

Super Sonic Shred Method V. 1.0

SuperSonicSymphony.com

♩ = 80

Vertical Chromatics I

Go to 17th fret

1

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

3

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

5

3-4-5-6 3-4-5-6-4-5-6-7 4-5-6-7 4-5-6-7 4-5-6-7 4-5-6-7 4-5-6-7 etc.

Vertical Chromatics II

Go to 17th fret

8

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

10

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

12

6-5-4-3 6-5-4-3-7-6-5-4 7-6-5-4 7-6-5-4 7-6-5-4 7-6-5-4 7-6-5-4

Phrygian

Start with downstroke

15

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

Start with upstroke

17

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

Major

Start with downstroke

20

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

Start with upstroke

22

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

Minor

Start with downstroke

25

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

Start with upstroke

27

3 5 6 3 5 6 3 5 7 3 5 3 4 6 3 5 6 5 3 6 4 3 5 3 7 5 3 6 5 3 6 5

Dorian

Start with downstroke

30

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

Start with upstroke

32

Mixolydian I

Start with downstroke

35

Start with upstroke

37

Mixolydian II

Start with downstroke

40

Start with upstroke

42

Full Chromatics

45

Begin again on 7th fret

47

49

4 5 6 7 3 4 5 6 7 6 5 4 8 7 6 5 8 7 6 5 9 8 7 6 10 9 8 7 11 10 9 8

String Skipping

52

Start with downstroke

Start with upstroke

2 4 4 3 2 3 2 6 3 2 4 3 4 4 4 4 5 5 4 5 4 4 3 7 3 4 5 5 5 5

54

Start with downstroke

Start with upstroke

etc.

4 6 6 5 6 4 5 6 4 5 6 4 5 6 4 5 6 6 6 7 7 6 7 6 5 9 5 6 7 6 7 7 7

Major Scale in Thirds

57

Start with downstroke

Reverse direction

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

59

Start with upstroke

4 4 2 3 4 1 3 4 1 3 4 1 2 4 1 2 4 1 2 4 1 2 3 2 5 3 2 5 3 2 5 4 2 5 4 2 5 4

62

Reverse direction

etc.

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

Minor Scale in Thirds

66

Start with downstroke

Reverse direction

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

Start with upstroke

68

Reverse direction

etc.

71

Pentatonics by Fours

75

77

79

etc.

81

Picking Pentatonics

84

Reverse direction

86

Sweep 5 String

etc.

88

Sweep 6 String

etc.

92

96

5th Caprice

etc.

98

101

103

105

Musical notation for exercise 105, measures 1-8. The notation is written on two staves. The first staff contains the following fingerings: 2, 2, 2, 2, 3, 2, 5, 5, 3, 4, 3, 5, 5. The second staff contains: 3, 2, 2, 2, 3, 2, 5, 5, 3, 7, 5, 5. Below the staves is a guitar fretboard diagram with 8 measures, each showing a single fretted note.

107

Musical notation for exercise 107, measures 1-8. The notation is written on two staves. The first staff contains the following fingerings: 8, 7, 5, 8, 6, 5, 5, 6, 7, 5, 8, 7, 5, 4, 4. The second staff contains: 5, 5, 8, 6, 5, 7, 6, 7, 7, 8, 6, 5, 7, 5, 4, 5. Below the staves is a guitar fretboard diagram with 8 measures, each showing a single fretted note.

109

Musical notation for exercise 109, measures 1-8. The notation is written on two staves. The first staff contains the following fingerings: 6-5, 7-5-4, 7-5-4-7, 5-4-7, 5-8, 7, 13-8, 9, 7-3, 3, 4. The second staff contains: 5, 7-5-4-7, 5, 10, 10, 10, 0, 5, 5, 7-3. Below the staves is a guitar fretboard diagram with 8 measures, each showing a single fretted note.