

Alternate Picking Exercise

PDF Lesson

1 2 3

T
A
B

5 9 7 5 9 7 7 5 9 7 5 9



Breakdown

Bar 1

Musical notation for Bar 1. The first staff shows a sequence of six notes: G4, A4, B4, A4, G4, F4. The second staff shows the corresponding picking strokes: a red downward arrow (5), a blue upward arrow (9), a red downward arrow (7), a blue upward arrow (5), a red downward arrow (9), and a blue upward arrow (7).

Play this first bar in a loop with continuous alternate picking.

Each time a note is repeated, the pick stroke reverses.

Musical notation for Bar 1, illustrating practice loops. The first staff shows the sequence of notes: G4, A4, B4, A4, G4, F4. The second staff shows the corresponding picking strokes: a blue upward arrow (9), a red downward arrow (7), a red downward arrow (9), and a blue upward arrow (7). Brackets group the first two strokes as 'Inside Stroke' and the last two as 'Outside Stroke'.

Inside Stroke

Outside Stroke

Inside Stroke Practice Loop:
<https://youtu.be/HgyhARH0zNk>

Outside Stroke Practice Loop:
<https://youtu.be/Pl1pClUqnR0>

Breakdown

Bar 2

The image shows a musical score for a guitar. It consists of two staves. The top staff is a treble clef staff with a treble clef symbol. It contains a single measure of music with six eighth notes. The first note is on the first line (F4) with a '4' above it. The second note is on the second line (G4). The third note is on the second space (A4). The fourth note is on the second line (G4). The fifth note is on the second space (A4). The sixth note is on the second line (G4) with a '5' above it. The bottom staff is a guitar TAB staff with the letters 'T', 'A', and 'B' stacked vertically on the left. It contains the same six notes as the treble staff, with fret numbers 7, 5, 9, 7, 5, and 9 written below the lines.

Whereas the first bar has 2 notes on the first string and 1 on the second, this bar has 1 note on the first string and 2 on the second.

Loop this measure like the first.

Okay So... Why Dotted 8th-16th Rhythms?

The image shows a musical score for a guitar. The top staff is in treble clef, 3/4 time, and contains two measures of music. The first measure is marked with a '1' and the second with a '2'. The notes are: G4 (quarter), A4 (dotted quarter), B4 (eighth), G4 (quarter), F4 (dotted quarter), E4 (eighth). The second measure is marked with a '3' and contains: D4 (quarter), E4 (dotted quarter), F4 (eighth), G4 (quarter), A4 (dotted quarter), B4 (eighth). Below the staff is a guitar tablature (TAB) with six lines. The notes are represented by fret numbers: 5, 9, 7, 5, 9, 7 for the first measure, and 7, 5, 9, 7, 5, 9 for the second measure.

Dotted 8th/16th rhythms are beneficial because they force us to lump every individual note into 2 note groups (short-long). Eventually, a single impuse is all that is necessary to trigger both notes.

Alternative

Bar 1 + Bar 2

5

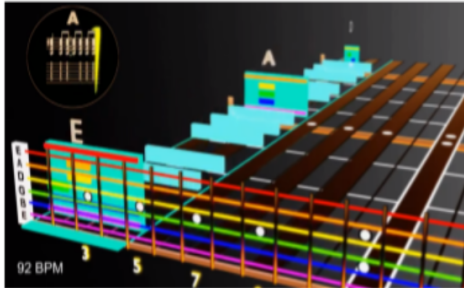
5 9 7 7 5 9

Glue the first 3 notes of Bar 1 to the last 3 notes of bar 2.

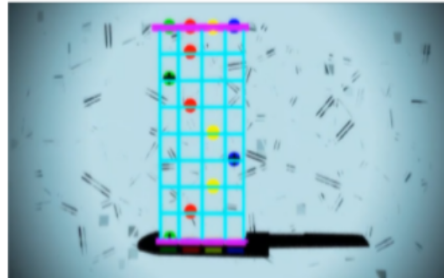
Start with an upstroke for an added challenge.

More practice resources:

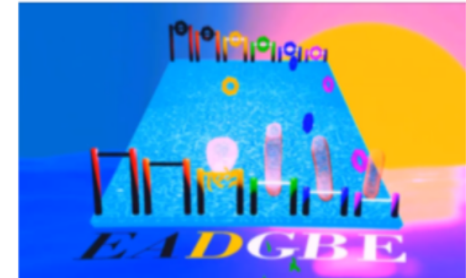
<https://youtube.com/thegodhouse>



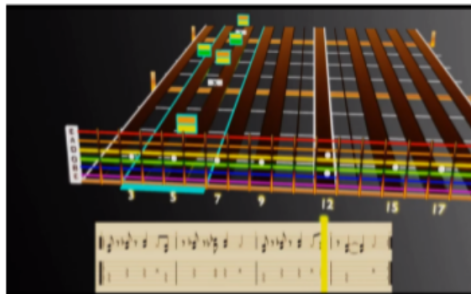
Chords



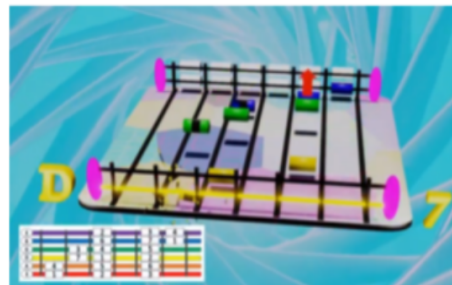
Pocket Guitar



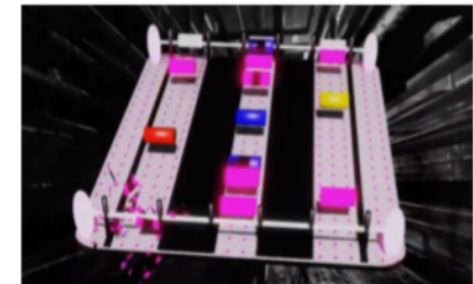
Fingerpicking



Riffs



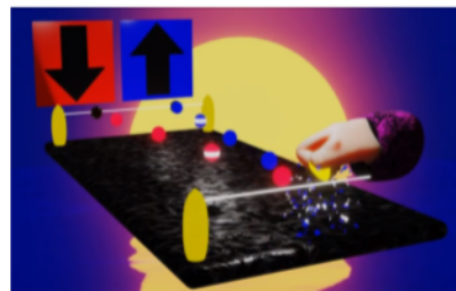
Scales



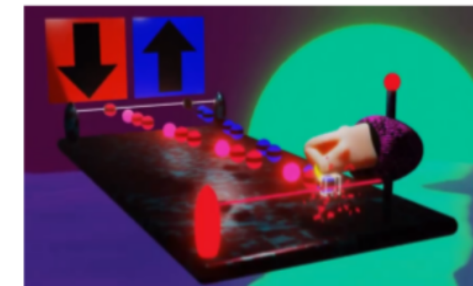
Speed/Accuracy



Techniques



Picking Fundamentals



Metal Rhythms