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CD
Track
1

1: Calf Killa

Welcome to the first track on the *Double Pedal Metal* CD! This track will help you develop the endurance needed to play the most aggressive music on the planet. Lock your feet into the steady sixteenth-note guitar and bass riffs to create a steady, razor-sharp groove. Think of this track as not only a cool song to jam with, but also a great way to condition your legs.

Watch out!: You might find out at first that playing along for the entire duration of the track is tough. The more you do it the longer you'll be able to last. If you feel a fire in your legs after a few minutes of blasting out sixteenth notes on the pedals, you're doing it right! That's why they call it "Calf Killa!"

Think about it: With so many notes on the pedals it's easy for you to lose your timing with the track. If you start out with your main bass drum every time, your ride cymbal will lock in with your main bass drum. By thinking of it this way you have a good chance of surviving the track!



Basic Groove




Groove Builders





Road Map



GROOVE A **GUITAR ENTERS (2X ONLY)** "1 2, 3, 4" (2X ONLY)

DRUMS DROP **GUITAR RIFF 1**

GROOVE A 8x

GUITAR RIFF 2

GROOVE A 8x

GUITAR SOLO 1

1 **GROOVE A** 8x

GUITAR SOLO 2

2

GUITAR RIFF 1

JUST BASS 4x

GUITAR RIFF 2

GUITAR BACK IN 4x

GROOVE A 8x "1, 2, 3, 4"



EZ Grooves



Try these grooves first. Remember to start slow and use a metronome. When playing double bass, it's very important to make sure all of the strokes are even in volume. This is much more important at first than playing fast. You can play any of these grooves on a ride cymbal or closed hi-hat.

1 

2 

3 

4 



Fill Factory



These are all one-measure fills that can be played at the end of any four-bar phrase in the song. Once you are comfortable with them, you can try chopping them up into shorter lengths, and moving them around your kit to the toms or other voices. Be sure not to speed up or slow down during the fills.

1 

2 

3 