



## Guitar Workout

### Technical:

- major, minor, pentatonic scales, modes;
- 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;
- octaves;
- chromatics;
- "satch" legatos - single-string slurs to combine scale patterns;
- 2-string slurs;
- open and barre chords;
- triads and intervals;
- arpeggios/"CAGED" system;
- finding diatonic harmonies using scales I/IV in major and minor;
- chord extensions - 7ths, 9ths, 11ths, 13ths, add and sus chords;
- major/minor/modal scale and chord theory; progression writing;
- right-hand arpeggios;

### Improvisation (solo):

- constant 8th note improv.;
- improv. with dyads;
- 4 quarter note trade;
- riff trade;
- II: chord I solo :II;
- rapid fire trade (solo);
- pitch axis;
- live looping;
- free jam;

### Improvisation (accompanied):

- blues jam (8-bar, 12-bar, et al.);
- varied styles jam;
- modal jam;
- parallel key jam;
- key change jam;
- rapid fire trade jam;
- pitch axis jam;
- copycat riffing;
- free jam;