



Guitar Workout

Technical:

- scales picked; ascending/descending; alternate picking throughout - including from string-to-string;
- scales slurred; ascending/descending; alternate picking throughout - once per string;
- scales in 3rds;
- scale sequencing;
- tremolo with scales - endurance vs. sprint;
- muted scales;
- arpeggios;
- octaves;
- chromatics;
- modes;
- "satch" legatos - single-string slurs to combine scale patterns;
- 2-string slurs;
- finding diatonic harmonies using scales I/IV in Major and minor;

Improvisation (solo):

- constant 8th note improv.;
- improv. with 2-string chords;
- 4 quarter note trade;
- riff trade;
- II: chord I solo :II;
- pitch axis;
- live looping;
- free jam;

Improvisation (accompanied):

- blues jam;
- varied styles jam;
- modal jam;
- parallel key jam;
- key change jam;
- rapid trade jam;
- pitch axis jam;
- copycat riffing;
- free jam;