

# Speed and Accuracy

## A Dorian Mode Solo Exercises



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Key: A Dorian

BPM of Lesson: 50

Chords needed: Am9

Video Tutorial: <https://www.youtube.com/watch?v=8UvXZ0xq-wc>

1/4 notes

Musical notation for a 1/4 note exercise in A Dorian mode. The staff shows four measures of music. The first measure starts at the 6th fret, the second at the 7th, the third at the 8th, and the fourth at the 9th. The notes are: 6th fret (A), 7th fret (B), 8th fret (C), 9th fret (D), 10th fret (E), 11th fret (F#), 12th fret (G), 13th fret (A), 14th fret (B), 15th fret (C), 16th fret (D), 17th fret (E), 18th fret (F#), 19th fret (G), 20th fret (A), 21st fret (B), 22nd fret (C), 23rd fret (D), 24th fret (E), 25th fret (F#), 26th fret (G), 27th fret (A), 28th fret (B), 29th fret (C), 30th fret (D), 31st fret (E), 32nd fret (F#), 33rd fret (G), 34th fret (A), 35th fret (B), 36th fret (C), 37th fret (D), 38th fret (E), 39th fret (F#), 40th fret (G), 41st fret (A), 42nd fret (B), 43rd fret (C), 44th fret (D), 45th fret (E), 46th fret (F#), 47th fret (G), 48th fret (A), 49th fret (B), 50th fret (C), 51st fret (D), 52nd fret (E), 53rd fret (F#), 54th fret (G), 55th fret (A), 56th fret (B), 57th fret (C), 58th fret (D), 59th fret (E), 60th fret (F#), 61st fret (G), 62nd fret (A), 63rd fret (B), 64th fret (C), 65th fret (D), 66th fret (E), 67th fret (F#), 68th fret (G), 69th fret (A), 70th fret (B), 71st fret (C), 72nd fret (D), 73rd fret (E), 74th fret (F#), 75th fret (G), 76th fret (A), 77th fret (B), 78th fret (C), 79th fret (D), 80th fret (E), 81st fret (F#), 82nd fret (G), 83rd fret (A), 84th fret (B), 85th fret (C), 86th fret (D), 87th fret (E), 88th fret (F#), 89th fret (G), 90th fret (A), 91st fret (B), 92nd fret (C), 93rd fret (D), 94th fret (E), 95th fret (F#), 96th fret (G), 97th fret (A), 98th fret (B), 99th fret (C), 100th fret (D), 101st fret (E), 102nd fret (F#), 103rd fret (G), 104th fret (A), 105th fret (B), 106th fret (C), 107th fret (D), 108th fret (E), 109th fret (F#), 110th fret (G), 111th fret (A), 112th fret (B), 113th fret (C), 114th fret (D), 115th fret (E), 116th fret (F#), 117th fret (G), 118th fret (A), 119th fret (B), 120th fret (C), 121st fret (D), 122nd fret (E), 123rd fret (F#), 124th fret (G), 125th fret (A), 126th fret (B), 127th fret (C), 128th fret (D), 129th fret (E), 130th fret (F#), 131st fret (G), 132nd fret (A), 133rd fret (B), 134th fret (C), 135th fret (D), 136th fret (E), 137th fret (F#), 138th fret (G), 139th fret (A), 140th fret (B), 141st fret (C), 142nd fret (D), 143rd fret (E), 144th fret (F#), 145th fret (G), 146th fret (A), 147th fret (B), 148th fret (C), 149th fret (D), 150th fret (E), 151st fret (F#), 152nd fret (G), 153rd fret (A), 154th fret (B), 155th fret (C), 156th fret (D), 157th fret (E), 158th fret (F#), 159th fret (G), 160th fret (A), 161st fret (B), 162nd fret (C), 163rd fret (D), 164th fret (E), 165th fret (F#), 166th fret (G), 167th fret (A), 168th fret (B), 169th fret (C), 170th fret (D), 171st fret (E), 172nd fret (F#), 173rd fret (G), 174th fret (A), 175th fret (B), 176th fret (C), 177th fret (D), 178th fret (E), 179th fret (F#), 180th fret (G), 181st fret (A), 182nd fret (B), 183rd fret (C), 184th fret (D), 185th fret (E), 186th fret (F#), 187th fret (G), 188th fret (A), 189th fret (B), 190th fret (C), 191st fret (D), 192nd fret (E), 193rd fret (F#), 194th fret (G), 195th fret (A), 196th fret (B), 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(C), 1003rd fret (D), 1004th fret (E), 1005th fret (F#), 1006th fret (G), 1007th fret (A), 1008th fret (B), 1009th fret (C), 1010th fret (D), 1011th fret (E), 1012th fret (F#), 1013th fret (G), 1014th fret (A), 1015th fret (B), 1016th fret (C), 1017th fret (D), 1018th fret (E), 1019th fret (F#), 1020th fret (G), 1021st fret (A), 1022nd fret (B), 1023rd fret (C), 1024th fret (D), 1025th fret (E), 1026th fret (F#), 1027th fret (G), 1028th fret (A), 1029th fret (B), 1030th fret (C), 1031st fret (D), 1032nd fret (E), 1033rd fret (F#), 1034th fret (G), 1035th fret (A), 1036th fret (B), 1037th fret (C), 1038th fret (D), 1039th fret (E), 1040th fret (F#), 1041st fret (G), 1042nd fret (A), 1043rd fret (B), 1044th fret (C), 1045th fret (D), 1046th fret (E), 1047th fret (F#), 1048th fret (G), 1049th fret (A), 1050th fret (B), 1051st fret (C), 1052nd fret (D), 1053rd fret (E), 1054th fret (F#), 1055th fret (G), 1056th fret (A), 1057th fret (B), 1058th fret (C), 1059th fret (D), 1060th fret (E), 1061st fret (F#), 1062nd fret (G), 1063rd fret (A), 1064th fret (B), 1065th fret (C), 1066th fret (D), 1067th fret (E), 1068th fret (F#), 1069th fret (G), 1070th fret (A), 1071st fret (B), 1072nd fret (C), 1073rd fret (D), 1074th fret (E), 1075th fret (F#), 1076th fret (G), 1077th fret (A), 1078th fret (B), 1079th fret (C), 1080th fret (D), 1081st fret (E), 1082nd fret (F#), 1083rd fret (G), 1084th fret (A), 1085th fret (B), 1086th fret (C), 1087th fret (D), 1088th fret (E), 1089th fret (F#), 1090th fret (G), 1091st fret (A), 1092nd fret (B), 1093rd fret (C), 1094th fret (D), 1095th fret (E), 1096th fret (F#), 1097th fret (G), 1098th fret (A), 1099th fret (B), 1100th fret (C), 1101st fret (D), 1102nd fret (E), 1103rd fret (F#), 1104th fret (G), 1105th fret (A), 1106th fret (B), 1107th fret (C), 1108th fret (D), 1109th fret (E), 1110th fret (F#), 1111th fret (G), 1112th fret (A), 1113th fret (B), 1114th fret (C), 1115th fret (D), 1116th fret (E), 1117th fret (F#), 1118th fret (G), 1119th fret (A), 1120th fret (B), 1121st fret (C), 1122nd fret (D), 1123rd fret (E), 1124th fret (F#), 1125th fret (G), 1126th fret (A), 1127th fret (B), 1128th fret (C), 1129th fret (D), 1130th fret (E), 1131st fret (F#), 1132nd fret (G), 1133rd fret (A), 1134th fret (B), 1135th fret (C), 1136th fret (D), 1137th fret (E), 1138th fret (F#), 1139th fret (G), 1140th fret (A), 1141st fret (B), 1142nd fret (C), 1143rd fret (D), 1144th fret (E), 1145th fret (F#), 1146th fret (G), 1147th fret (A), 1148th fret (B), 1149th fret (C), 1150th fret (D), 1151st fret (E), 1152nd fret (F#), 1153rd fret (G), 1154th fret (A), 1155th fret (B), 1156th fret (C), 1157th fret (D), 1158th fret (E), 1159th fret (F#), 1160th fret (G), 1161st fret (A), 1162nd fret (B), 1163rd fret (C), 1164th fret (D), 1165th fret (E), 1166th fret (F#), 1167th fret (G), 1168th fret (A), 1169th fret (B), 1170th fret (C), 1171st fret (D), 1172nd fret (E), 1173rd fret (F#), 1174th fret (G), 1175th fret (A), 1176th fret (B), 1177th fret (C), 1178th fret (D), 1179th fret (E), 1180th fret (F#), 1181st fret (G), 1182nd fret (A), 1183rd fret (B), 1184th fret (C), 1185th fret (D), 1186th fret (E), 1187th fret (F#), 1188th fret (G), 1189th fret (A), 1190th fret (B), 1191st fret (C), 1192nd fret (D), 1193rd fret (E), 1194th fret (F#), 1195th fret (G), 1196th fret (A), 1197th fret (B), 1198th fret (C), 1199th fret (D), 1200th fret (E), 1201st fret (F#), 1202nd fret (G), 1203rd fret (A), 1204th fret (B), 1205th fret (C), 1206th fret (D), 1207th fret (E), 1208th fret (F#), 1209th fret (G), 1210th fret (A), 1211th fret (B), 1212th fret (C), 1213th fret (D), 1214th fret (E), 1215th fret (F#), 1216th fret (G), 1217th fret (A), 1218th fret (B), 1219th fret (C), 1220th fret (D), 1221st fret (E), 1222nd fret (F#), 1223rd fret (G), 1224th fret (A), 1225th fret (B), 1226th fret (C), 1227th fret (D), 1228th fret (E), 1229th fret (F#), 1230th fret (G), 1231st fret (A), 1232nd fret (B), 1233rd fret (C), 1234th fret (D), 1235th fret (E), 1236th fret (F#), 1237th fret (G), 1238th fret (A), 1239th fret (B), 1240th fret (C), 1241st fret (D), 1242nd fret (E), 1243rd fret (F#), 1244th fret (G), 1245th fret (A), 1246th fret (B), 1247th fret (C), 1248th fret (D), 1249th fret (E), 1250th fret (F#), 1251st fret (G), 1252nd fret (A), 1253rd fret (B), 1254th fret (C), 1255th fret (D), 1256th fret (E), 1257th fret (F#), 1258th fret (G), 1259th fret (A), 1260th fret (B), 1261st fret (C), 1262nd fret (D), 1263rd fret (E), 1264th fret (F#), 1265th fret (G), 1266th fret (A), 1267th fret (B), 1268th fret (C), 1269th fret (D), 1270th fret (E), 1271st fret (F#), 1272nd fret (G), 1273rd fret (A), 1274th fret (B), 1275th fret (C), 1276th fret (D), 1277th fret (E), 1278th fret (F#), 1279th fret (G), 1280th fret (A), 1281st fret (B), 1282nd fret (C), 1283rd fret (

- Again, once you are ready, turn the metronome on 50 BPM and work your way up in speed.

### 1/16<sup>th</sup> notes

We are going to break this down into much smaller pieces.

- Play each of these measures individually, when playing complicated 16<sup>th</sup> note patterns it is smart to break it down into just single beats.
- Make sure you are counting out loud as well, and remember you are now counting in sixteenths, 1 e & a 2 e & a 3 e & a 4 e & a...
- Once you feel confident with the first measure, do the same with second measure, after that play the two measures together.

### Second half

- Here we repeat exactly what we did in the first two measures.

Now it is time to put it all together with the metronome.

- The final boss, once you've conquered 50 BPM work your way up in time.