

# 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

### String Skipping

Start with downstroke

Start with upstroke

52

Start with downstroke

Start with upstroke

etc.

54

### Major Scale in Thirds

Start with downstroke

Reverse direction

57

Start with upstroke

59

Reverse direction

etc.

62

### Minor Scale in Thirds

Start with downstroke

Reverse direction

66

Start with upstroke

68

Reverse direction

etc.

71

### Pentatonics by Fours

75

77

79

etc.

81

### Picking Pentatonics

84



105

Musical notation for exercise 105, consisting of two staves. The first staff contains the sequence: 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 4 3 5 5. Below the staves is a guitar fretboard diagram with 12 frets, showing the positions for the notes indicated by the numbers.

107

Musical notation for exercise 107, consisting of two staves. The first staff contains: 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 12 frets, showing the positions for the notes indicated by the numbers.

109

Musical notation for exercise 109, consisting of two staves. The first staff contains: 6-5 7-5-4 7-5-4-7 5-8 7 13-8 7-3 3. The second staff contains: 5 7-5-4 7-5-4-7 5 4-7 7 9 10 10 0 4 5 5 3. Below the staves is a guitar fretboard diagram with 12 frets, showing the positions for the notes indicated by the numbers.