

Alternate Picking Exercises

2 String Drills

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Play Each Measure 4 Times:
(Hold Down Each Finger As you Go!)

Two String Pairs, Displacing One Finger:

This exercise is presented in two systems. The first system consists of two staves: a treble clef staff with a 4/4 time signature and a guitar staff. Above the treble staff, there are two rows of picking notation: the first row contains square symbols (representing downpicks) and 'V' symbols (representing uppicks) in an alternating pattern; the second row contains square symbols and 'V' symbols in a different alternating pattern. The treble staff contains two measures of music, each with four eighth notes. The guitar staff contains two measures of music, each with four fret numbers (1, 2, 3, 4) corresponding to the notes in the treble staff. The second system is identical to the first but with different fret numbers: 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4.

Cont. Alternate Picking...

This exercise is presented in two systems. The first system consists of two staves: a treble clef staff with a 4/4 time signature and a guitar staff. The treble staff contains two measures of music, each with four eighth notes. The guitar staff contains two measures of music, each with four fret numbers (1, 2, 3, 4) corresponding to the notes in the treble staff. The second system is identical to the first but with different fret numbers: 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4.

Displacing Two Fingers:

This exercise is presented in two systems. The first system consists of two staves: a treble clef staff with a 4/4 time signature and a guitar staff. The treble staff contains two measures of music, each with four eighth notes. The guitar staff contains two measures of music, each with four fret numbers (1, 2, 3, 4) corresponding to the notes in the treble staff. The second system is identical to the first but with different fret numbers: 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4; 1, 2, 3, 4.

Play on all string pairs across the neck.
Try playing them backwards (4,3,2,1) and at different positions up and down the neck!