

# Tips For Playing Insanely Fast

1. **Relax** - It is possible to play fast and tense... but I definitely wouldn't recommend it. Tension will make it harder to play fast and will tire you out. Relax your hands, fingers and arms as much as possible. Run your hands under warm water if they feel cold. Stretch your fingers and arms. Take a short break if you start to feel a lot of tension.

2. **Start Slow** - When working on anything new, start as slow as possible. You want to train things perfectly at a slow tempo to gain muscle memory. The tempo you choose should be slow enough that you play perfectly on the 1st or 2nd try.

3. **Use Minimal Motion** - When you are practicing slowly, focus on using the least amount of movement possible. Moving your finger 1/4 of an inch will always take less time than moving it 2 inches. Play slowly and watch your fingers. Focus on barely bringing your left hand fingers off of the fretboard.

4. **Practice in Shorts Bursts** - Work on playing extremely small patterns perfectly. You're not going to be able to play fifty 16th notes accurately if you can't play five 16th notes accurately. Train in short bursts of speed and you can eventually make the exercises longer.

5. **Speed Up Gradually** - Don't try to get too fast too fast. Take your time and gradually increase the speed of the exercise or lick. The increase in speed should almost go unnoticed. You could even increase by only 1 beat per minute each time.

6. **Make Music** - Once you feel comfortable with an exercise, turn it into music. Find ways to play the pattern in a musical context. I'll often practice an exercise to a drum loop and play bass lines that can fit around the exercise. The end goal is always to make music so make music while you work on playing insanely fast.