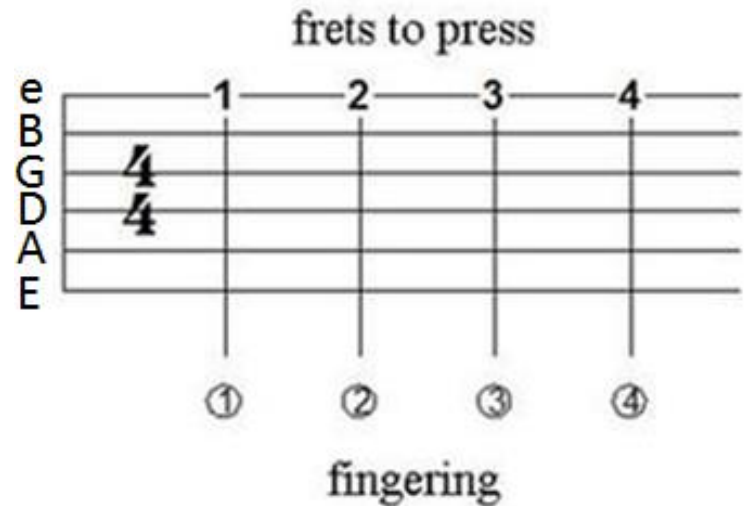
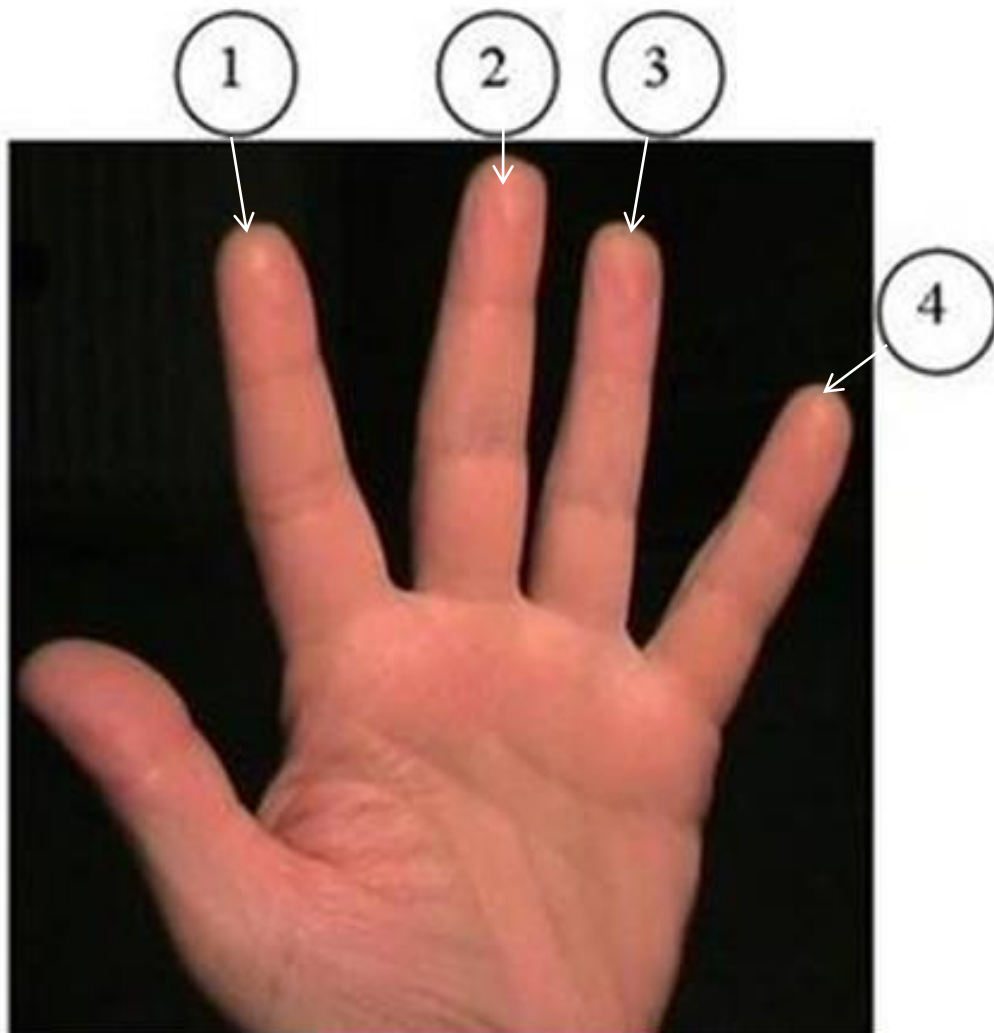


Alternate Picking Guitar Exercise 1



- *Biswarup Majumder*

Keep Things in Mind



▣ = Downstroke

∨ = Upstroke

TIPS

- ⦿ This is the classic first exercise to practice on the guitar to improve your speed and warm up both your hands.
- ⦿ Play it slowly then increases the speed, but if you find mistakes then slows down it again.
- ⦿ Use a metronome at 60 BPM and play 4 notes a beat, if you can play it without mistakes then you can increase of 4 BPM.
- ⦿ Pay attention to the direction of the picking.

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1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

① ② ③ ④ ① ② ③ ④ ① ② ③ ④

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1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

1-1-1-1-2-2-2-2-3-3-3-3-4-4-4-4

① ② ③ ④ ① ② ③ ④ ① ② ③ ④

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4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

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4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

4-4-4-4-3-3-3-3-2-2-2-2-1-1-1-1

1

④ ③ ② ① ④ ③ ② ① ④ ③ ② ①



BISWARUP MAJUMDER



THANK YOU...



Any Body Can Play Guitar