

# Inner Self

## Sepultura

Words & Music by TORMENTOR 15

Standard tuning

♩ = 165

E-Gt

1

*f*

T  
A  
B

3-2-1-0 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 3-2-1-0 0-0-0-0-0-0-0-0

4

T  
A  
B

0-0-0-0-0-0-0-0 3-2-1-0 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 3-2-1-0 0-0-0-0-0-0-0-0

8

T  
A  
B

0-0-0-0-0-0-0-0 3-2-1-0 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 3-2-1-0 1-0-0-0-0-0

♩ = 165

12

♩ = 165

T  
A  
B

0-0-0-0-0-0-0-0 3-2-1-0 0-0-0-0-0-0-0-0 0-0-0-0-0-0-0-0 3-2-1-0 1-0-0-0-0-0

16

T  
A  
B

0-0-0-0-0-0-0-0 3-2-1-0 (2) (0) 1-1-1 3-2-1-0 (2) (0) 1-1-1

21

TAB

3 2 (2) 1 1 1 3 2 (2) 1 1 1 0 0 0 0 0 0 0 0 0

1 0 (0) 1 1 1 1 0 (0) 1 1 1 0 0 0 0 0 0 0 0 0

26

TAB

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

30

TAB

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 2 3 2 0 1 0 0 0 0 0 0 0

34

TAB

0 0 0 0 0 0 0 0 0 0 2 3 2 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 2 3 2 0 1 0 0 0 0 0 0 0

38

TAB

0 0 0 0 0 0 0 0 0 0 2 3 2 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 2 3 2 0 1 0 0 0 0 0 0 0

42

TAB

0-0-0-0-0-0-0-0 2-3-2-0-0-0-0-0 0-0-0-0-0-0-0-0 2-3-2-0-0-0-0-0

46

TAB

0-0-0-0-0-0-0-0 2-3-2-0-0-0-0-0 0-0-0-0-0-0-0-0

49

TAB

6-5-6-4-4-4-4-4 4-4-4-4-4-4-4-4 6-5-6-4-4-4-4-4

52

TAB

3-3-3-3-3-3-3-3 6-5-6-4-4-4-4-4 4-4-4-4-4-4-4-4

55

TAB

6-5-6-4-4-4-4-4 3-3-3-3-3-3-3-3 6-6-6-6-5-5-5-5

58

TAB

6 6 6 6 2 2 2 2 | 6 5 6 2 2 2 2

4 4 4 4 0 0 0 0 | 4 3 4 2 2 2 2

60

TAB

6 5 6 1 1 1 1 | 6 6 6 6 5 5 5 5 | 6 6 6 6 2 2 2 2

4 3 4 1 1 1 1 | 4 4 4 4 3 3 3 3 | 4 4 4 4 0 0 0 0

63

TAB

6 5 6 2 2 2 2 | 6 5 6 1 1 1 1

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

$\text{♩} = 325325$

65

TAB

2 2 2 2 2 2 | 2 0 0 0 0 0 0 | 3 1 1 1 1 1 1 | 6 4 4 4 4 4 4

0 0 0 0 0 0 | 0 0 0 0 0 0 0 | 1 1 1 1 1 1 1 | 4 4 4 4 4 4 4

69

TAB

2 0 0 0 0 0 0 | 2 0 0 0 0 0 0 | 3 1 1 1 1 1 1 | 6 4 4 4 4 4 4

0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 | 1 1 1 1 1 1 1 | 4 4 4 4 4 4 4

73

TAB

2 0 0 0 0 0 0 | 2 0 0 0 0 0 0 | 3 1 1 1 1 1 1 | 6 4 4 4 4 4 4

0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 | 1 1 1 1 1 1 1 | 4 4 4 4 4 4 4

♩ = 325

77

TAB 2 0 0-0-0-0-0-0 2 0 0-0-0-0-0-0 3 1 1-1-1-1-1-1 6 4 4-4-4-4-4-4

♩ = 180

♩ = 180

81

TAB 2 0 0-0-0-0-0-0 7 5 7 5 6 4 6 4 2 0 2 0 2 0 2 0

♩ = 165

87

TAB 2 3 2 0-1-0-0-0-0-0-0 0-0-0-0-0-0-0-0-0 2 3 2 0-1-0-0-0-0-0-0 0-0-0-0-0-0-0-0-0

91

TAB 2 3 2 0-1-0-0-0-0-0-0 0-0-0-0-0-0-0-0-0 2 3 2 0-1-0-0-0-0-0-0 0-0-0-0-0-0-0-0-0

95

TAB 6 7 6 4 4 4 4 4 4 4 4 4 4 4 6 7 6 4 4 4 4 4 4 4

98

T  
A  
B

3 3 3 3 3 3 3 3 6 7 6 4 4 4 4 4 4 4 4 4 4 4 4 4

101

T  
A  
B

6 7 6 4 4 4 4 4 3 3 3 3 3 3 3 3 6 4 (6) (4) 6 4 (6) (4)

107

T  
A  
B

6 4 4 2 5 3 6 4 4 2 5 3 6 6 6 6 6 6 6 6 4 4 4 4 4 4 4 4

112

$\text{♩} = 235$

T  
A  
B

4 4 4 4 5 5 5 5 6 6 6 6 6 6 6 6 4 4 4 4 5 5 5 5 2 0 (2) (0)

117

$\text{♩} = 215215$

T  
A  
B

2 0 2 0 2 0 2 0 2 0 5 4 0 0 0 0 0 0 0 0

119

TAB 5 4 0 0 6 6 5 4 0 0 0 0 0 0

121

TAB 5 4 0 0 6 6 5 4 0 0 0 0 0 0

123

TAB 5 4 0 0 6 6 5 4 0 0 0 0 0 0

125

TAB 5 4 0 0 6 6 2 2 2 2 2 2 2 2 1 1 1 1 0 0 0 0

128

TAB 2 2 2 2 2 2 2 2 1 1 1 1 0 0 0 0 2 2 2 2 2 2 2 2

131

TAB 1 1 1 1 0 0 0 0 2 2 2 2 2 2 2 2 1 1 1 1 0 0 0 0

134

TAB

5 4 0 0 0 2 0 0 0 5 4 0 0 6 6  
3 2 0 0 0 0 0 0 0 3 2 0 0 4 4

136

Solo start

TAB

5 4 0 0 0 2 0 0 0 5 4 0 0 6 6  
3 2 0 0 0 0 0 0 0 3 2 0 0 4 4

138

TAB

5 4 0 0 0 2 0 0 0 5 4 0 0 6 6  
3 2 0 0 0 0 0 0 0 3 2 0 0 4 4

$\text{♩} = 215$

140

TAB

5 4 0 0 0 2 0 0 0 5 4 0 0 6 6  
3 2 0 0 0 0 0 0 0 3 2 0 0 4 4

$\text{♩} = 180$

142

TAB

4 4 4 4 4 4 4 4 3 3 3 3 3 3 3 3 4 4 4 4 4 4 4 4  
2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

145

TAB

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

150

$\text{♩} = 280$

TAB

2-0 3-1 5-3 4-2 2-0 3-1 0-0 0-0 0-0 0-0 0-0 0-0

157

TAB

0-0 0-0 0-0 0-0 8-6 7-5 8-6 7-5 0-0 0-0 0-0 0-0 0-0 0-0 0-0 8-6 7-5 8-6 7-5

160

$\text{♩} = 280$

$\text{♩} = 280$

TAB

0-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0 8-6 7-5 8-6 7-5 0-0 0-0 0-0 0-0 0-0 0-0

163

TAB

0-0 0-0 0-0 0-0 8-6 7-5 8-6 7-5 2-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0 8-6 8-6

166

Musical notation for measures 166-168. The treble clef staff shows a sequence of eighth notes and quarter notes with accidentals. The guitar tab below shows fret numbers: 9/7, 0-0-0-0-0-0, 0-0-0-0-8/6, 8/6, and 9/7, 0-0-0-0-0-0.

169

Musical notation for measures 169-171. The treble clef staff shows a sequence of eighth notes and quarter notes with accidentals. The guitar tab below shows fret numbers: 0-0-0-0-8/6, 8/6, 9/7, 0-0-0-0-0-0, 0-0-0-0-8/6, 8/6.

172

Musical notation for measures 172-175. The treble clef staff shows a sequence of eighth notes and quarter notes with accidentals. The guitar tab below shows fret numbers: 9/7, 0-0-0-0-0-0, 0-0-0-0-8/6, 8/6, 9/7, 0-0, and 2/0, 0-0-0-0-0-0.

176

Musical notation for measures 176-178. The treble clef staff shows a sequence of eighth notes and quarter notes with accidentals. The guitar tab below shows fret numbers: 0-0-0-0-8/6, 8/6, 9/7, 0-0-0-0-0-0, 0-0-0-0-8/6, 8/6.

179

Musical notation for measures 179-181. The treble clef staff shows a sequence of eighth notes and quarter notes with accidentals. The guitar tab below shows fret numbers: 9/7, 0-0-0-0-0-0, 0-0-0-0-8/6, 8/6, and 9/7, 0-0-0-0-0-0.

182

T  
A  
B

0 0 0 0 8 8 | 1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

184

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

185

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

187

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

188

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

189

TAB  
1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

191

TAB  
1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

192

TAB  
1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

193

TAB  
1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

195

TAB  
1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

196

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2

197

T  
A  
B

1 1 1 1 1 1 1 3 3 3 2 2 2 2 2 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

$\text{♩} = 180$

199

T  
A  
B

6 6 6 6 5 5 5 5 6 6 6 6 2 2 2 2 6 5 6 2 2 2 2

4 4 4 4 3 3 3 3 4 4 4 4 0 0 0 0 4 3 4 2 2 2 2

202

T  
A  
B

6 5 6 1 1 1 1 6 6 6 6 5 5 5 5 6 6 6 6 2 2 2 2

4 3 4 1 1 1 1 4 4 4 4 3 3 3 3 4 4 4 4 0 0 0 0

205

T  
A  
B

6 5 6 2 2 2 2 6 5 6 1 1 1 1

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

♩ = 325

207

Musical notation for measures 207-210. Measure 207 starts with a treble clef and a key signature of one sharp (F#). It contains two eighth notes with a grace note, followed by two eighth notes, and then a quarter note. Measures 208-210 continue with eighth notes and quarter notes, ending with a key signature change to two sharps (F# and C#).

TAB

2	2	2	2	2	2	3	6
0	0	0	0	0	0	1	4
0	0	0	0	0	0	1	4
0	0	0	0	0	0	1	4
0	0	0	0	0	0	1	4
0	0	0	0	0	0	1	4

211

Musical notation for measures 211-214. Measures 211-212 continue with eighth notes and quarter notes. Measures 213-214 continue with eighth notes and quarter notes, ending with a key signature change to two sharps (F# and C#).

TAB

2	2	3	6
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4

215

Musical notation for measures 215-218. Measures 215-216 continue with eighth notes and quarter notes. Measures 217-218 continue with eighth notes and quarter notes, ending with a key signature change to two sharps (F# and C#).

TAB

2	2	3	6
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4

♩ = 325

219

Musical notation for measures 219-222. Measures 219-220 continue with eighth notes and quarter notes. Measures 221-222 continue with eighth notes and quarter notes, ending with a key signature change to two sharps (F# and C#).

TAB

2	2	3	6
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4
0	0	1	4

♩ = 160

223

Musical notation for measures 223-224. Measure 223 contains eighth notes and quarter notes. Measure 224 contains eighth notes and quarter notes with a key signature change to two sharps (F# and C#).

TAB

2	2	2	7	8	8	8	8
0	0	0	2	0	5	6	6
0	0	0	2	0	5	6	6
0	0	0	2	0	5	6	6
0	0	0	2	0	5	6	6
0	0	0	2	0	5	6	6

225

Musical notation for measures 225-228. Measures 225-226 continue with eighth notes and quarter notes. Measures 227-228 continue with eighth notes and quarter notes, ending with a key signature change to two sharps (F# and C#).

TAB

2	4	2	7	8	8	8	8
0	2	0	5	6	6	6	6
0	2	0	5	6	6	6	6
0	2	0	5	6	6	6	6
0	2	0	5	6	6	6	6
0	2	0	5	6	6	6	6

227

TAB

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 2 4 2 7 8 8 8 8  
0 2 0 5 6 6 6 6 0 2 0 5 6 6 6 6

229

TAB

2 4 2 7 8 8 8 8 2 4 2 7 8 8 8 8  
0 2 0 5 6 6 6 6 0 2 0 5 6 6 6 6

231

TAB

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 2 2 2 2 2  
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

234

TAB

2  
0