

3 Essential Picking Exercises You Must Know

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Alternate Picking (2:15)

The first exercise of the Alternate Picking section consists of two measures. The first measure contains four eighth notes: G4, A4, B4, and C5. The second measure contains four eighth notes: D5, E5, F5, and G5. The notes are marked with 'V' for up-bow and 'v' for down-bow. The dynamic marking *sim.* is present. The guitar TAB staff shows fret numbers: 3-3-3-3 for the first measure and 4-4-4-4 for the second measure. The final fret numbers are 5-5-5-5 and 6-6-6-6.

The second exercise of the Alternate Picking section consists of two measures. The first measure contains four eighth notes: G4, A4, B4, and C5. The second measure contains four eighth notes: D5, E5, F5, and G5. The notes are marked with 'V' for up-bow and 'v' for down-bow. The dynamic marking *sim.* is present. The guitar TAB staff shows fret numbers: 3-3-3-3 for the first measure and 4-4-4-4 for the second measure. The final fret numbers are 5-5-5-5 and 6-6-6-6.

Down Picking (2:55)

The first exercise of the Down Picking section consists of two measures. The first measure contains four eighth notes: G4, A4, B4, and C5. The second measure contains four eighth notes: D5, E5, F5, and G5. The notes are marked with 'v' for down-bow. The dynamic marking *sim.* is present. The guitar TAB staff shows fret numbers: 3-3-3-3 for the first measure and 4-4-4-4 for the second measure. The final fret numbers are 5-5-5-5 and 6-6-6-6.

The second exercise of the Down Picking section consists of two measures. The first measure contains four eighth notes: G4, A4, B4, and C5. The second measure contains four eighth notes: D5, E5, F5, and G5. The notes are marked with 'v' for down-bow. The dynamic marking *sim.* is present. The guitar TAB staff shows fret numbers: 3-3-3-3 for the first measure and 4-4-4-4 for the second measure. The final fret numbers are 5-5-5-5 and 6-6-6-6.

