

"Technique"

(Exercises to develop speed, accuracy and coordination) by Mike Campese

Ex.1

By practicing this exercise it will help improve right and left hand coordination. Be sure to use alternate picking and reverse picking directions for ex. down-up-down-up and up-down-up-down. Hold all fingers down and move one finger at a time up the neck. By practicing this exercise you will notice over time your fingers will be closer to the strings while playing, which will increase your speed. Be sure to practice this with different left hand permutations and experiment with different strings.

24 left hand permutations

1234 2134 3124 4123
 1243 2143 3142 4132
 1324 2314 3214 4231
 1342 2341 3241 4213
 1432 2413 3412 4312
 1423 2431 3421 4321

Ex.2

Ex.3

Now we will practice 3 note combinations with triplets, use all possible finger permutations up the neck and reverse picking direction.

Left hand 3 note permutations

134 124
 143 142
 314 214
 341 241
 413 412
 431 421