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A Note About the Video

The DVD video corresponds to lessons in the book and the two are intended to be used together. The DVD contains MP3s to make it more fun and easier to learn. To access the MP3s, go to the DVD menu and select DVD-ROM, where you will find audio tracks that correspond with specific lessons.

There is a video lesson for every example marked with this icon: . Every example is numbered, whether it is demonstrated on the video or not. Some examples are subdivided and labeled with letters. The letters that are demonstrated on the video are circled.

Have fun!

ABOUT THE AUTHOR

German Schauss is a guitarist, composer, author, and educator who teaches at Berklee College of Music and other international music schools. He performs and tours as the leader of his own band and with other internationally known artists. German writes music for commercials, TV, and video games, and has been named one of the 50 fastest guitarists of all time by *Guitar World* magazine. The author of *Shredding Bach* (#34922), *Shredding Paganini* (#37468), *Shredding the Composers* (#39378), and *The Total Shred Guitarist* (#36573), German also writes the popular monthly column “Instant Shredding” for Germany’s biggest guitar magazine, *Gitarre & Bass*.

German uses and proudly endorses: Schecter Guitars, Bogner Amps, Kemper Amps, Rocktron, PreSonus, Native Instruments, Maxon, Morley, Dunlop, Voodoo Labs, Pigtronix Pedals, DiMarzio, Zoom, Tremol-No, D’Addario Strings, Planet Waves, MakeMusic, and Pedaltrain products.

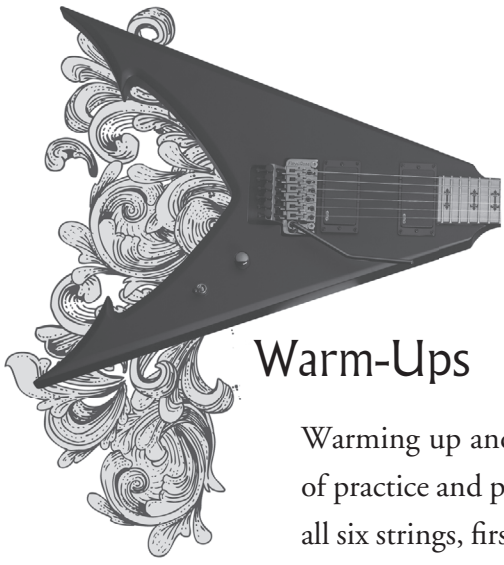
For more about German Schauss and his music, please visit: www.germanschauss.com



PHOTO BY JIYEON SONG

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ALTERNATE-PICKING WORKOUT

Warm-Ups

Warming up and getting your hands synchronized is extremely important and will take a lot of practice and patience. The examples below illustrate simple *chromatic* (half step) runs across all six strings, first with a triplet feel and then with a sixteenth-note feel. Practice these exercises with a metronome and begin slowly. Using *alternate picking*, alternating up and down picking strokes continuously.

Ex. 1



After each run through these exercises, increase the tempo on your metronome by 8 to 10 beats per minute. Keep a journal, or log of your tempos, so that there is a record of your progress.

Ex. 2



Pentatonic Patterns Using Intervals

Scales can also be played using interval-based sequences. The following examples are patterns based on 4ths and 5ths. Of course, there are many more possibilities, and we encourage you to find and practice them. Begin by practicing these examples slowly, while striving for accuracy and fluency.

Ex. 15  $\text{♩} = 90$

A **B** **C** **D**

E **F** **G** **H**

I **J** **K** **L**

M **N** **O** **P**

T
A
B

1 1 4 3 1 1 3 3 4 4 1 1 3 4 1 1 1 1 3 4 1 1 3 3 4 4 1 1 4 3 1 1

1 1 3 4 1 1 3 3 4 4 1 1 3 4 1 1 1 1 4 3 1 1 3 3 4 4 1 1 4 3 1 1

1 3 4 1 1 3 3 1 1 4 3 1 1 4 3 1 3 1 1 4 3 1 1 3 4 1 1 3 4 1 1 3

1 3 1 4 1 3 1 3 1 4 1 3 1 4 1 3 3 1 4 1 3 1 3 1 4 1 3 1 4 1 3 1