

Original exercises in his style. Standard tuning. Loud amp, no pedals needed. Wild notes, strict time.

Exercise 1: E5 downpicks

	1	&	2	&	3	&	4	&	1	&	2	&	3	&	4	&
D		.	2	.	2	.	2	.		.	2	.	2	.	2	.
A		.	2	.	2	.	2	.		.	2	.	2	.	2	.
E		.	0	.	0	.	0	.		.	0	.	0	.	0	.
	all down strokes								PM							

	1	&	2	&	3	&	4	&		1	&	2	&	3	&	4	&						
D		.	.	.	.	.	.	.		.	.	.	.	.	5	.	5	.	5	.	5	.	
A		2	.	2	.	2	.	2	.	5	.	5	.	5	.	5	.	7	.	7	.	7	.
E		0	.	0	.	0	.	0	.	3	.	3	.	3	.	3	.	5	.	5	.	5	.
		E5			G5					A5				C5									

	1	&	2	&	3	&	4	&	1	&	2	&	3	&	4	&
e		.	.	.	.	.	.	.		.	.	.	.	.	.	.
B		.	.	.	.	8	.	7	.	6	.	5	.	.	.	.
G		5	.	6	.	7	.	8	.	5	.	6	.	7	.	8
		up the G				down the B										

	1	&	2	&	3	&	4	&		1	&	2	&	3	&	4	&	
e		.	.	.	.	.	.	.		.	8b	.	.	.	.	.	5h6	
B		.	.	.	.	.	.	.		.	.	9	.	.	.	.	7	
D		.	.	.	.	.	.	.		.	.	7x	.	7x	.	.	8	
G		2	.	2	.	2	.	2		.	.	.	.	.	.	9x	.	
A		2	.	2	.	5	.	5		2	.	2	.	3	.	3	.	
E		0	.	0	.	3	.	3		0	.	0	.	1	.	1	.	

noise: any notes, keep time

[illegible]

	1	&	2	&	3	&	4	&		1	&	2	&	3	&	4	&		
e		.	.	.	.	.	.	.		.	.	.	.	.	.	.	.		
B		.	8b	.	.	.	8r	.	.		.	8b	.	.	.	8r	.		
G		.	.	.	.	.	.	.		.	.	.	.	.	.	.	.		
	half step bend										land								

	1	&	2	&	3	&	4	&	1	&	2	&	3	&	4	&
e	.	.	h6	.	p5	.	h6	.	p5	.	h6	.	p5	.	h6	.
B	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
G	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
	trill								stop dead							

Week 1: four rounds of 60 seconds at 140 bpm, a minute of rest between. Each week after: add 5 bpm OR 15 seconds per round, not both. Pain or burning: repeat the previous week.

Nervous Breakdown EP (1979)
 Damaged (1981)
 My War (1984)
 In My Head (1985)

5 minutes warm up, endurance rounds on Exercise 1 or 2, then 10 minutes of Exercises 3 to 6. Half of every session on riffs.