

How To Practice When Learning Guitar Scales

1. Use any method to **memorize** the notes of a chosen scale on your fingerboard.
2. Play using all down picks or i/m (index/middle) fingers slow enough to **make a decision** about **each note** and left hand **finger** and play the right ones for your chosen scale and fingering. Speed and pulse/rhythm/timing are UNIMPORTANT at this stage.
3. Add **Pulse**/meter (metronome or click track optional at first) Speed is still unimportant. Here is where we create a measured "thinking gap".
4. Add a **Tempo** limitation one click per note and make it playable. **Develop** a comfort zone and keep it playable.

5. Add **Alternation** or compound picking (down/up) or fingering (i/m) start with the Root on downbeat with a down pick (or chosen downbeat action) Play one Octave.

Add or subtract one note to make a **symmetrical** picking pattern that starts and finishes on a down beat action.

6. **STOP** and **reset** at a higher stepped pace (do not be an indiscriminate tempo changer). Do not indiscriminately speed up in a curve like way.

7. **Aim for a goal** of 60bpm with two notes per beat. These are 8th notes. Playing 8th notes will result in 120 attacks per minute at 60bpm.

8. **Expand** to two octaves. Keep the Right Hand symmetrical

9) Play 2 octaves **ascending and descending**. Without breaking time or “glitching”, start again 1 / 2 step higher with the root on the upbeat up pick (or chosen reciprocal upbeat action). **Note: This step is really the ultimate goal at this stage.**

10. **At 60 bpm practise ascending** the fret board in this way for 3 minutes. Rest and practise **descending** the fret board for 3 minutes with no mistakes. Learning guitar scales is really about finger programming.

11. If you make a mistake **correct it** by playing the offending phrase/section at least five (5) to 20 (twenty) times perfectly.

12. **Stick to the Rules!** Once you get the hang of the process you may want to go straight to two Octave patterns as early as possible.

Remember: Learning guitar scales is really about finger programming.

– See more at:

<http://www.playableguitar.com/learning-guitar-scales.html#sthash.DbvS3Y8C.dpuf>