



LPM

ALTERNATE PICKING (Essentials 6.3)

Synchronising your picking and fretting hands

LESSON NOTES

Now that we have looked in detail at the picking hand, it's time to get the fretting hand involved. Synchronisation between the two hands is of paramount importance. With rhythm as the starting point, this lesson discusses ways to develop a strong connection between how we pick, and how we fret notes.

The major scale is employed to work on patterns that are musically transferrable, as well as a slightly unorthodox use of trills-picked trills. As always, emphasis is on your timing and tone, and avoiding bad habits.

Points covered:

- Picking scales
- Using all fingers
- Picking trills
- Synchronisation
- Introduction to Rhythm Pyramid