



LPM

ALTERNATE PICKING (Essential 6.2)

Mechanics and movement of picking

LESSON NOTES

This lesson takes a closer look at the movements associated with alternate picking. The pivot point of the wrist (as opposed to the elbow or the thumb) is discussed, as well as the correct muscle groups that should be used to streamline your alternate picking for maximum efficiency and consistency. This lesson goes on to discuss how rhythm and picking are connected, and ways to practise both.

Picking is a physical thing, and unlike learning a new scale or chord it must be confronted with physics in mind. There are so many great pickers out there, and so many different ways to do it, but they all have efficiency and consistency in common.

Points covered:

- Which part of the arm should be moving
- Where to pivot the picking hand
- Applying rhythm to picking
- First look at a basic rhythm pyramid