

Chop Builder

Round 1 Warm Up Alternate Picking - Triplets

Frank Gambale

Standard tuning

Moderate ♩ = 120

Example 1
Am[7]

E-Gt

TAB

5-5-5-5-5-5-5-5-5-5-5-5

TAB

5-5-5-5-5-5-5-5-5-5-5-5

TAB

5-5-5-5-5-5-5-5-5-5-5-5

TAB

5-5-5-5-5-5-5-5-5-5-5-5

TAB

5-5-5-5-5-5-5-5-5-5-5-5

15

T
A
B

17

T
A
B

19

T
A
B

Example 2
Am7

21

T
A
B

23

T
A
B

Am7

25

T
A
B

27

TAB

5—5—5 5—5—5 3—3—3 4—4—4 | 2—2—2 1—1—1 4—4—4 3—3—3

29

TAB

5—5—5 5—5—5 3—3—3 4—4—4 | 2—2—2 1—1—1 4—4—4 3—3—3

31

TAB

5—5—5 5—5—5 3—3—3 4—4—4 | 2—2—2 1—1—1 4—4—4 3—3—3

33

TAB

5—5—5 5—5—5 3—3—3 4—4—4 | 2—2—2 1—1—1 4—4—4 3—3—3

35

TAB

5—5—5 5—5—5 3—3—3 4—4—4 | 2—2—2 1—1—1 4—4—4 3—3—3

Example 3 [38]

Am7

Musical notation for measures 37-38. The treble clef staff shows a sequence of eighth notes with triplets. The guitar TAB below shows fingerings: 5-5-5, 5-5-5, 3-3-3, 4-4-4 for measures 37-38. A rhythmic diagram below the TAB consists of a series of squares and vertical lines: □ V □ V □ V □ V □ V □ V.

Musical notation for measures 39-40. The treble clef staff shows a sequence of eighth notes with triplets. The guitar TAB below shows fingerings: 5-5-5, 4-4-4, 3-3-3, 4-4-4 for measure 39; 7-7-7, 5-5-5, 5-5-5, 7-7-7 for measure 40.

Musical notation for measures 41-42. The treble clef staff shows a sequence of eighth notes with triplets. The guitar TAB below shows fingerings: 5-5-5, 4-4-4, 3-3-3, 5-5-5 for measure 41; 2-2-2, 2-2-2, 1-1-1, 2-2-2 for measure 42. The chord marking Am7 is placed above measure 42.

Musical notation for measures 43-44. The treble clef staff shows a sequence of eighth notes with triplets. The guitar TAB below shows fingerings: 5-5-5, 4-4-4, 3-3-3, 4-4-4 for measure 43; 7-7-7, 5-5-5, 5-5-5, 7-7-7 for measure 44.

Musical notation for measures 45-46. The treble clef staff shows a sequence of eighth notes with triplets. The guitar TAB below shows fingerings: 5-5-5, 4-4-4, 3-3-3, 5-5-5 for measure 45; 2-2-2, 2-2-2, 1-1-1, 2-2-2 for measure 46. The chord marking Am7 is placed above measure 46.

47

T
A
B

5-5-5 4-4-4 3-3-3 4-4-4 | 7-7-7 5-5-5 5-5-5 7-7-7

49

Am7

T
A
B

5-5-5 4-4-4 3-3-3 5-5-5 | 2-2-2 2-2-2 1-1-1 2-2-2

51

T
A
B

5-5-5 4-4-4 3-3-3 4-4-4 | 7-7-7 5-5-5 5-5-5 7-7-7

53

Example 4

T
A
B

5-5-5 4-4-4 3-3-3 5-5-5 | 10-10-10 9-9-9 8-8-8 8-8-8

55

T
A
B

7-7-7 8-8-8 7-7-7 9-9-9 | 7-7-7 5-5-5 5-5-5 5-5-5

57

T
A
B

3-3-3 3-3-3 4-4-4 5-5-5 | 10-10-10 9-9-9 8-8-8 8-8-8

59

T
A
B

61

T
A
B

63

T
A
B

65

T
A
B

67

T
A
B

Example 5

69

T
A
B

71

T
A
B

73

T
A
B

75

T
A
B

77

T
A
B

79

T
A
B

81

T
A
B

83

T
A
B

Example 6

85

mp

T
A
B

87

T
A
B

89

T
A
B

91

T
A
B

Example 7

93 *f* *mp*

T
A
B 5-7-9 5-7-9 5-7-9 5-7-9 5-7-9 8-7-6 9-7-5

95 *f* *mp* *f* *mp*

T
A
B 5-7-9 5-7-9 8-7-6 9-7-5 5-7-9 5-7-9 8-7-6 9-7-5

97 *f* *mp* *f* *mp*

T
A
B 5-7-9 5-7-9 8-7-6 9-7-5 5-7-9 5-7-9 8-7-6 9-7-5

99 *f* *mp* *f* *mp*

T
A
B 5-7-9 5-7-9 8-7-6 9-7-5 5-7-9 5-7-9 8-7-6 9-7-5

Example 8

101 *f* *mp* *f*

T
A
B 5-7-9 5-7-9 8-7-6 9-7-5 3-5-7 5-6-7 4-5-7 5-6-8

103

T
A
B

105

T
A
B

107

T
A
B

109

T
A
B

111

T
A
B

113

T
A
B

115

T
A
B

Example 9

117

T
A
B

119

T
A
B

121

T
A
B

123

T 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8
A
B 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8

125

T 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8
A
B 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8

127

T 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8
A
B 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8

129

T 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8
A
B 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8

131

T 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8
A
B 5-8 5-7 5-7 5-7 5-7 5-7 5-7 5-8 5-8

153

TAB: (7) 10 10 (10) 10 12 15 (15) 14 (14) 12 15 full 12 12 (12) 12 15 12 14 full

156

TAB: 12 12 15 12 15 14 12 14 12 12 14 12 full 12 10 12 10

157

TAB: 12 10 10 7 9 7 7 7 10 (10) 8 8 10 7 10 10 1/2 10 7 9 7 8 7 8 full

160

TAB: 10 7 9 10 7 (7) 10 7 9 7 7 10 full (10)

162

TAB: (10) 8 8 10 7 10 11 full 10 10 7 9 7 8 8 full 10 7 9 10 7

165

TAB: (7) 12 14 16 14 15 18 full (18) (18) 15 15 17 15 18 1/2 17 17 19 16 19 19 20 full

168

T
A
B

171

T
A
B

176

T
A
B

178

T
A
B

180

T
A
B

182

T
A
B

184

..... full 1/2 1/2 full full

T (15) 14 14 14 14 14 12 14 14 12 14 12 14 13 12 15 12

A

B

186

mf p

full 1/2 full

T 15 15 12 12 15 14 (14) 12 12 15 12 15 12 14

A 14 16 14

B (12) 14 12 10 12 10 (10)

189

ppp

T 12 12 15 12 15 14 12 14 14 12

A 14 12 14 12

B 14 12