

# Alternate Picking: Level 1

## Exercise #1

▢ = Downstroke

∇ = Upstroke

The exercise is written in 4/4 time and consists of 8 measures, each containing 8 eighth notes. The notation is divided into two systems of four measures each. The first system (measures 1-4) starts on the open string (0) and moves up stepwise. The second system (measures 5-8) starts on the 5th fret (5) and moves up stepwise. Each measure is marked with a pick stroke symbol (▢ for downstroke, ∇ for upstroke) below the staff. The TAB notation below the staff shows the fret numbers for each note.

Measure 1: 0 0 0 0 0 0 0 0 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 2: 1 1 1 1 1 1 1 1 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 3: 2 2 2 2 2 2 2 2 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 4: 3 3 3 3 3 3 3 3 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 5: 5 5 5 5 5 5 5 5 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 6: 6 6 6 6 6 6 6 6 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 7: 7 7 7 7 7 7 7 7 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)

Measure 8: 8 8 8 8 8 8 8 8 (Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke, Downstroke, Upstroke)