

## Speed Burst Overlay

### Mind-Expanding Drills That Force Your Brain To Think Faster While Improvising Or Shredding At Lightning Speeds

There is one secret to playing guitar really fast almost nobody talks about.

That secret is:

Training your brain to hear notes at high speeds.

Most guitarists can move their hands much faster than their brain can process the sounds coming out of their amp.

This creates 2 problems:

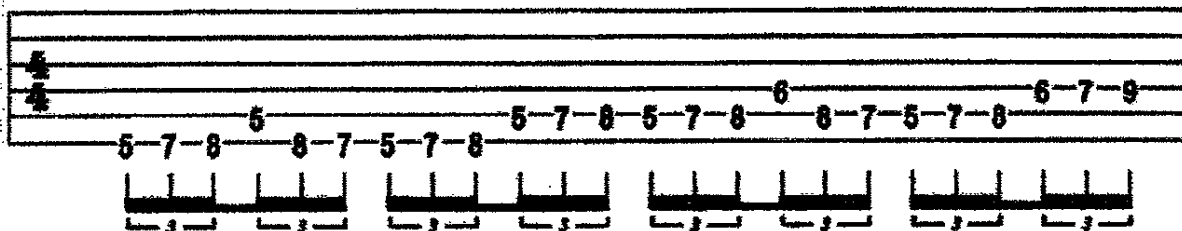
1. When your hands outrun your brain, you often play sloppily and don't even realize it.
2. You can't make (good) musical choices with the fast notes you are playing. That means your speed becomes virtually worthless.

But fear not:

Here are 3 of my go-to solutions that train your brain to think at higher speeds and make your fast playing sound better. I call them "Mental Processing Speed Drills".

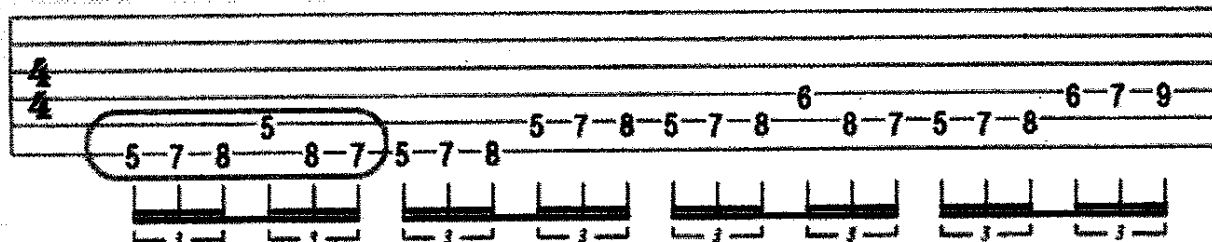
#### Mental Processing Speed Drill #1: Speed Bursts

Step 1: Find your top speed with an exercise. For example, see the scale sequence below:



Let's say your top speed (the tempo at which you can play the exercise 1-2 times without mistakes) is 100 bpm.

Step 2: Isolate a short fragment of the sequence from step 1. For example, let's isolate the first 6 notes:

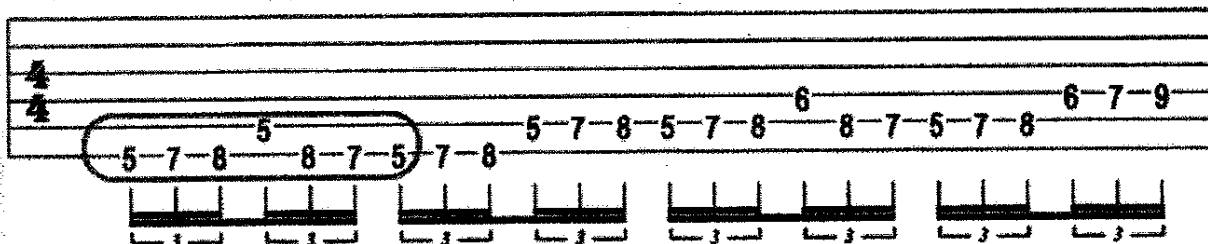


Step 3: Play the fragment at your top speed (100 bpm in this example) once. Then stop. (This is one speed burst.)

Analyze how the notes sounded.

Repeat step 3 several times until you are certain all the notes are clean.

Step 4: Add one more note to the fragment from Step 2 and repeat step 3. Now you are playing 7 notes instead of 6.



Step 5: Continue adding notes to your fragment one at a time, until you are playing the full exercise cleanly at your top speed.

Then increase the speed by 5-10 bpm and go through the steps again.

This way you gradually train your brain (and ears) to hear notes at higher speeds.

**Speed bursts should be a staple in your guitar practice if you want to build serious guitar speed.**