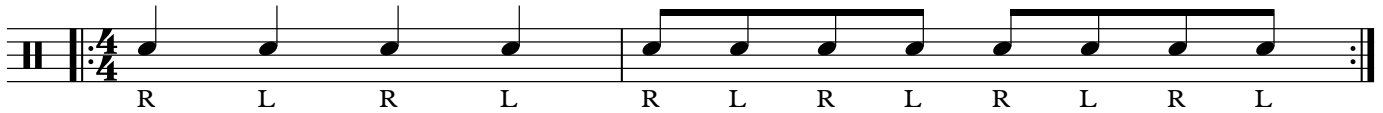


# Getting Faster

The whole point of this lesson page is to jump in and jump out of your fastest high speed. Be very clear about this in your head. Always aim to push the speed as fast as you can. It looks simple enough but it has to be pushed to the extreme. Bar 'A' shows the basic concept.

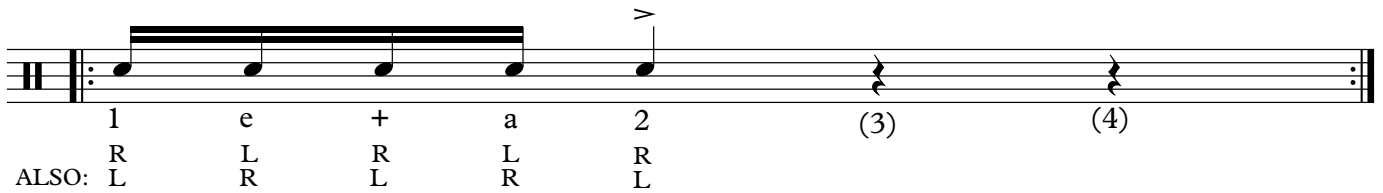
**A**



R L R L R L R L R L

Do these as fast as possible. Aim to find your highest speed. Play 5 fast notes (Bar B) and then go to bar 'C' which has bar 'C' in it. After you have these moving well, do bars D & E in the same way.

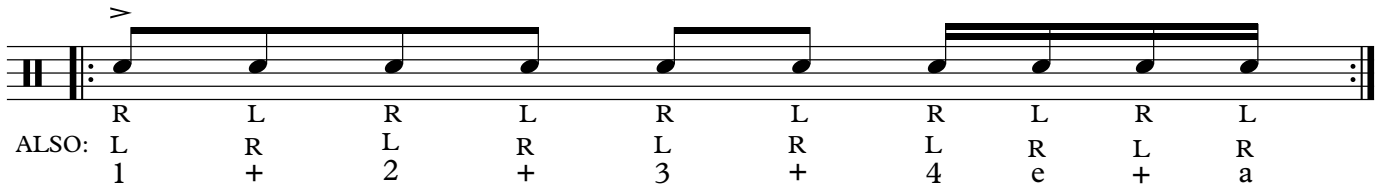
**B**



1 e + a 2 (3) (4)

ALSO: R L R L R L

**C**



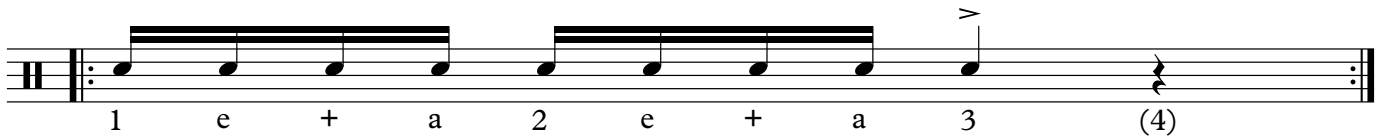
R L R L R L R L R L

ALSO: L R L R L R L R L R

1 + 2 + 3 + 4 e + a

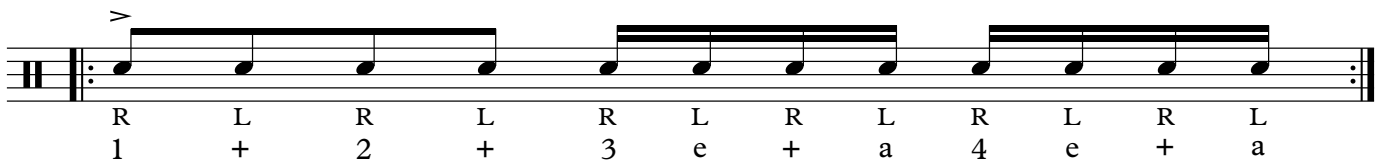
Bars D & E are an extension of bars B & C. The fast section is twice as long. The concept here is that B & C are faster for a shorter burst, so just go for it. Also, aim for the accent!

**D**



1 e + a 2 e + a 3 (4)

**E**




R L R L R L R L R L R L R L

1 + 2 + 3 e + a 4 e + a

For strength & stamina:

**F**



RRRRRLLLLLL RRRRRRLLLLLL RRRRRRRRRRRR LLLLLLLLLLLLLL

4-Bar exercise: This is to prove to yourself that you can in fact co-ordinate your hands faster than you thought previously possible. Notice that we are still using the method of short jabs of high speed.

**G**



R R R R R R R R R R L L L L L L L L L L L

R R R R R L R R R R L L L L L L L L L L L

R L R L R L R L R R L R L R L R L R L R