



The Guitar Grimoire: The Exercise Book

Adam Kadmon

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This volume is the most extensive, thorough and exhaustive compendium of exercises for the guitar ever published. Adam Kadmon has placed the entire foundation of dexterity and physical technique in this one book. This tome is the essential collection of new and proven exercises that build strength, endurance, control and timing as assembled and created by the author of the renowned Guitar Grimoire Series.

Contains the following:

pattern exercises, three note coil exercises, four note coil exercises Major scale exercises, Minor pentatonic exercises, Chord run exercises

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