

DOTD #29 - Scale Fragment Speed Ex.

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 a lot at control speed will create a muscle reflex during speed bursts.

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

T 2 4 5 2 4 5 2 4 5 2 4 5 4 5 7 4 5 7 4 5 7 4 5 7 5 7 9 5 7 9 5 7 9 5 7 9

B

T 5 4 2 5 4 2 5 4 2 5 4 2 7 5 4 7 5 4 7 5 4 7 5 4 9 7 5 9 7 5 9 7 5 9 7 5

B

Speed Lick - ascending fragments:

T 2 4 5 2 4 5 4 5 7 4 5 7 5 7 9 5 7 9 4 5 7 4 5 7

B 2 4 5 2 4 5 4 5 7 4 5 7 5 7 9 5 7 9 4 5 7 4 5 7

Speed Lick - descending fragments:

T 5 4 2 5 4 2 7 5 4 7 5 4 9 7 5 9 7 5 7 5 4 7 5 4

B 5 4 2 5 4 2 5 4 2 7 5 4 7 5 4 9 7 5 9 7 5 9 7 5 7 5 4 7 5 4