

# ALTERNATE PICKING

## *Lesson #01:*

v ^ v ^ v ^ v ^ v ^  
6 5 4 3 2 1 2 3 4 5

## *Lesson #02:*

v ^ v ^ v ^ v ^ v ^ v ^ v ^ v ^  
6 4 5 3 4 2 3 1 3 2 4 3 5 4

## *Lesson #03:*

v ^  
6 6 6 6 1 1 1 1 5 5 5 5 2 2 2 2 4 4 4 4 3 3 3 3 4 4 4 4 2 2 2 2 5 5 5 5 1 1 1 1

# LEFT HAND PRACTICE

## *Ascending*

fret: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
finger: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
string: 6 6 6 6 5 5 5 5 4 4 4 4 3 3 3 3 2 2 2 2 1 1 1 1

## *Descending*

fret: 5 4 3 2 5 4 3 2 5 4 3 2 5 4 3 2 5 4 3 2  
finger: 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1  
string: 1 1 1 1 2 2 2 2 3 3 3 3 4 4 4 4 5 5 5 5 6 6 6 6

[go up one fret and ascend...]