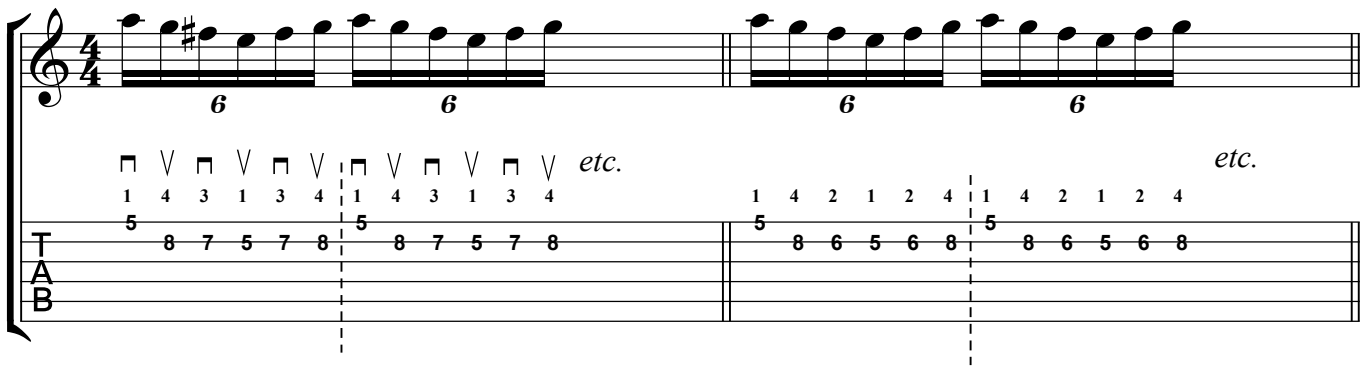
DOTD #22 - Speed Lick Follow-up

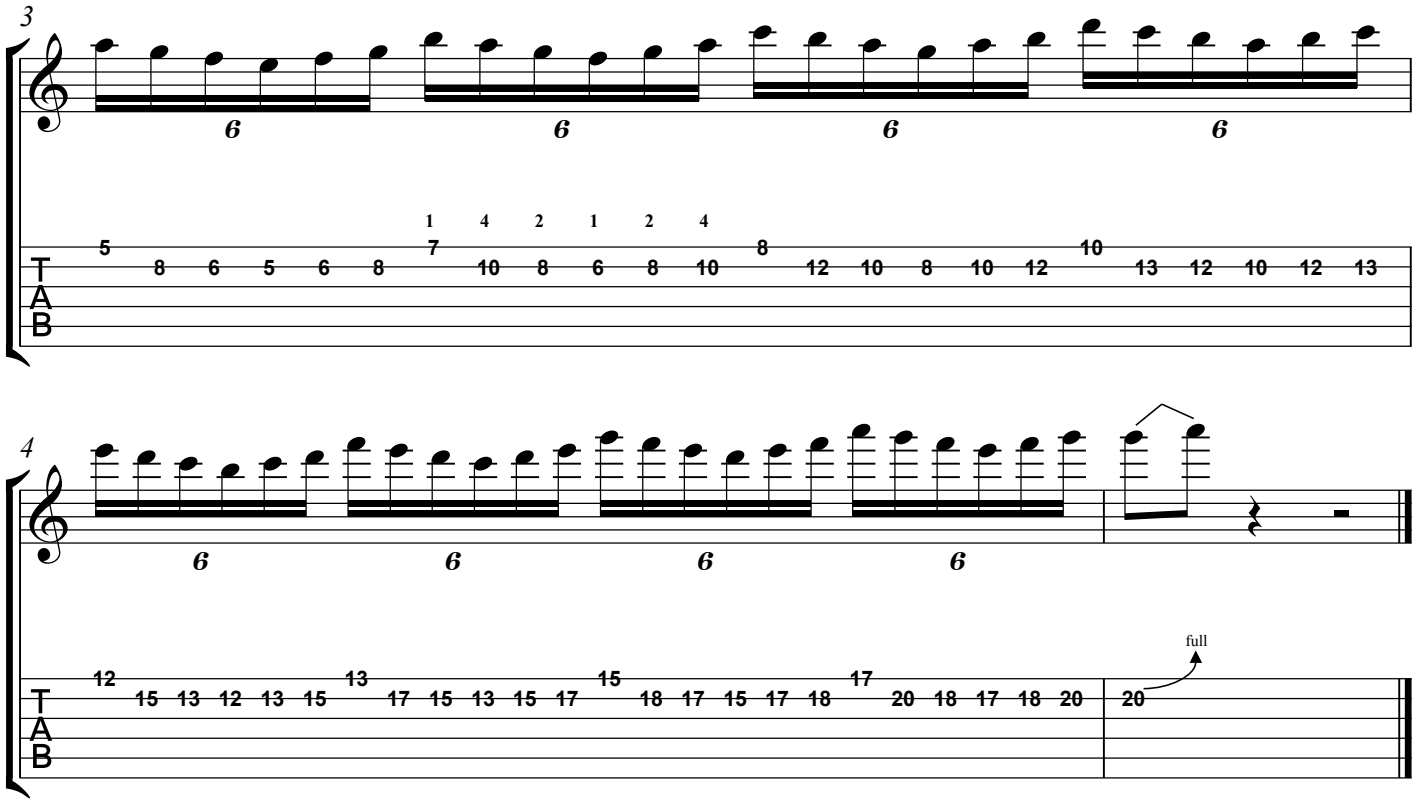
"Inside the String" Picking

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 wory about mistakes. Practicing at a control speed will create a muscle reflex during speed bursts.



Expanded along the fretboard in the key of A minor:



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