



www.robsguitarschool.net

Shred-Machine Week 1 Directions

The rhythm chart, lead sheet and this week's scale sheets begin at page 4.

Links to this week's backing tracks (note: each link is a direct download to the mp3)

Link: [Week 1 Am C 63 bpm](#)

Link: [Week 1 Am C 66 bpm](#)

Link: [Week 1 Am C 69 bpm](#)

Link: [Week 1 Am C 72 bpm](#)

Welcome to Shred-Machine, the program where in 18 weeks not only will you be able to play blazingly fast, but you'll also be able to improvise the guitar solos that you've always dreamed of playing. **This program has been tested and is proven to work for those who faithfully follow it for the full 18 weeks.**

The way the program works is as follows: each week you will play along with the provided backing track for three 10 minute sessions with a two minute rest break in between each. You will do this for 6 straight days followed by a one day break. Each week has a tempo goal that you need to achieve by the end of the week. You will then start the next week's lesson which has a faster tempo goal. During each 10 minute session, you will play uninterrupted eighth notes, triplets or sixteenth notes (as stipulated for that given week) without any hammer-ons pull-offs, slides, bends, etc. It's all picking and each note must be cleanly picked.

In each week you will find a **Rhythm chart, a Lead sheet, scale sheets, backing tracks** and a **video tutorial**. Use these for each week's session.

The Rhythm chart shows the rhythm guitar part for the backin

The **Lead sheet** gives a sample guitar solo that you can play with the backing track. The lead sheet is written so that the techniques that you want to develop (sweeping arpeggios and blistering scalar runs) will be attained. It is highly suggested that you use this sheet each week.

The **scale charts** show the scales and arpeggio shapes that you should be using for each week. Using these scale charts is of critical importance in the first few weeks of the program where the tempo is slow enough that you can begin to memorize these shapes. This is where the improvisation part comes in and you add new weapons to your soloing arsenal. It won't be long before the tempo will be getting faster and you will need to use your memory especially when switching keys. You may find yourself creating your own little repeating guitar solos on the fly as you go through each week. Use the scale charts.

When using the backing tracks, it is important that you are able to play along with the fastest tempo track by the end of the week. Start slow, make sure you can play the scales and arpeggios at the provided tempo smoothly, evenly and uninterrupted before you start to play along with the faster tracks. Listen carefully to the click track in the background so that you can play the correct notes (eighth, triplets, etc.).

When watching each week's video, **pay close attention to the tips that are offered.** These will help you get the most out of each week's session and will give you a real example of what you will be hearing and playing. There is a great motivational quote at the end of each one that will help spur you along the way towards your goals.

Economy picking should be used at all times. While there are other types of picking out there, if you want to play very fast, you will need to master this picking method. If you are not familiar with this, **there are three simple rules:** 1 – When switching strings to a string closer to the floor, you must down pick it; 2 – When switching strings to a string closer to the ceiling you must up pick it; 3 – If you are picking more than one note on a single string, you must always alternate your picking (down-up-down-up etc.). See our free video on Economy picking for a demo of this technique. If you follow Economy picking rules, you will naturally use sweep picking for your arpeggios.

When playing guitar during your sessions here, **always make sure that you have your thumb in the approximate center of the back of the neck.** This will ensure that you are efficiently playing each single string and not accidentally laying your fingers on other strings. Thumbs wrapped around the neck will not work here. **Make sure your guitar is positioned on your body so that you can easily put your thumb in the middle of the back of the neck.**

When you play with the backing tracks, you should play one pass using the lead sheet and then do a few passes improvising (playing scales and arpeggios) and then come back to the lead sheet. Above all make sure that you are always playing constant uninterrupted notes. No breaks!

This program will work if you follow the schedule. No missed days, no shortened practice sessions. If you do it. You get it. If you don't, you don't. In order to help yourself out, setup a consistent time of the day that works for you (early morning, late evening, lunchtime, etc.). If you need to do different times on different days, that's fine. Just create your schedule and stick to it.

Lastly, there will be times through this program where you will think that you're not making any progress or it will get hard. These are actually the times when you are making the most progress. This is the time when it is most important to keep it up! Your next break through is right around the corner!

Think of this program as training to be a professional athlete. Trust in the program. It works. You should start to see great progress around week 6.

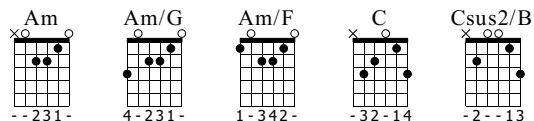
Mark Twain said "The secret of getting ahead is getting started." **So get started!**

SHRED-MACHINE

Week 1 - A Minor / C Major

Rhythm Chart

Music by Rob Compagna



Standard tuning

♩ = 72

key: A minor

Am

mf

Am/G

Am/F

C

Csus2/B

key: C major

C

Csus2/B

Am

Am/G

Am/F

4x

4x

7

8

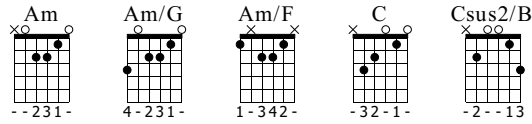
TAB

SHRED-MACHINE

Week 1 - A Minor / C Major

Lead Sheet

Music by Rob Compagna



Standard tuning

$\text{♩} = 72$

Key: Am - Am arpeggio 1
Am

Am arpeggio 2
Am/G

Lead Gtr

Am arpeggio 3
Am/F

F arpeggio

Dm arpeggio

Am diatonic scale
Am

Am/G

Am/F

Am pentatonic scale
Am

Am/G

Am/F

Am diatonic scale Am triads Am/G

12 13 14

TAB

Am/F Key: C - C Arpeggio 1

15 16 17

TAB

C arpeggio 2 C arpeggio 3 C diatonic scale

Csus2/B Am Am/G Am/F

18 19 20

TAB

C triad C triad 2nd inv. C triad 1st inv. C triad C pentatonic scale

C Csus2/B Am Am/G

21 22 23

TAB

Am7 Arpeggio

24

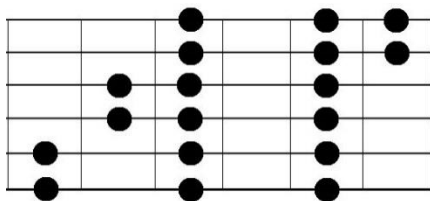
TAB



A minor / C Major Scale - 7 patterns

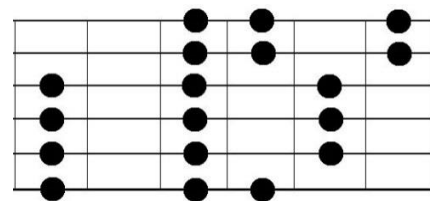
Pattern 1

8th fret



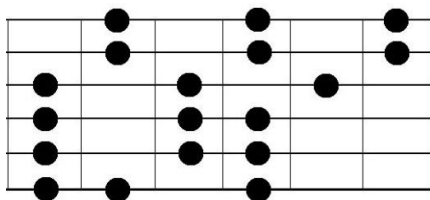
Pattern 2

10th fret



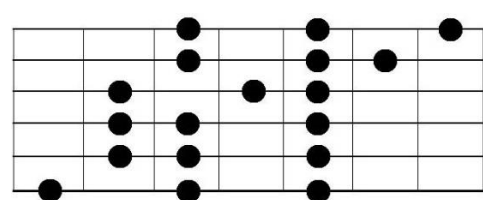
Pattern 3

12th fret



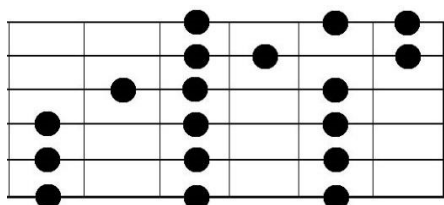
Pattern 4

13th fret



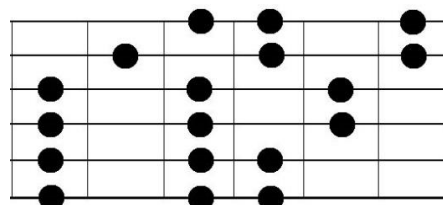
Pattern 5

3rd fret



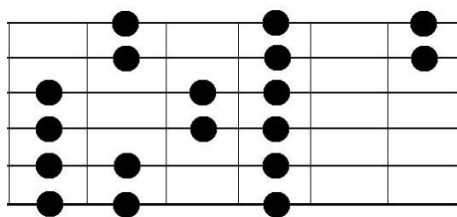
Pattern 6

5th fret



Pattern 7

7th fret

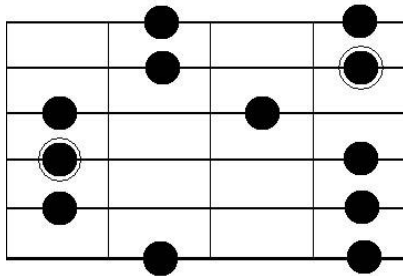




Pentatonic Boxes in A minor (A notes are circled)

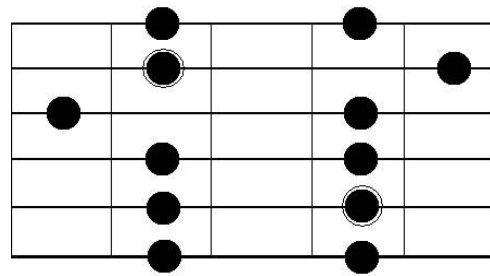
Box 1

8th fret



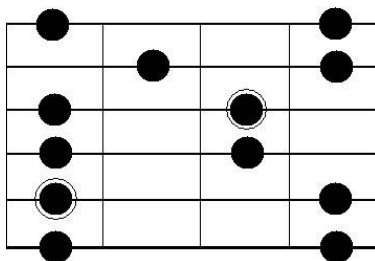
Box 2

10th fret



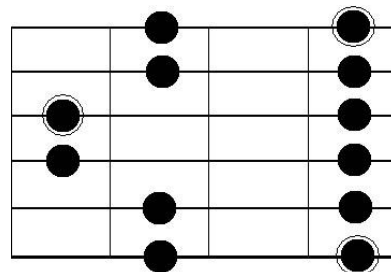
Box 3

12th fret



Box 4

3rd fret



Box 5

5th fret

