



LPM

ALTERNATE PICKING (Essentials 6.4)

Fluency and Synchronisation

LESSON NOTES

This lesson looks deeper into ways to improve your fluency as a picker. Using a classic scalar exercise that is proven to develop technique-scales in thirds-we look at more musical and fun ways to keep your picking on track. Once the idea of the simple up and down movement is covered and installed into our technique from the first few lessons, we need new ideas and concepts to challenge our picking, it's the best way to improve.

This lesson also looks at streamlining picking by using scales only on individual strings. There is also a rhythmic challenge to complete.

Points covered:

- Scalar pattern-scales in thirds
- Scales on single strings
- Developing fluency