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ALTERNATE PICKING

Alternate picking (down and up-up and down) is the most popular form of picking I use in my playing. This takes all the guess work out of my mind and I can concentrate on the notes.

UP-DOWN PICKING EXERCISES

These exercises should be played slowly at first. When you feel comfortable with the notes of the exercise, pick up speed.

The above exercise is great for the fourth finger. Repeat measure transposing up a 1/2 step each time until your hands cannot make it any more — rest! — Start over again.

The above exercise is great for crossing strings.

The above exercise is tougher than #2 because you descend down the neck. Upon completion of exercises 2 and 3, join them together and practice.

This exercise synchronizes the left hand's fingers with the alternate picking style:

The following exercises (5 - 7) are designed to go from an up-pick on one string to a down-pick on the adjacent string.

5

6

7

These next exercises (8 and 9) deal with parallel 4ths (8) and 7ths (9).

8

9