



# Speed Picking Method

Course Booklet



# LEARN TO BE A SPEED PICKING DEMON

BY DEVELOPING ACCURATE TECHNIQUE

COURSE BY ALAN STEVENSON FROM BITESIZEGUITAR.COM

A COMPANION BOOK TO MY YOUTUBE VLOG

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## Tempo of Exercises

Below is a list of suggested tempos to build your speed up to the recommended full speed of 100bpm. Take note to practice each new exercise at a max speed of 60bpm for the week before building up to the recommended speed.

Week 6-8	80bpm
Week 9-10	90bpm
Week 11-15	100bpm
Week 16-20	110bpm
Week 21-25	120bpm
Week 26-30	130bpm
Week 31	140bpm
Week 32	150bpm

# Introduction

I've decided to create a vlog on learning to play flight of the bumblebee on guitar. There are 3 main reasons that I have decided to embark on this journey.

The first reason is to force me to practice guitar consistently every week with a clear goal in mind. The second reason is just for fun and to hopefully make some new friends along the way if anyone wants to join in and accompany me on my speed picking journey. Lastly I want to record my progress using standard practice techniques so that I can look back in 1 year and see how far I come.

I have been playing guitar for over 10 years but have hit a plateau on my technical abilities. I often overlooked the standard practice routines like playing slowly and never increasing speed above my ability as I thought they were not for me. Also if I couldn't build a technique up to the desired speed I often moved on to something else.

So this brings me to the conclusion that to increase my guitar playing to the next level I need to go back to basics and use the standard practice techniques outlined in most modern guitar tuition.

I have chosen flight of the bumblebee as it is a great alternate picking workout that covers the fretboard and all 6 strings. When played accurately and efficiently it zooms past at a blistering speed.

For this vlog and the accompanying book I will break down each bar of music and create picking exercises to develop the required technique. Troy Grady has an excellent website called cracking the code. In cracking the code he decides picking technique for string crossing at speed which I will utilise in this course.

You can learn with me and join in on my journey for free or help me produce better quality content by downloading the digital book and various tempo backing tracks when they are available. There is no obligation to purchase as all the content is in the videos but it does help me to create better quality videos.

Thanks for watching my channel and please subscribe to keep up to date with the latest weekly vlog episodes and lots of other guitar related fun.



# Sixty Is Plenty

It may seem counter intuitive to play slower if you want to play fast. However there is a very clear reason this statement is true. Another statement often banded around is “Practice makes perfect”. This statement is best expanded to “Perfect practice makes perfect”.



Practicing anything repetitively engrains the action into your muscle memory. Therefore if you practice a picking technique slowly and very accurately it locks in to your muscle memory.

Learning any new picking technique or guitar lick requires the guitar player to practice slowly. The only way to ensure the correct technique is applied is by playing very slowly until your muscle memory has remembered the perfect way to play the passage. As you develop your technique the length of time required to play a new passage will reduce.

For this course 16<sup>th</sup> notes at 60bpm is ample for practicing each exercise or bar of music.

## Attention Span Optimization

Microsoft studied 2000 people and found that since the mobile revolution the average attention span dropped from a shockingly low 12 seconds to 8 seconds. Therefore it is reasonable to conclude that to pay attention to picking technique we need to constantly change the exercises or we switch off.

This course is aimed at practicing each exercise for 60 seconds and then moving on and rotating between the different exercises. For example the first lesson on page 5 includes 4 different exercises. It is good practice to play each for 60 seconds and rotate the 4 exercise a total of 4 times equalling a practice session time of 16 minutes. Practice other material, learn songs and jam in between as playing only the exercises will become tedious.

I recommend playing the exercises 7 days a week maybe 2 or 3 times a day for the best results. Most people can fit in 3 lots of 16 minutes in a day and the improvement in picking abilities are well worth the effort. Unfortunately with learning guitar there are no shortcuts, but with effective practice anyone can learn to speed pick to an impressive skill level.

Anyone can learn to play guitar accurate and efficiently if they are willing to concentrate and dedicate time to apply the practice techniques outlined in this course. Stick in with this course and I can promise you will be greatly rewarded.

# Lesson 1 – Tremolo Picking



See YouTube Vlog 1 for the lesson video demonstration

## Practice Schedule

- Practice each of the following exercises for 60 seconds each
- Cycle the group of exercises 4 times for a 16 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 2
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements



### Week 1 Ex 1

Slowly ♩ = 60

The exercise is written on a treble clef staff in 4/4 time. It consists of a single melodic line starting on the first line (F4) and moving up stepwise to the fourth line (B4). The notes are quarter notes, and there are eight notes in total. Above the staff, there are eight upward-pointing arrows indicating the pick direction. Below the staff, the fret numbers 12-12-12-12-12-12-12-12 are written, indicating that the exercise is played on the 12th fret of the high E string.

### Week 1 Ex 2

Slowly ♩ = 60

The exercise is written on a treble clef staff in 2/4 time. It consists of a single melodic line starting on the first line (F4) and moving up stepwise to the fourth line (B4). The notes are quarter notes, and there are eight notes in total. Above the staff, there are eight upward-pointing arrows indicating the pick direction. Below the staff, the fret numbers 12-9-9-9-12-9-9-9 are written, indicating that the exercise is played on the 12th and 9th frets of the high E string.

### Week 1 Ex 3

25	
12	

## Week 1 Ex 4

Exercise 4 is a legato exercise designed to build finger strength and dexterity. Pick the 1<sup>st</sup> note and hammer on then pull off to fret the remaining notes. Start out slowly and don't tense up the left hand.

Slowly ♩ = 60

10-9-10-9-10-9-10-9 10-9-10-9-10-9-10-9 11-9-11-9-11-9-11-9 11-9-11-9-11-9-11-9

12-9-12-9-12-9-12-9 12-9-12-9-12-9-12-9 11-10-11-10-11-10-11-10 11-10-11-10-11-10-11-10 12-10-12-10-12-10-12-10

12-10-12-10-12-10-12-10 12-11-12-11-12-11-12-11 12-11-12-11-12-11-12-11 12



## Lesson 2 – Finger Independence



See YouTube Vlog 2 for the lesson video demonstration

### Practice Schedule

- Practice each of the following exercises for 60 seconds each
- Recap week 1 Ex 3, week 1 Ex 4 and the 2 new exercises
- Cycle the group of 4 exercises 4 times for a 16 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 3
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements

60

### Week 2 Ex 1

Slowly ♩ = 60

1 2 3 4

TAB

5 6 7 8

TAB

### Week 2 Ex 2

Slowly ♩ = 60

1 2 3 4 5 6

TAB

7 8 9 10 11 12

TAB






## Lesson 4 – String Crossing with a Downward Pick Angle

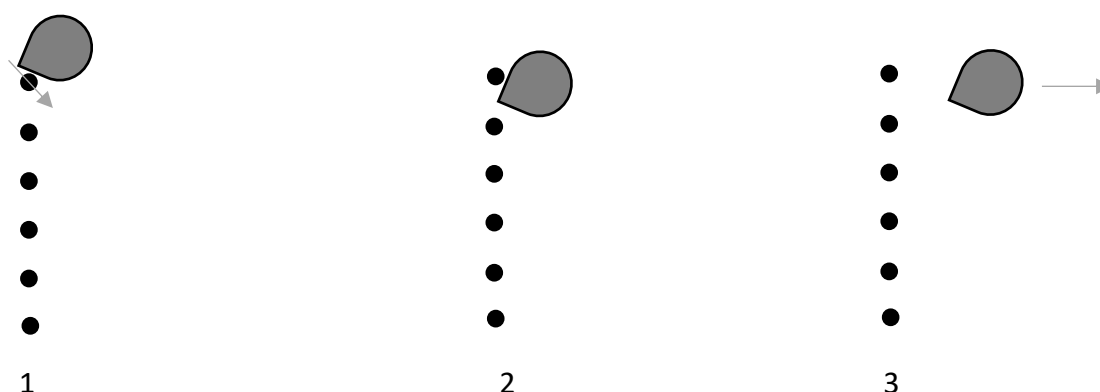


See YouTube Vlog 4 for the lesson video demonstration

### What is pick angle and why does it matter?

There are two angle that are required for fast accurate string crossing, downward pick angle and upward pick angle. When playing on a single string it does not matter if you use an upward pick angle or a downward pick angle. Even playing at slower speeds both pick angles can work by using your fore/aft wrist movement change strings. Think of the motion of knocking a door as shown in the figure below.

#### Fore/aft door knocking motion



To feel the door knocking motion play alternate picking on a single string as items 1-2 in the above diagram. Then use your wrist as if you were pulling back to knock on a door to pull the pick out of the plane of the strings. This motion is suitable for playing at slow speeds but has a moderate speed limit. Trying knocking on a door as fast as you can and you will find your max string crossing speed using this technique. You will probably find it is not that fast and therefore another picking mechanism is required for fast string crossing.

#### Downward Pick Angle

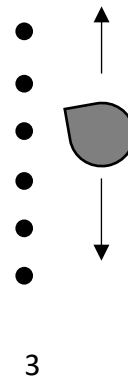
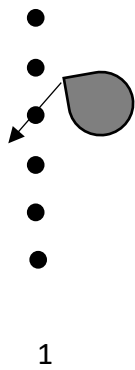


#### Upward Pick Angle



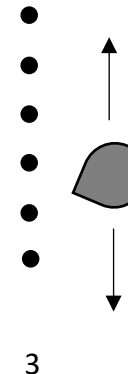
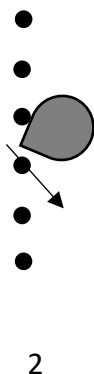
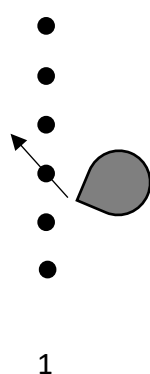
## Downward Pick Angle for String Crossing after an Upstroke

Picking from the wrist using a downward pick angle ensures the pick comes out of the plane of the strings completely after an upstroke. This means that you can change strings after an upstroke just as fast as you can tremolo pick on a single string. Likewise if you change to an upward pick angle you can change strings quickly after a down stroke as shown below.



Alternate picking from the wrist with a downward pick angle as shown in items 1-2 ensures after the upstroke the pick is clear from the plane of the strings (item 3). Having the pick out of the plane of the strings allows the arms to be rotated at the elbow allowing the string to be changes easily in either direction. When this technique is mastered it is as quick and easy to change strings as it is to tremolo pick on a single string at any speed.

## Upward Pick Angle for String Crossing after a Downstroke



## Practice Schedule

- Practice each of the following exercises for 60 seconds each
- Recap week 3 Ex 1, week 3 Ex 2 and the 2 new exercises
- Cycle the group of 4 exercises 4 times for a 16 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 5
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements



### Week 4 Ex 1

Slowly ♩ = 60

1

12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9

7

12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9 12-11-10-9 12

### Week 4 Ex 2

Slowly ♩ = 60

1

9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12

7

9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12 9-10-11-12 12







## Lesson 6 – How to play Bars 1-4 of Flight Of The Bumblebee



See YouTube Vlog 6 for the lesson video demonstration

### Practice Schedule

- Practice Bars 1-4 of Flight of the Bumblebee (FotBB) for 60 seconds
- Recap exercises from lesson 1 along with Bars 1-4 of FotBB
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 7
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements



### Week 6 – Bars 1-4

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D D D D D    D D D D D D D D    R U U U U U U R    D D D D D D D D

12-11-10-9-10-9-8-7    8-7-6-5    9-8-7-6    0-4-3-2-3-2-1-0    1-0-3-2-1-0    4-3-2

T  
A  
B

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 7 – How to play Bars 5-8 of Flight Of The Bumblebee



See YouTube Vlog 7 for the lesson video demonstration

### Practice Schedule

- Practice Bars 5-8 of Flight of the Bumblebee (FotBB) for 60 seconds
- Recap exercises from lesson 2 along with Bars 5-8 of FotBB
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 8
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements

60

### Week 7 – Bars 5-8

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R R R U U R    D D R R R U U R    D D R R R U U R    D D R R R U U R

TAB

2-1-0-0-4-3-2    2-1-0-0-4-3-2    2-1-0-0-4-3-2    2-1-0-0-4-3-2    2

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 8 – How to play Bars 9-12 of Flight Of The Bumblebee



See YouTube Vlog 8 for the lesson video demonstration

### Practice Schedule

- Practice Bars 9-12 of Flight of the Bumblebee (FotBB) for 60 seconds
- Recap exercises from lesson 3 along with Bars 9-12 of FotBB
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 9
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements

60

### Week 8 – Bars 9-12

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U U U    U U U U R D D    D D R U U U U U    U U U U R D D

T  
A  
B

2-1-0-4-3-2-1-0-1-2-3-2-1-0-1-2

♩ V ♩ V ♩ V ♩ V    ♩ V ♩ V ♩ V ♩ V    ♩ V ♩ V ♩ V ♩ V    ♩ V ♩ V ♩ V ♩ V    ♩



## Lesson 10 – How to play Bars 17-20 of Flight Of The Bumblebee



See YouTube Vlog 10 for the lesson video demonstration

### Practice Schedule

- Practice Bars 17-20 of Flight of the Bumblebee (FotBB) for 60 seconds
- Recap Bars 1-16 along with Bars 17-20 of FotBB (60 seconds each lesson)
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 11
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements

60

### Week 10 – Bars 17-20

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U U U    U U U U R D D    D D R U U U U U    U U U U R D D

1

T  
B

2-1-0 4-3 3-2-1 2-1-0 4-3-4 0-1 2-1-0 4-3 3-2-1 2-1-0 4-3-4 0-1 2

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □



## Lesson 11 – How to play Bars 21-24 of Flight Of The Bumblebee



See YouTube Vlog 11 for the lesson video demonstration

### Practice Schedule

- Practice Bars 17-20 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 12
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 100bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately



### Week 11 – Bars 21-24

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R R R U U R    D D D D D D D D    D D R R R U U R    D D D D D D D D

T  
A  
B

2-1-0-0-4-4-3-2-3-4-0-1-2-3-2-1-2-1-0-0-4-4-3-2-3-4-0-1-2-3-2-1-2

■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■

## Lesson 12 – String Skipping & Bars 25-28 of FotBB



See YouTube Vlog 12 for the lesson video demonstration

### Practice Schedule

- Practice Bars 25-28 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Start very slowly and work on accurately skipping over the D string
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 13
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 100bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately



### Week 12 – Bars 25-28

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

R U U U U U R    R U U U U U R    R U U U U U R    D

1

T  
A  
B

2 3 2 3

3-4-3-4-3-4-3 4-5-4-5-4-5-4 3-4-3-4-3-4-3

^ V ^ V ^ V ^ V    ^ V ^ V ^ V ^ V    ^ V ^ V ^ V ^ V    ^

## Lesson 13 – How to play Bars 29-32 of Flight Of The Bumblebee



See YouTube Vlog 13 for the lesson video demonstration

### Practice Schedule

- Practice Bars 29-32 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 14
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 100bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 13 – Bars 29-32

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D D D D D    D D D D D D D D    D D D D D D R U    U U U U U U U U

T  
A  
B

2-3-2-1-2-3-2-1    2-3-2-1-2-3-2-1    2-3-0-1-2-1-0-3    2-3-0-1-2-1-0-3    2

■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■

## Lesson 14 – How to play Bars 33-36 of Flight Of The Bumblebee



See YouTube Vlog 14 for the lesson video demonstration

### Practice Schedule

- Practice Bars 33-36 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 15
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 100bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 14 – Bars 33-36

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

U U U R R U U R D R U U R R U U R D

T  
A  
B

2 7 6 7 7 6

0-0-0 0-0-0 0-0-0 0-0-0

^ V ^ V ^ V ^ V ^ V ^ V ^

## Lesson 15 – How to play Bars 37-40 of Flight Of The Bumblebee



See YouTube Vlog 15 for the lesson video demonstration

### Practice Schedule

- Practice Bars 37-40 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 16
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 100bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately



### Week 15 – Bars 37-40

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D D D D D    D D D D D D D D    D D D D D D R U    U U U U U U R

T  
A  
B

3-4-3-2-3-4-3-2    3-4-3-2-3-4-3-2    3-4-0-1-2-1-0-4    3-4-0-1-2-1-0-4-3

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 16 – How to play Bars 41-44 of Flight Of The Bumblebee



See YouTube Vlog 16 for the lesson video demonstration

### Practice Schedule

- Practice Bars 41-44 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 17
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 110bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 16 – Bars 41-44

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D R U U R    D D D D R U U R    D D D D R U U R    D D D D R U U R

1

T  
A  
B

3-2-1-0-3-4-3-2    3-2-1-0-3-0-1-2    3-2-1-0-3-4-3-2    3-2-1-0-3-0-1-2-3

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □







## Lesson 19 – How to play Bars 53-56 of Flight Of The Bumblebee



See YouTube Vlog 19 for the lesson video demonstration

### Practice Schedule

- Practice Bars 53-56 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 20
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 110bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 19 – Bars 53-56

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R R R U U R    D D D D D D D D    D D D D D D D D    D D D D D D D D

1

T  
A  
B

2-1-0 0 4-3-2 3-2-1-0 4-3-2-1 0-0-0-0-3-0-0-0 0-0-0-0-5-0-0-0 0

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 20 – How to play Bars 57-60 of Flight Of The Bumblebee



See YouTube Vlog 20 for the lesson video demonstration

### Practice Schedule

- Practice Bars 57-60 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 20 minute practice session
- Try 2-3 practice sessions a day for 1 week then move on to Lesson 21
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 110bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 20 – Bars 57-60

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D D D D D    D D D D D    D D D D R U U U    U R D D D D R U

T  
A  
B

0-0-0-0-3-0-0-0    0-0-0-0-5    0-1-2-3-4    0-1-2    3-4    0-1-2-3-4    0    0

▣ V ▣ V ▣ V ▣ V    ▣ V ▣ V ▣    ▣ V ▣ V ▣ V ▣ V    ▣ V ▣ V ▣ V ▣ V    ▣

## Lesson 21 – How to play Bars 61-64 of Flight Of The Bumblebee



See YouTube Vlog 21 for the lesson video demonstration

### Practice Schedule

- Practice Bars 61-64 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 22
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 120bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 21 – Bars 61-64

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

U U U U U U U R    D D D D D D D D    D D R U U U U    U U U U U R D D

T  
A  
B

1-2-3-4-5    2-3-4    5-6-5-4-5-6-5-4    5-4-3    6-5    6-5-4    5-4-3    6-5-6    3-4    5

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 22 – How to play Bars 65-68 of Flight Of The Bumblebee



See YouTube Vlog 22 for the lesson video demonstration

### Practice Schedule

- Practice Bars 65-68 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 23
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 120bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 22 – Bars 65-68

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U U      U U U U R D D      D D R R R U U R      D D D D D D D D

1

T  
A  
B

5-4-3 6-5-4 5-4-3 3-4 5-4-3 3 3-4-5-6-5-4 3

6-5 6-5-6 6 6-5-4 5-6

□ V □ V □ V □ V      □ V □ V □ V □ V      □ V □ V □ V □ V      □ V □ V □ V □ V      □





## Lesson 24 – How to play Bars 73-76 of Flight Of The Bumblebee



See YouTube Vlog 23 for the lesson video demonstration

### Practice Schedule

- Practice Bars 73-76 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 25
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 120bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 24 – Bars 73-76

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U U U    U U U U R D D    D D R R R U U R    D D D D D D D D

T 10-9-8 11-10-9 10-9-8 8-9 10-9-8 8 8-9-10-11-10-9 8

A 11-10 11-10-11 11 11-10-9 10-11

B

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 25 – How to play Bars 77-80 of Flight Of The Bumblebee



See YouTube Vlog 25 for the lesson video demonstration

### Practice Schedule

- Practice Bars 77-80 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 26
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 120bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 25 – Bars 77-80

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U R    D D R U U U R    D D D D R U U R    D D D D R U U R

10-9-8 11-10-11-12-13 10-12-13 10-12-13-12-11 12-11-10-9 13-12-11 12-11-10-9 9-10-11 12

T  
A  
B

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 26 – How to play Bars 81-84 of Flight Of The Bumblebee



See YouTube Vlog 26 for the lesson video demonstration

### Practice Schedule

- Practice Bars 81-84 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 27
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 130bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 26 – Bars 81-84

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D R U U R    D D D D R U U U    U U U U U U    U U U U R D D

T  
A  
B

12-11-10-9-13-12-11    12-11-10-9-13-10-11    12-13-14-15    15-14-13-12-13-12    15-14    13

□ V □ V □ V □ V    □ V □ V □ V □ V    □ □ V □ V □ V    □ V □ V □ V □ V    □

## Lesson 27 – How to play Bars 85-88 of Flight Of The Bumblebee



See YouTube Vlog 27 for the lesson video demonstration

### Practice Schedule

- Practice Bars 85-88 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 28
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 130bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 27 – Bars 85-88

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D R U U U U U    U U U U U U U U    U U U U U U U    U U U U R D D

13-14-15    12-13-14-15    11    12-13-12-11-12-13-12-11    12    12-13-14    15-14-13-12-13-12    15-14    13

TAB

■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■ V ■ V ■ V ■ V    ■



## Lesson 29 – How to play Bars 93-96 of Flight Of The Bumblebee



See YouTube Vlog 29 for the lesson video demonstration

### Practice Schedule

- Practice Bars 93-96 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 30
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 130bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately



### Week 29 – Bars 93-96

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

D D D D D D D D    D D D D D D D D    D D D D D D D D    R U U U U U U R

14-13-12-11-12-11-15-14    15-14-13-12-16-15-14-13    12-13-12-11-13-11-13-11    7-6-7-5-7-4-7-7

□ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □ V □ V □ V □ V    □





## Lesson 31 – How to play Bars 101-103 of Flight Of The Bumblebee



See YouTube Vlog 31 for the lesson video demonstration

### Practice Schedule

- Practice Bars 101-103 of Flight of the Bumblebee (FotBB) at 60 bpm for 1 min
- Recap all previous bars in 4 bar loops. Each for 1 minute
- Cycle the group of exercises for a 30 minute practice session
- Try 2 practice sessions a day for 1 week then move on to Lesson 32
- Most importantly do not exceed 60 bpm and focus on small tension free pick movements
- At the end of this lesson after a week of practice try and play all you have learned up to a speed of 140bpm
- Start slowly and increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately

60

### Week 31 – Bars 101-103

In the tab below

D = Downward Pick Angle

U = Upward Pick Angle

R = Rotate between the Angles (Use wrist twist motion like turning a key)

Slowly ♩ = 60

U R D D D D R U      U U U R D D D D      D

1 11-12-13-14-15 12 13-14-15-16 12-14-15-16 17

T  
A  
B

14-15

□ V □ V □ V □ V      □ V □ V □ V □ V      □

## Lesson 32 - Building Speed to 150bpm and above



See YouTube Vlog 32 for the lesson video demonstration

### Practice Schedule

- Well done you have learned every bar of Flight of the Bumblebee and hopefully up to an impressive tempo
- Let's try and get to the goal speed of 150bpm
- Start at a speed you can play the entire piece accurately and without tension
- Slowly increase the tempo 2bpm at a time. Slow down if you are not completely relaxed and playing accurately
- Take a break if you hit your ceiling and practice other pieces of music or just jam
- Then start FotBB practice 5bpm below your max speed
- Again work at increasing your temp in 2bpm increments
- Before you know it you will have 150bpm under your fingers and completely relaxed as over the last 30 odd weeks the movements will be engrained in your muscle memory

# Flight Of The Bumblebee

Nicolai Rimsky Korsakov

Edited by Alan Stevenson

[www.bitesizeguitar.com](http://www.bitesizeguitar.com)

Moderate ♩ = 150

D D D D D D D D D D D D D D R U U U U U U R D D D D D D D D

1 2 3 4

12-11-10-9-10-9-8-7 8-7-6-5 9-8-7-6 0-4-3-2-3-2-1-0 1-0 3-2-1-0 4-3

TAB

1 2 3 4 5 6 7 8 9

D D R R R U U R D D R R R U U R D D R R R U U R D D R R R U U R D D R U U U U U

2-1-0 4-0 4-3-2 2-1-0 4-0 4-3-2 2-1-0 4-0 4-3-2 2-1-0 4-0 4-3-2 2-1-0 4-3 3-2-1

10 11 12 13 14

U U U U U R D D D D R U U U U U U U U U R D D D D R R R R U U R D D D D D D D D

2-1-0 4-3-4 0-1 2-1-0 4-3 3-2-1 2-1-0 4-3-4 0-1 2-1-0 4-0 4-3-2 3-4 0-1 2-3-2-1

15 16 17 18 19

D D R R R U U R D D D D D D D D D D R U U U U U U U U U U R D D D D R U U U U U

2-1-0 4-0 4-3-2 3-4 0-1 2-4 0-1 2-1-0 4-3 3-2-1 2-1-0 4-3-4 0-1 2-1-0 4-3 3-2-1

20 21 22 23 24

U U U U U R D D D D R R R U U R D D D D D D D D D D R R R R U U R D D D D D D D D

2-1-0 4-3-4 0-1 2-1-0 4-0 4-3-2 3-4 0-1 2-3-2-1 2-1-0 4-0 4-3-2 3-4 0-1 2-3-2-1





