

DOTD #22 - Speed Lick

"Outside the String" Picking

RGS

- 1 - Practice with a metronome for accurate subdivision. Repeat several times with no mistakes - this is your "control speed." Move metronome up 5-10 BPMS per day.
- 2 - Practice starting at control speed and gradually accelerating after every 2 repeats of the lick.
- 3 - Practice control speed / speed burst / control speed / speed burst, etc. During speed burst, go "all out" and do not worry about mistakes. Practicing at a control speed will create a muscle reflex during speed bursts.