

**Day 3: The Metal Technique Dojo. Every technique you need to slay metal songs on Guitar.**



Ok guys Day 3! Welcome back and hopefully you are feeling good after Day 2. We really ramped up the intensity yesterday and you might be feeling it a little so stay focused and keep your head in the game as we are picking up some momentum now and momentum is one of the biggest secrets to success on the Guitar. See this is the problem with the modern era of Guitar Education....we have more information than ever, but less structure than ever. And information without structure and implementation really means nothing.

So today's lesson we are going to start to look at all of the techniques that we are going to see in Metal. A lot of these techniques are for the most part completely unique to metal and you won't see a lot of them in other genres.

Today's lesson will cover the following:

-Palm Muting. You may have noticed with the new mechanics of the right hand we went over in Day 1, your palm muting might have changed and if you're new to palm muting, it's a foundational piece of the metal toolkit.

-Downpicking. We have James Hetfield to thank mainly for this technique and it's a staple in metal and all styles of metal that came after Metallica.

-Gallop. Going way back to the 70s, this technique is an essential part of the tool kit for anyone looking to play some pretty sick rhythm work and pops up EVERYWHERE in Metal.

-Alternate Picking. Its pretty simple, you have to have your alternate picking sorted if you want to be a great metal player as you're going to see it everywhere and in particular on the heavier and more technical end of the metal spectrum, it becomes more important.

-Thrash/Machine Gun Picking. Who doesn't like a good machine gun style metal breakdown or the crazy 80s style fast stuff. Even modern bands will occasionally kick into this stuff so you need to learn how to do it and not be a slop while doing it.

-Black Metal/Tremolo Picking. More specific to the black metal genres, we might take some of this super fast picking and apply it to melodies that move across strings so we need to look at this one as part of your Metal playing arsenal.

-Tapping. Finally, heaps of metal bands tap, both old and new. Whether its Metallica, Parkway Drive, Gojira...you're going to come across it so we need to be comfortable with this technique as well and your left hand and what we worked on yesterday is going to be super important for that.

Today is going to be super intense workload wise so just go easy on yourself. Breathe, tomorrow we are going to give you some time to integrate all of these exercises a little and talk about Adulting and Guitar Playing → How to Structure your Practice so you make gains and still slay at your job and life. Looking forward to seeing you there and really making sure how we can keep the guitar as this sustainable thing in your life for the long term while you continue to kill it in other areas. See you then!