Day 2: The Left Hand Shake Up. Awakening the sleeping Dragon of Shred.

Ok hey guys so welcome back! Hope that you got a lot out of Day 1 and that you've implemented the knowledge on how your right hand mechanics need to work if you want to smash through all of your favourite metal songs and build a foundation to become a high level technical player if that is your goal. Just remember that becoming a great metal player takes commitment and patience, and you have to learn to think long term which in my experience as a teacher, a lot of people struggle with. Especially in todays world of social media and just how available information and every one is, we want shit fast and easy but nothing truly great comes that way. So remember, you need to work away at this stuff for 6-12 months, solidly, consistently, patiently. Thats how you build your chops as an asset and when you treat them like an asset and your practice like an investment in an asset, you will get the results you want but you'll also have something that no one can take away from you. The only way you lose it is if you give up or just slide off and get lazy and then its on you!

So Todays video we are going to talk about the left hand and waking this bad boy up so that you can shred like a demon on the Guitar! We've looked at the right hand so now lets look at how we actually start to get this thing functioning for all of your favourite metal songs so it feels effortless and easy to smash through your favourite tunes. Lets jump into it!!!

Ok so let me start off by saying the left hand is the gatekeeper. What do I mean by that? I've taught thousands of students now and one thing that I see occasionally is a late intermediate or early advanced player who can play fast, but really sloppily. They've got their right hand figured out but the left hand is quite working and keeping up with it and it just means the player sounds messy and in my opinion its the most unimpressive thing, when a player is fast but sloppy. Dont be that guy or girl please! Not on my watch.

So we firstly need to talk about left hand posture and the wrist and start with the basics and in many cases, what the blues loving run of the mill Guitar teacher you had previously never really stressed to you….you need to strengthen your pinky! AND YES YOU NEED TO USE EVERY FINGER ON THIS LEFT HAND. Without it you are going to be severely limited in your ability to play quickly and in a lot of cases, never be able to pull of the techniques you're going to see in metal and heavy music…..the biggest one and one of the most unique to metal being LEGATO!

So the first thing we need to do is start to use the pinky and talk through proper left hand etiquette on the board.

No 1 - We must follow the basic rule of one finger per fret to start. So if you've been playing your Pentatonic scales with only three fingers, you need to stop and stop that shit quickly!

No 2 - You need to strengthen up your pinky. Your pinky is naturally a support finger and it works in tandem with your 3rd finger mechanically and naturally in life. So we have to start to develop its own independence and strength because we are going to need it on the Guitar if you want to be a great metal player.

No 3 - We have to learn to arch the hand up and over the board and use the thumb correctly to support proper left hand posture.

No 4 - We need to learn to stretch and open up the left hand so we can play cooler, crazier and wider intervals like stretched Pentatonics or Diminished runs, tapping licks or crazy rhythm chug lord riffs but ultimately if you want to even think about getting close to sweep picking, the left hand needs to be quite accomplished to open that territory up on the Guitar.

No 5 - We need to condition the left hand to build its stamina and strength so that you can effortlessly do everything required of you as a metal guitarist but also open up the pathway to speed because here is the secret, if you want to be fast, your left hand has to be fast first. If you get quick on your right hand first, you're just going to be a Sloppy Joe.

Ok so this is the theory and practical side behind what we need to start doing if we want to get better at Metal Guitar playing with your left hand.And just like with the right hand rebuild in Day 1, I've had heaps of students correct this and YES you may feel like you've been punched in the face by Mike Tyson on the Guitar but you will become better for it.

And just a heads up, some of todays exercises are gonna be tough so just go slow and build up to them. The whole purpose of this bootcamp is to also give you so much epic shit that you can practice and keep in your routine for months to come as you get your guitar playing back in shape.

Lets now move into some exercises that you can work on to start to correct your technique today!