

Alternate Picking: Level 1

Exercise #1

▣ = Downstroke

▽ = Upstroke

The exercise is written in 4/4 time and consists of two systems of three measures each. The first system is marked with measure numbers 1, 2, and 3. The second system is marked with measure numbers 4, 5, and 6. The notation includes a treble clef staff with eighth notes and a guitar tablature staff with fret numbers (0). Picking directions are indicated by squares (downstroke) and inverted triangles (upstroke) below the notes.

System 1 (Measures 1-3):
Measure 1: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.
Measure 2: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.
Measure 3: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.

System 2 (Measures 4-6):
Measure 4: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.
Measure 5: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.
Measure 6: 8 eighth notes (D4, E4, F4, G4, A4, B4, C5, B4). Picking: ▣ ▽ ▣ ▽ ▣ ▽ ▣ ▽.