d like to accomplish and be able to articulate that vision.”

~ **Robert Johnson**

CLOSING

Thank you for choosing this book, and I hope it helps you in your playing. One of the best rewards of being a teacher is when the students I have taught do well in their playing. From beginners to intermediate to advanced.

That is all for exercise in this book, but now keep going by coming up and making up your exercises. Play around with these exercise ideas using what frets you want to pick, and with what strings and notes. You can come up with a lot of great exercises. There are no rules, and if there are, break them!

HAVE FUN AND KEEP ROCKING!!!



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www.metaljimrocks.com