

Down-Up Picking Exercises Part 1

John Treacy

These are single string exercises to build skill in keeping a steady down-up movement in the right hand, playing all down beats with down strokes off beats with up strokes. The exercise shows all notes are open E string notes, but you should practice this on all strings.

Take these slowly, one at a time. Feel your hand lifting and dropping in steady rhythm. Relax.

Exercise 1 - All 8th notes

Exercise 2 - Quarter, eighth eighth, repeat

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Exercise 3 - Eighth, Eighth, Quarter, repeat

Exercise 4

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Exercise 5

Exercise 6

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Exercise 7

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