

Simple Exercises to Gain Monster Speed & Independence

NONE (yet!)

Words & Music by George Andrew Brindeiro

Standard tuning

♩ = 90

ascend and descend the G Major scale by threes (8th note triplets)
8th Triplets in threes

E-Gt

f

T
A
B

3-5 2-5 2-3 2-3 5-3 5-2 | 5-2-4 2-4-5 4-5 2-5 2-4

*remember to always alternate picking starting with either up or down picking

T
A
B

2-4 5-4 5-3 5-3 5-3 5-2 | 5-2-3 2-3-5 3-2-3 2-5 2

T
A
B

5-3-5-3 5-3 5-4 5-4 2-4 | 2-5 2-5 4-5 4-2 4-2 5-2

T
A
B

5-3-5-3 2-3-2 5-2 5-2 3 (3)

same speed but playing tonic-3rd doubles

16th notes tonic-3rd doubles

18

T
A
B

3 2 5 3 2 5 3 2 5 4 2 5 4 2 5 4

19

T
A
B

2 5 4 3 5 5 3 2 5 3 2 5 2 3 5 2

20

T
A
B

3 5 5 3 4 5 2 4 5 2 4 5 2 4 5 2 3 5 2 3 5 2 5 3

16th note triplets tonic-3rd-fifth

23

T
A
B

3 2 5 5 3 2 2 5 4 3 2 5 5 4 2 2 5 4 4 2 5 5 4 3

24

T
A
B

2 5 5 4 3 2 5 5 3 3 2 5 2 3 3 5 2 3 4 5 5 2 3

25

T
A
B

4 5 5 2 4 4 5 2 2 4 5 5 2 3 4 5 2 2 3 5 5 2 5 3 (3)

Tonic-3rd-5th and 7th

27

T
A
B

3 2 5 4 5 3 2 5 2 5 4 2 3 2 5 4

29

T
A
B

5 4 2 5 2 5 4 3 4 2 5 5 5 4 3 2

30

T
A
B

2 5 5 3 4 3 2 5 2 3 4 3 5 5 2 2

31

T
A
B

3 4 5 5 2 4 3 4 5 2 5 2 4 5 4

32

T
A
B

5 2 3 2 4 5 2 5 2 3 2 5 2 5 3 (3)