

How To Improve Your Guitar Speed By 35.8% Without Moving Your Hands Any Faster

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How To Improve Your Guitar Speed By At Least 35.8% Without Moving Your Hands Any Faster

Which guitar player do you want to be?

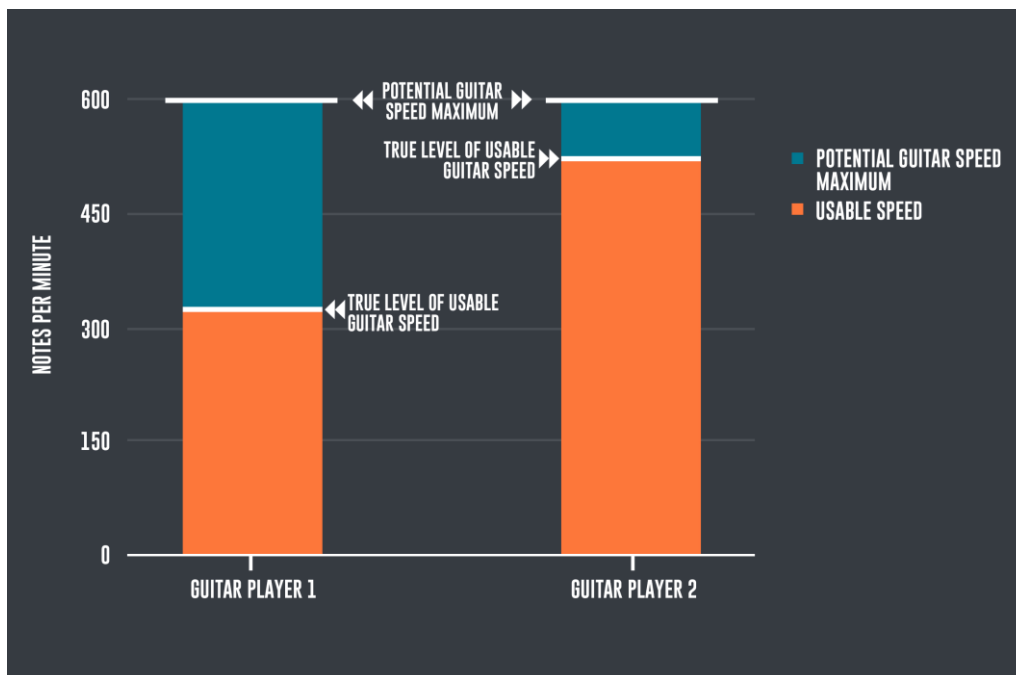
Guitar player 1: who has the “potential guitar speed” maximum of 600 notes per minute, but with “usable” speed of only 320 notes per minute?

Or

Guitar Player 2: with the same potential guitar speed maximum of 600 notes per minute, but with “usable” speed of 535 notes per minute?

See Figure 1 below:

Figure 1:



The answer to this question is obvious - of course everyone wants to be like guitar player 2 in this example. So the more important question is: HOW do you ensure that your level of usable speed is always as close as possible to your potential guitar speed?

Here is how: instead of always trying to improve “how fast” you move your fingers or how fast you pick the notes you play, simply track ALL elements of

your guitar speed. This will enable you to close the HUGE gap that exists between your "potential" maximum speed and the speed at which you can "actually" play in real life.

"Wait a minute....What??!!.. How can this be?" - you may ask. How is merely "tracking" my progress going to give me MORE speed? And what ELSE is there besides "maximum speed" when it comes to measuring how fast I can play?

Fact is, the level of your absolute maximum speed on the metronome means very little by itself. Your ability to ACTUALLY play fast AND make that speed "sound good" when you play is the only thing that matters. Your "maximum speed" means NOTHING, if it is not:

- Clean - with no unwanted noises creeping into what you are playing
- Accurate - with both hands moving in sync and all the notes sounding clearly
- Applied - this refers to being able to USE your speed in any musical context fluently
- Consistent - this means having your speed be reliable in any musical situation or context
- Integrated - this refers to the top speed at which you can fluently combine multiple guitar techniques

Without all these things, your fastest playing will sound totally chaotic, random and sloppy. So your maximum speed, which is the speed at which you can *barely play something* once or twice, becomes merely theoretical- a shadow of your true guitar speed potential. When only *some* of these elements are present, but not others - your playing will always sound "kind of sucky"(sometimes worse than others), depending on which elements are lacking. Only at tempos where ALL these elements are present in your technique, does your playing sound truly GREAT.

The problem is that most guitar players never even think about tracking any elements of their speed besides their "speed potential". So the other elements of guitar speed are completely ignored and their progress is left to chance.

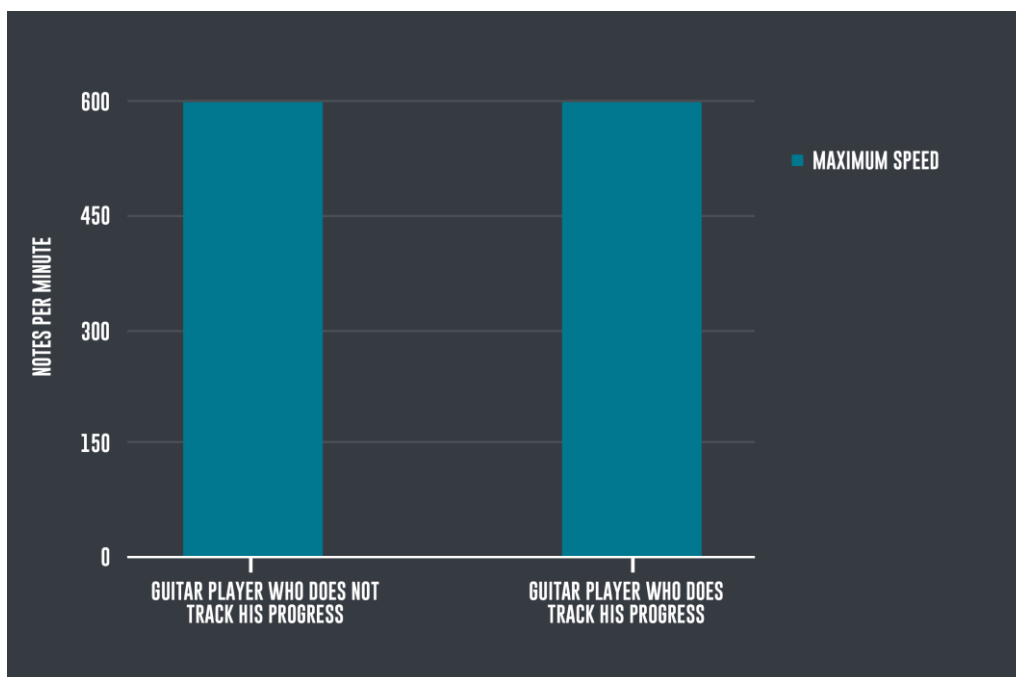
The few guitarists who DO actively track their progress with ALL elements of fast guitar playing, are able to get more speed *where it counts*. Thus, their playing ALWAYS sounds faster, cleaner and better than the playing of

guitarists who don't track their progress in this way... even if their maximum speed potential is exactly the same!

You are going to learn exactly how to track progress with each of these elements of your guitar speed in just a moment. First, here is an illustration to help you see the MASSIVE difference in progress between 2 guitar players: one who does not regularly track his progress with all elements of guitar speed, and one who DOES.

Look at these 2 graphs of 2 hypothetical guitar players who both play an identical exercise and measure their absolute top speed with it.

Figure 2:



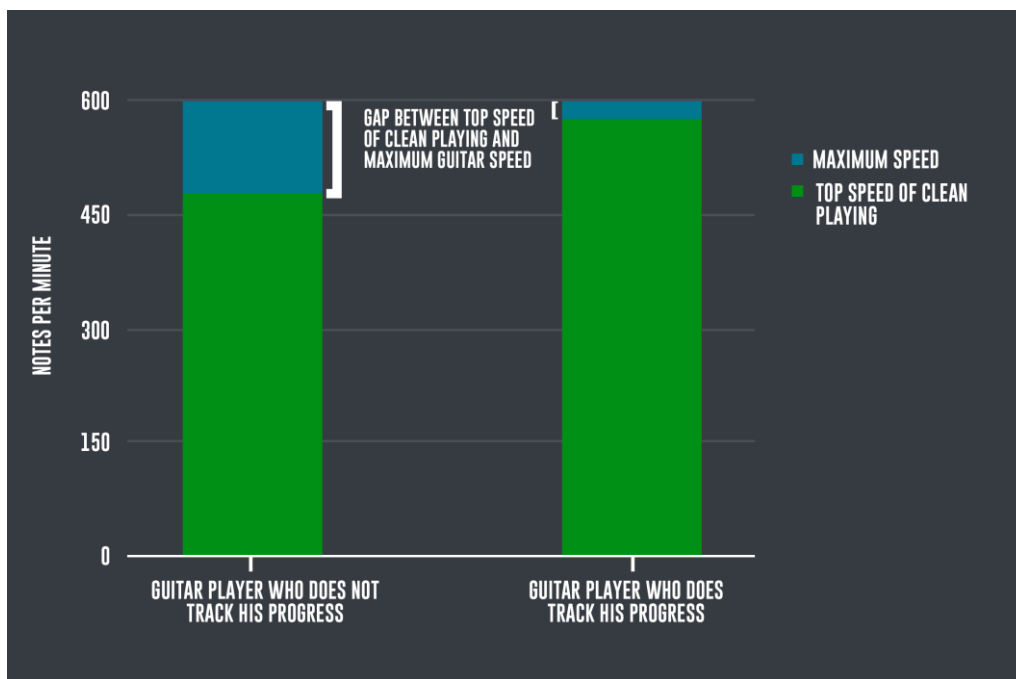
For this example, their maximum speed is 600 notes per minute (150 beats per minute on the metronome in 16th notes, or 100 beats per minute in 16th note triplets). The only difference in this example is the fact that guitar player in the left column does not track his progress in all areas of guitar speed (he only tracks *maximum* speed), while the guitarist in the right column DOES track the other 5 areas of his guitar speed.

At first glance, it looks like both guitar players are at the exact same level with this exercise. After all, both play it at exactly the same maximum speed. However, things will quickly start to look very different as we dig

deeper and look at each guitar player's skill level with OTHER elements of guitar speed.

Let's look at the level of speed each guitar player has been able to achieve playing cleanly.

Figure 3:



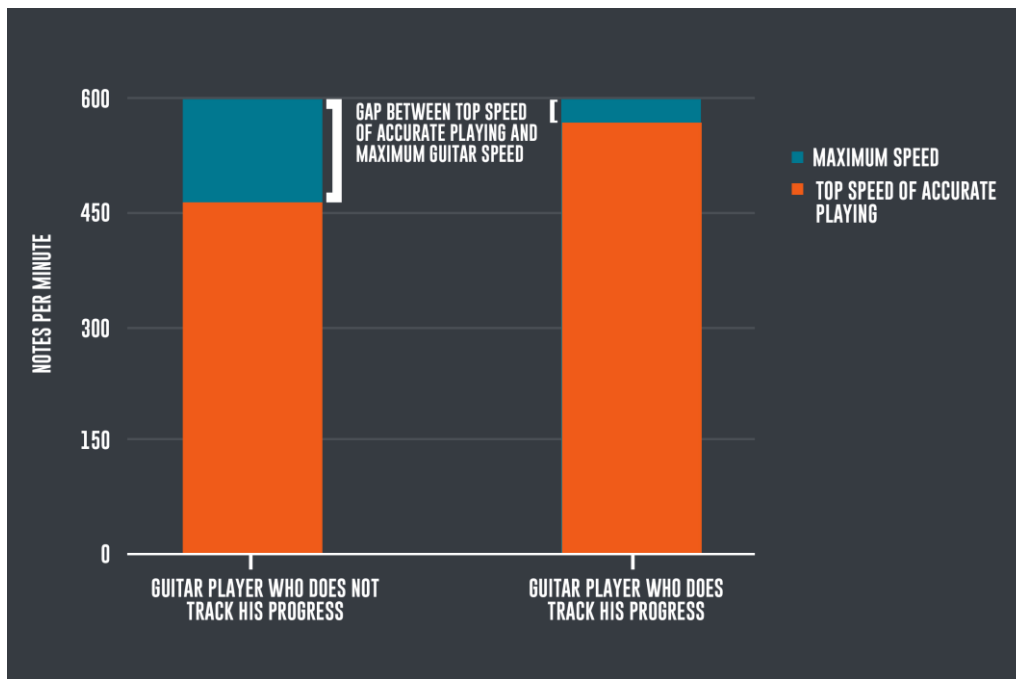
As you can see, the top speed of clean playing is much higher by default for the guitar player who tracks his progress fully (compared to the top speed of clean playing of the guitar player who does not). Why is this level of speed higher by default? Because by merely making *an effort* to track this area of his playing, guitar player in the right column is paying attention to his practicing in ways that guitar player in the left column doesn't. So his progress in his area of guitar speed will always be higher, as a result of merely making an attempt to track his progress with it.

The most important thing you need to notice is the GAP that exists between the maximum speed of each guitar player and their top speed of playing guitar cleanly. The bigger this gap is, the more your guitar speed is restricted as a result of NOT tracking your progress in all relevant areas of your guitar technique. The smaller the gap is, the closer you are to ACTUALLY being able to play at your absolute maximum speed and make it sound great.

So you can already see the consequence of not tracking all elements of your guitar speed progress, but we are just getting started.

Next, here are the top levels of speed each guitarist attained in their ability to play this exercise accurately, without any mistakes:

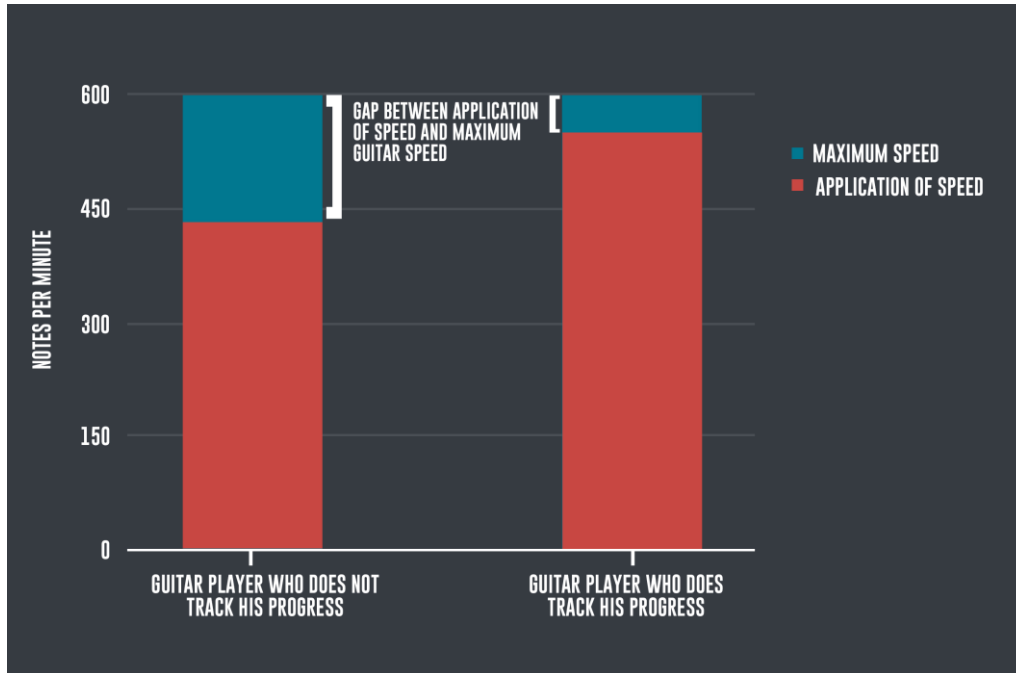
Figure 4:



As you can see, the speed at which both guitar players can play this exercise accurately (with all the notes sounding clearly and moving both hands in sync) is lower than their speed of playing guitar *cleanly*. That said, the guitar player who does NOT track his progress with this element of his technique, has a much lower level of accurate playing speed than the guitar player who DOES. As a result, a much wider gap exists between this guitarists' speed potential and his top speed of playing this exercise both accurately AND cleanly.

Now let's look at the levels of speed each guitarist can achieve when trying to apply this specific exercise in musical contexts.

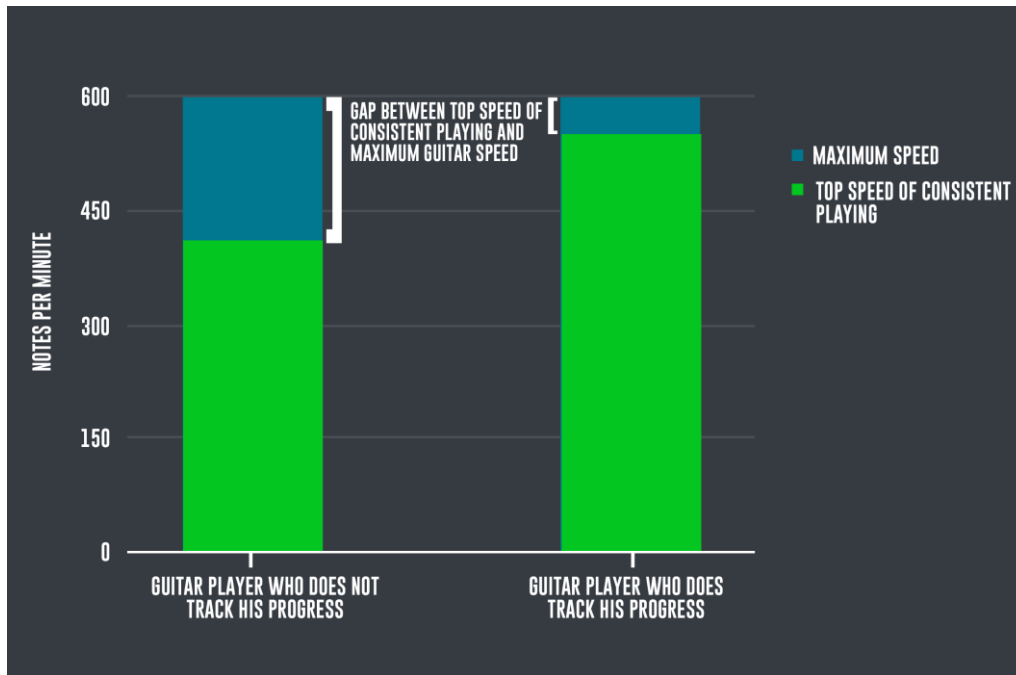
Figure 5:



The speed at which each guitar player is able to use his guitar speed in any musical context is always going to be a bit lower than the level of other elements of speed. However, because guitar player in the right column has consistently tracked and focused on improving his ability to *apply* his speed, the gap between his speed potential and his ability to APPLY that speed musically, cleanly and accurately is MUCH smaller than the gap between those same elements of speed for guitar player in the left column.

Next, here is a diagram of the tempo at which both guitar players can play this exercise at any given time with flawless consistency:

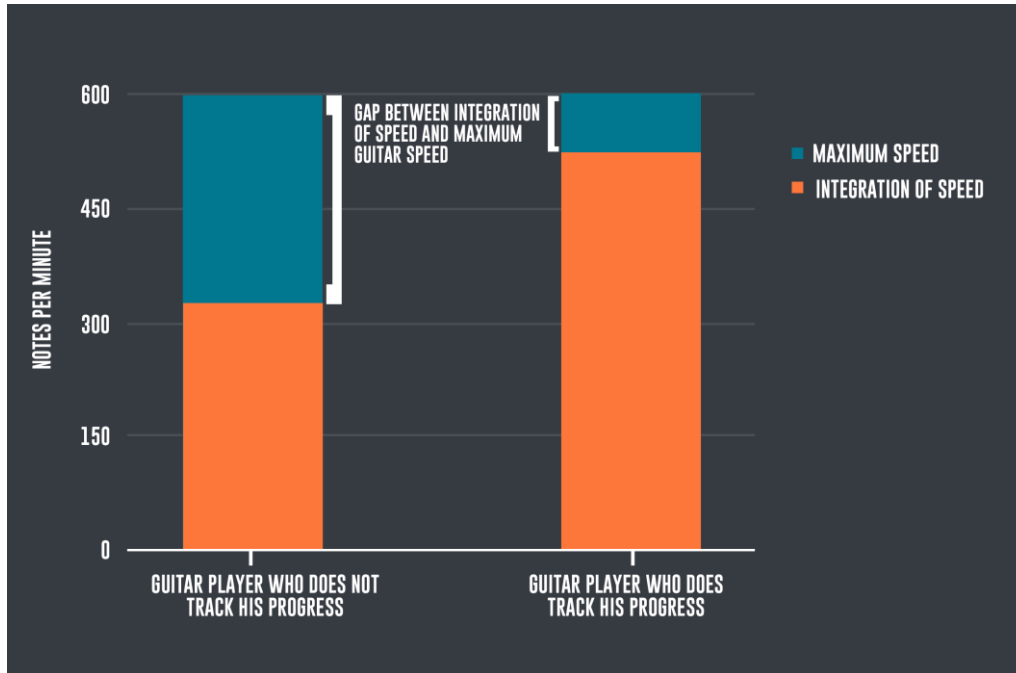
Figure 6:



The speed of playing something consistently in any situation is always going to be lower than other levels of speed we have talked about so far. This is because you cannot be *totally consistent* at your absolute maximum speed. However, as you can see, the distance between maximum guitar speed potential and speed of playing guitar consistently, is MUCH less for the guitar player who has been consistently tracking his progress.

And now, we get to the final element of guitar speed to compare between these 2 hypothetical guitar players: the speed at which each guitar player can fluently integrate this exercise or guitar lick with all other techniques he knows and can play.

Figure 7:

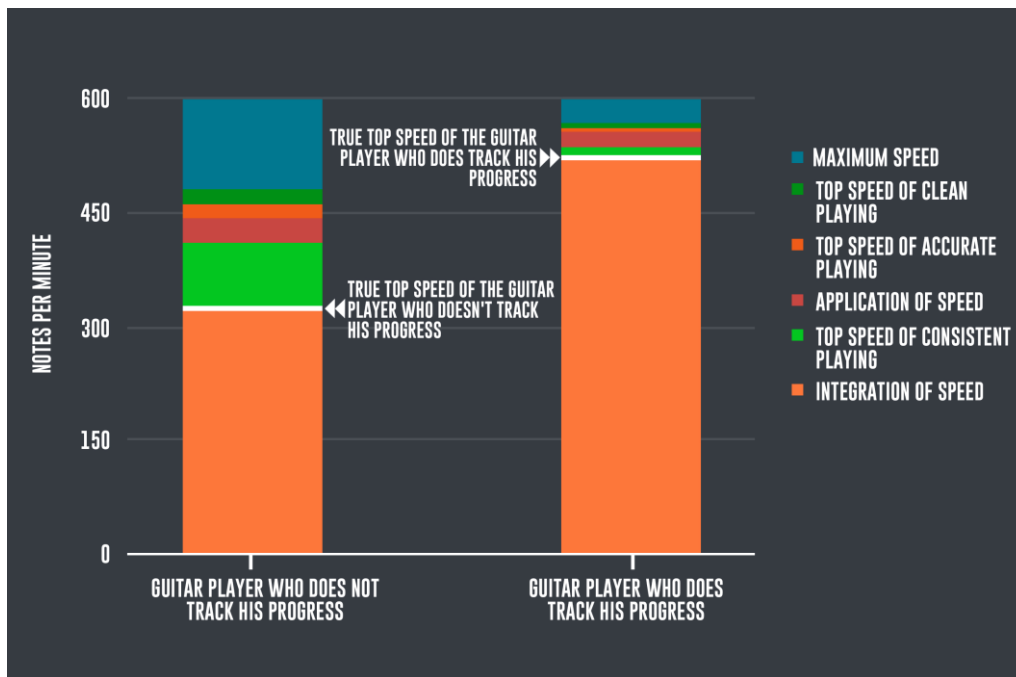


Out of all the levels of guitar speed ,this one will be the lowest for both guitar players, because it is the most challenging one to learn and master. However, you can still see that the gap between maximum speed and the ability to integrate his techniques together is a whole lot smaller for the guitar player who has been consistently tracking his progress with this skill.

Now is time for the most important question of all: what is each guitar player’s ACTUAL top speed? In other words, what is the top speed at which their playing still sounds GREAT? We established earlier that the only speed that really matters is the tempo at which ALL elements of speed are within your control.

Look at the diagram below:

Figure 8:



The ACTUAL top speed for both guitar players in this example is the speed of integrating this exercise with other techniques, since THAT is the tempo at which their playing is also very consistent, can be applied in a variety of contexts and is accurate and clean. Just like the old saying goes: “you are only as strong as your weakest link”, your guitar speed only sounds as good as your ability to integrate it with a variety of techniques... while still playing cleanly, accurately, musically and consistently.

In this specific example, the difference in usable guitar speed between the two guitar players is 35.8%. It may sound like a lot...and it is a lot...but it actually can become much higher than this... up to 72% higher! Yes, you read correctly...seventy two percent MORE progress, simply as a result of TRACKING progress every single week.

So now that you have seen a VERY clear and significant difference that comes as a result of tracking progress with all elements of your guitar speed, the next logical question is...HOW do you track all of these elements for YOUR speed? You already know that simply tracking your maximum speed with a metronome won't get you big results. Instead, you need to have a system of specialized guitar progress tests that will:

- Assess your progress week to week with every element of speed for EVERY exercise you practice
- Tell you exactly what your TRUE guitar technique weaknesses are AND what to do to fix them
- Make your guitar practice feel like the most enjoyable part of your day - as you look forward to making more progress than you ever have before each time you pick your instrument.

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