

Best Exercise For Explosive Shred Guitar Chops

By Shredmaster Scott

♩ = 152

Pull Offs

T
A
B

T
A
B

Alternate Picking

T
A
B

T
A
B

T
A
B

Gallop Picking

T
A
B

4 0 0 0 3 0 0 0

4 4 4 4 4 4 4 4 4 5 5 5

T
A
B

4 4 4 4 4 4 4 4 3 3 3

4 4 4 4 4 4 4 4 4 5 5 5

Black Metal Tremolo Picking

T
A
B

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

5 5 5 5 5 5 5 5 5 5 5 5 6 6 6 6

T
A
B

5 5 5 5 5 5 5 5 5 5 5 5 4 4 4 4

6 6 6 6 6 6 6 6 6 6 6 6 7 7 7 7

T
A
B

5 5 5 5 5 5 5 5 5 5 5 5 6 6 6 6

6 6 6 6 6 6 6 6 6 6 6 6 7 7 7 7

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

T
A
B

4 4 4 4 8 8 8 8 7 7 7 7 6 6 6 6

6 6 6 6 6 6 6 6 6 6

Finger Tapping

T
T
12-7-4-0-12-7-4-0-12-7-4-0-12-8-4-0-12-7-4-0-12-7-4-0-12-7-4-0-12-6-4-0

12-7-4-0-12-7-4-0-12-7-4-0-12-8-4-0-12-8-5-0-12-8-5-0-12-8-5-0-12-8-5-0

T
T
14-11-7-0-14-11-7-0-14-11-7-0-14-11-7-0-13-10-6-0-12-10-6-0-13-10-6-0-12-10-6-0

0-12-16-12-13-12-13-12-13-9-13-9-10-9-10-9-11

Legato and Picking

7-11-7-8-7-7-11-7-9-9-7-9-7-7-11-7-10-7-9-7-9-7-11

7-8-7-7-10-7-7-9-9-7-9-7-7-11-7-11-7-11-11

7 9 6 7 6 9 7 9 7 11 7

6 7 8 9 10 12 11 12 12

12 9 11 10 12 9 11 12

12 4 6 6 5

Hybrid Picking

9 7 9 7 10 6 9 7 9 7 8 9 7 9 7 10 6

Contrary Motion

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

Sweep Picking

8-9
6-5

9-11-7 9-11-7 9-11-7 9-12-7
9-11-7 9-11-7 9-11-7 9-11-7

11-14-11 11-14-11 11-14-11 11-13-11
11-14-11 11-14-11 11-14-11 11-14-11

3-0 3-0 3-0 4-0
1-0 1-0 1-0 1-0

3-0 3-0 3-0 4-0 4-0 4-0 8-0 8-0 8-0 12-0 12-0 12-0
1-0 1-0 1-0 1-0 4-0 4-0 8-0 8-0 12-0 12-0

0 0 0 0 0 0 0 0
9 9 8 7 6
6-0-0-0-0-0-0-0 0 0 0-0-0 6-0-0-0-0-0-0-0 0 0 0-0-0 0

Musical score for guitar. The top staff is a treble clef staff with a key signature of one sharp (F#) and a 4/4 time signature. The bottom staff is a TAB staff. The score is divided into two measures by a double bar line.

Measure 1: Treble staff: F#4 quarter, F#5 quarter, F#6 quarter, F#7 quarter, F#8 quarter, F#9 quarter, F#10 quarter, F#11 quarter, F#12 quarter, F#13 quarter, F#14 quarter, F#15 quarter, F#16 quarter, F#17 quarter, F#18 quarter, F#19 quarter, F#20 quarter, F#21 quarter, F#22 quarter, F#23 quarter, F#24 quarter, F#25 quarter, F#26 quarter, F#27 quarter, F#28 quarter, F#29 quarter, F#30 quarter, F#31 quarter, F#32 quarter, F#33 quarter, F#34 quarter, F#35 quarter, F#36 quarter, F#37 quarter, F#38 quarter, F#39 quarter, F#40 quarter, F#41 quarter, F#42 quarter, F#43 quarter, F#44 quarter, F#45 quarter, F#46 quarter, F#47 quarter, F#48 quarter, F#49 quarter, F#50 quarter, F#51 quarter, F#52 quarter, F#53 quarter, F#54 quarter, F#55 quarter, F#56 quarter, F#57 quarter, F#58 quarter, F#59 quarter, F#60 quarter, F#61 quarter, F#62 quarter, F#63 quarter, F#64 quarter, F#65 quarter, F#66 quarter, F#67 quarter, F#68 quarter, F#69 quarter, F#70 quarter, F#71 quarter, F#72 quarter, F#73 quarter, F#74 quarter, F#75 quarter, F#76 quarter, F#77 quarter, F#78 quarter, F#79 quarter, F#80 quarter, F#81 quarter, F#82 quarter, F#83 quarter, F#84 quarter, F#85 quarter, F#86 quarter, F#87 quarter, F#88 quarter, F#89 quarter, F#90 quarter, F#91 quarter, F#92 quarter, F#93 quarter, F#94 quarter, F#95 quarter, F#96 quarter, F#97 quarter, F#98 quarter, F#99 quarter, F#100 quarter. TAB: 6-0-0-0-0-0-0, 0-0-0-0, 0.

Measure 2: Treble staff: F#4 quarter, F#5 quarter, F#6 quarter, F#7 quarter, F#8 quarter, F#9 quarter, F#10 quarter, F#11 quarter, F#12 quarter, F#13 quarter, F#14 quarter, F#15 quarter, F#16 quarter, F#17 quarter, F#18 quarter, F#19 quarter, F#20 quarter, F#21 quarter, F#22 quarter, F#23 quarter, F#24 quarter, F#25 quarter, F#26 quarter, F#27 quarter, F#28 quarter, F#29 quarter, F#30 quarter, F#31 quarter, F#32 quarter, F#33 quarter, F#34 quarter, F#35 quarter, F#36 quarter, F#37 quarter, F#38 quarter, F#39 quarter, F#40 quarter, F#41 quarter, F#42 quarter, F#43 quarter, F#44 quarter, F#45 quarter, F#46 quarter, F#47 quarter, F#48 quarter, F#49 quarter, F#50 quarter, F#51 quarter, F#52 quarter, F#53 quarter, F#54 quarter, F#55 quarter, F#56 quarter, F#57 quarter, F#58 quarter, F#59 quarter, F#60 quarter, F#61 quarter, F#62 quarter, F#63 quarter, F#64 quarter, F#65 quarter, F#66 quarter, F#67 quarter, F#68 quarter, F#69 quarter, F#70 quarter, F#71 quarter, F#72 quarter, F#73 quarter, F#74 quarter, F#75 quarter, F#76 quarter, F#77 quarter, F#78 quarter, F#79 quarter, F#80 quarter, F#81 quarter, F#82 quarter, F#83 quarter, F#84 quarter, F#85 quarter, F#86 quarter, F#87 quarter, F#88 quarter, F#89 quarter, F#90 quarter, F#91 quarter, F#92 quarter, F#93 quarter, F#94 quarter, F#95 quarter, F#96 quarter, F#97 quarter, F#98 quarter, F#99 quarter, F#100 quarter. TAB: 6-0-0-0-5-0-0-0-4-0-0-0-3-0-0-0.