The Nervous System Secrets of The World’s Best Guitarists

A Scientific Report

Written By Virtuwul

Kinesiologist, Bsc. Science of Physical Activity
PREFACE

Thank you for taking the time to read this report. In it you’ll learn:

- My wild personal story of how I got trained by one of the world’s most dangerous men and how it led to what’s possibly the greatest guitar discovery ever.

- How Russian athletes used these secrets to rule the ’76 and ’80 Olympics to win 147 Gold Medals (That was 41 more than the better equipped American teams).

- How you’ve been unconsciously hard-wiring your nervous system your entire life (and why you should become conscious of it starting right now!)

- The “Walking-through-the-Jungle-to-the-Goldmine” analogy and why understanding this is the key the vault of guitar mastery.

- The 3 basic elements of the “Russian nervous system technology for guitarists”. You might already know the first 2 parts – but I doubt you’ve ever heard of the 3rd element.

- What is the exact difference between: Joe Satriani (and every other guitar freak) vs. the average guy on the guitar.

- A bizarre phenomenon that most guitarists have experienced but couldn’t understand… until now! And how you can use it to master hard-to-learn techniques and solos.

- And much more…

My Wild Personal Story

This wild, shocking report tells the true story of how I learned million-dollar nervous system secrets from one of the world's most dangerous fighters...

All I ask is that you hang in there with me because I'll explain how you can use these nervous system secrets (used by dozens of Olympic Gold medalists) to become a world-class guitarist 300% faster....

What you're about to learn is virtually unknown to everyone on the planet.

You could say, I've been very fortunate to be able to KNOW these secrets.

Now, I know what you’re thinking “This sounds really far-fetched.” And you’re right - if I was reading this from a stranger I would be thinking the exact same thing. I’m sure you’ve probably heard the expression: "Truth is stranger than fiction." Well, this is one of these stories... There’s no way my imagination could create something like this (nor would I want to).
So here we go…

When I was 19 years old, I was studying kinesiology and the science of physical activity. And I stumbled onto some DVDs that featured a fighting legend named Chris Clugston. He was a professional fighter in 4 different sports (boxing, muay thai, kick boxing and shootboxing)... He had trained Navy Seals, SWAT teams, Delta Forces in hand-to-hand combat... He had done private security for legends such as: Motley Crue, Bryan Adams, Liza Minelli and too many more to list here...

He had created a new self-defense system that allowed totally normal people to learn how to survive in just 3 to 4 hours of training (versus 10 years of traditional martial arts).

Anyways, when I saw how fast people would learn – it blew my mind. And then I experienced it first hand.

It was a warm day in August and I flew Chris Clugston to my home town. I had spent all of my savings to organize a self-defense seminar.

And It changed my life!

My confidence exploded as I felt I could handle jerks who might attack me for no good reason.

I even witnessed my 46 year old friend go from "zero to hero" in less than 4 hours.

Being the curious guy I am: I asked "How the hell can you teach people so much stuff, so fast?"

The answer changed my life and it could certainly change YOURS.

The Amazing Power of The

Russian Nervous System Technology

One day, Chris Clugston personally shared this story with me...

When he was in early 20's - he was invited and accepted in a group of underground streetfighters. These guys were THE REAL DEAL. No Hollywood movie B.S., not even "Fight Club" stuff... These guys were beyond that.

Their biggest secret was: MILLION-DOLLAR NERVOUS SYSTEM TRAINING TECHNOLOGY from the Soviet Union.

This technology is what allowed Russia to rule the athletic world and win 147 medals in the 76 and 80 Olympics... (That's 41 more than the better-equiped USA).

They dominated because they had: BETTER TRAINING TECHNOLOGY. And I'm NOT talking
about training equipment.

(SIDE NOTE: If you’re wondering why Russian isn’t dominating in the last few olympics like they did back in the 70’s and 80’s, here’s the answer… I asked one of my personal training clients, who made it to the NHL and was one of the top hockey players in Russia about the government programs and he said that after the cold war – the government stopped funding this kind of research and also dramatically cut the athletic budgets.)

Russia had spent tens of millions of dollars figuring out what was the fastest way to download skills into their athletes (In this era, Russia saw athletic prowess as a sign of superiority – that’s why they invested so much). And it obviously paid off.

They knew secrets that the rest of us, didn't know. Except Chris Clugston(and his friends).

And he's been using this ground-breaking training technology ever since. Thanks to it, he became American Kickboxing Champion (as well as trained other top fighters). In fact, this technology is so powerful that he’s still fighting professionally at 47 years old in Muay Thai (the most brutal striking sport in the world).

Now you're probably thinking: What does fighting skills, Russian nervous system technology have to do with you and your guitar?

The answer is: EVERYTHING! Just stay with me for 2 minutes and you'll understand why.

**A Quick Overview Of Your Nervous System Works**

Most guitarists think that their chops improve because their "fingers got better" or because their "muscles got stronger" or because “they are practicing a lot”.

Sure, these things are true… however that’s just the tip of the iceberg.

In fact, the ONLY reason your guitar playing is improving is because of: YOUR NERVOUS SYSTEM IS IMPROVING.

That's right -- your nervous system controls every tendon, every muscle fiber, and every finger on your body.

**Here's how your body works when you want to play a guitar part...**

1. Your brain makes a decision to play a certain lick.

2. Your brain sends an electrical signal, which travels through your nervous system.
3. The electrical signal reaches the muscle, which makes it flex.

4. The muscles move your fingers, which plays the lick.

This is simple physiology. I actually have a degree in the science of physical activity and kinesiology. This is NOT new information.

What is new and ground-breaking is: HOW to train your nervous system to get faster results. I’ll also explain later what makes guys like Steve Vai such guitar freaks.

The fact is: everyone is “training” their nervous system.

From the day you were a young child, you’ve been wiring your nervous system day after day.

So for all these years, you've been *unconsciously* improving your nervous system. What I’m going to introduce you is: how to CONSCIOUSLY improve your nervous system and get triple the speed of improvements.

I don't care if you're a raw beginner or Steve Vai... this is how everyone nervous system works!

In fact, all of the top guitar gods like Vai and Satriani UNCONSCIOUSLY use these secrets. It comes so naturally that they never even realize they do it. That's why they never talk about it.

It takes "analytical guys" like me to come along and "bridge the gap" between the "Average Joe's" And the Guitar Heros...

**Here’s How Your Nervous System Gets “Trained”**

Let me share an analogy that will help you understand how your nervous system works. Imagine that you’re in the pristine jungle and that you’re on a quest to find a huge treasure.

However, you’re waking in a “virgin” jungle. In other words, you’re the first person to ever set foot there. You’ve got a machete and your swinging through the vines as your fighting to make your way to the golden jackpot.

It takes you 2 weeks of treacherous traveling to finally hit the goldmine! So, then you start hauling it back by retracing your steps and your trail. However, this time it’s 10X easier because you’ve already forged the path.
Guitar playing is the same thing…

Do you remember the first time you picked up a guitar? Do you remember how difficult it was to play even a simple riff? Or even putting together a few easy chords and strum them smoothly?

That was you – fighting your way though the jungle. You body was creating a NEW TRAIL inside of your nervous system. Then each time you played that riff and walked inside the trail, it got easier… and easier… and easier right?

Today, you can probably play those simple easy riffs and chords blindfolded. That’s because you have created a clear: mind-to-body connection inside your nervous system. Here’s the Deeper Science…

The Amazing Anatomy of Your Nervous System

The human nervous system is one of the most complex systems in the entire cosmos. First, you’ve got the brain with ten billion neurons. And then, you’ve got even more interneural connections. Your brain is essentially the master computer that controls all of the functions of your body.

And your nervous system is the “cables” and “wires” that connect the computer to all of the different parts of your body, including the muscles in your fingers.

Your senses (such as your finger tips) send messages though the cables to your brain. And then, your brain send new messages back to your fingers through the spinal cord and the nerves. This is how your body knows what muscles to move when you decide to walk somewhere or play a cool guitar part.

Your Body Is An Electrical Bio-chemical Matrix

The basic building block of the nervous system is called neurons. The brain has billions of these tiny cells, and they have many specialized jobs. For example, sensory neurons take information from the eyes, ears, nose, tongue, and skin to the brain. Motor neurons carry messages away from the brain and back to the rest of the body.

Here’s one of the key parts: All neurons communicate with each other and create connections through a complex electrochemical process. At birth, your nervous system contains all the neurons you will ever have, but there are very few connections. As your body learns to move, and repeats movements, messages travel from one neuron to another over and over, creating neural-pathways (or trails in the jungle).

This is why it was challenging to play a few simple chords in the beginning and now it’s easy: The pathway became established.
When you’re young, your brain is highly adaptable. But as we age, the brain has to work harder to make new neural-pathways, making it more difficult to master new guitar techniques or change techniques we’ve already learned.

That's why many scientists believe it's important to keep challenging your brain to learn new things and make new connections - it helps keeps the brain active over the course of a lifetime.

**Here’s The ONLY Difference Between**
**The Average Guitar Player and Steve Vai…**

The only difference between the average guy on the guitar and the world’s greatest players is: the quality, capacity and speed of his nervous system.

Let’s start with the QUALITY. This is “THE WHAT”. What is he sending through his nervous system? This is why you must learn how to play things properly when you’re starting out. Otherwise, your body will hard-wire “sloppiness” into your neural pathways.

Next is: The CAPACITY. What is the capacity of the nervous system? Is it able to send various complex messages? Is it able to go from doing a bend, to a pull-off, to a hammer on and back to a chord in just a few seconds?

Finally, and perhaps most importantly: is the SPEED of the messages. How fast can the message go from the brain to the fingers? When your nervous system is untrained, things go SLOW. It takes a while for your fingers to respond because you haven’t “cut a pathway through the neural jungle yet”

![Before Guitar Scale System](image1.png)

“*The average guitar player’s nervous system can only send out a few simple messages slowly though it’s nervous system.*”

![After Guitar Scale System](image2.png)

“*The guitar freaks and legends, like Steve Vai and Satriani can rapid fire messages like lightning through their nervous system.*”
When Joe Satriani or Steve Vai is shredding… They know: WHAT to send to their fingers… Their nervous systems have the capacity to send LOTS of various information: FAST.

Now, let’s give a brief overview of HOW you can start upgrading your nervous system’s speed and capacity.

**Let’s Dive Into Some Advanced Training Protocols**

There are 3 elements you must develop to become a better guitarist:

1. Creating new clean neural-pathways with new skills, chops and licks that you want to learn.

2. Forging a deep “neural-groove” within that pathway. In other words, you want a clear-cut trail through the jungle that lead back to the goldmine of guitar skills.

3. Hitting the 90% excitation level within your nervous system so that the new skill gets hard-wired into it. This is when you’ll be able to play with absolute mastery… This is the “Joe-Satriani-Steve-Vai” zone. The difference is, they did it by practicing 12 hours a day. With the new Guitar Scale System – you’ll be able to get to that level in a third of the time they did.

**Element #1: Creating Clean Neural Pathways**

This is the first step and if you mess this one up – you won’t improve.

Perhaps the biggest mistake guitarists (especially beginners and intermediate guys) is: trying to play a new riff, solo, lick, or technique TOO FAST, TOO EARLY.

Write this down on your hand: “First you play it perfectly… Then you play it fast!”

Let me repeat it: First, play the guitar part or practice the technique as slow as you need to go to play with 100% precision and perfection.

Here’s what happens if you DON’T do this. You’ll actually hard-wire your body to REPEAT THE MISTAKE and play sloppy. I don’t think this is the result that you’re aiming for.

And the worst part is: it VERY, VERY hard to “undo” this neural hard-wiring. So once, you’re nervous system has learned to play something sloppily – the odds are you’ll never correct it.

**Element #2: Creating a Deep “Neural Groove”**

The 2nd step is easy… you just want to keep practicing what you learned. It’s ok to speed up, but
ONLY IF YOU CAN PLAY IT PERFECTLY AT THE HIGHER SPEED!

Remember, your still in the early phase of creating a new neural pathway. So, make sure that you stay focused and you keep playing it perfectly.

This is how 99.9% of guitarists get better.

And the truth is: IT WORKS!

The problem is: IT’S TOO FREAKING SLOW!

If you want to become world-class using this method, you better be ready to practice 2 to 8 hours a day. I’m serious because that’s what the top guitarists do.

Now, if you’re looking for a REAL short-cut that will make your guitar playing improve 3X faster: than here it is…

Element #3: The 90% Excitation Level Secret

For a new skill to be "burned" into your nervous system forever (Like Neo in the Matrix). You need to activate your nervous system up to the 90% mark. And I'll be straight up with you: it's NOT easy. And almost no one knows how to do it...

This is the secret that “The Gladiator” uses to teach people how to become lethal fighting machines in a matter of HOURS instead of years.

Now, I’m not going to insult your intelligence and tell you that you’re going to become a Joe Satriani in a matter of hours.

However, I will guarantee you that if you use this system for just 15 minutes a day for 60 days – you will be a totally new guitarist! At the very least, you’ll be playing things you never thought possible.

There are very specific protocols to follow. And to find out what they are, you will have to join the “Guitar Scale System” club which opens on May 21st.

In it, you will receive:

1. The specific Russian nervous system protocol designed for guitarists.

2. Powerful nervous system drilling patterns

3. An automated system that guides you through the drills and get you to the crucial “90% excitation” mark.

The whole process SOUNDS complex, but it’s not. It’s actually quite simple when you go through it. But let me clarify something: It’s simple, but NOT easy. However, it produces results that far outweigh conventional practicing as you’ll soon find out.
Bonus Section: Another Interesting Nervous System Phenomenon

Have you ever practiced a new technique, picking pattern, or a chord progression and it was really challenging? Then, the next day – you try it again and it feels easy? What happened?

Well, you can thank your nervous system for this “magical” improvement. My self-defense teacher called it: “nervous system gelling”. This is when the new neural pathway that you struggled to create suddenly “gels”.

And here’s the interesting phenomenon: it often happens WHEN YOU’RE SLEEPING! Yes, “neural gelling” usually happens when your body is at rest.

So here’s the takeaways for you:

1. Use the principles that bodybuilders and pro athletes have known for years: First you stress the body through training… but the RESULTS happen when you RECOVER.

2. Try practicing something very challenging (such as the nervous system drilling inside the Guitar Scale System) before going to bed.

3. Take a quick 20 minute nap in the afternoon, AFTER practicing something really hard.

Inside the “Nervous System Protocol”, I’ll teach you about nano-recovery, micro-recovery and macro-recovery cycles. And how you should incorporate those inside of your guitar practice for even better results!

Plus, I’m also preparing another bonus report for members only called: “Nervous System Secrets of Professional Athletes”. One of my best friends actually won 3 natural national bodybuilding championships and I’ll share some of his most amazing secrets with you inside this powerful report. I think you’ll love it!

Get ready for some hardcore results,
Virtuwul
Kinesiologist, Bsc. Of Science of Physical Activity

Now Click Here To Read How With Just 15 Minutes a Day, You'll Play Wicked, Smokin' Solos In Any Key, All Over The Neck Without Sounding Like a Guitar Geek Running Through a Scale Exercise

Plus Learn the 3 Biggest Mistakes That Will Save You Years of Frustration When You Practice Guitar Scales.
OTHER GREAT GUITAR WEBSITES

Beginner courses:

Lead guitar courses:
http://www.leadguitargurus.com/whyjoin.php

Blues guitar courses:

Jazz guitar courses:

Metal guitar courses:

Acoustic guitar courses:

Other goodies:

Gear:
http://www.rokstark.com