

## Alternate Picking Scale Patterns

1 – introduction

2 - 8 up and 8 down: 1 to next octave 2 and back (4x), then 2 to next octave 3 (4x), etc. AND whole exercise in reverse

3 – 8 up and 8 down: 1 ascending to next octave 2, descend to 2, 3 ascend to 4, 4 descend to 4, etc. AND whole exercise in reverse

4 – 4 notes in a row, non-continuous; 1 2 3 4 5 4 3 2 (4x) then 1, 2 3 4 5 6 5 4 3 (4x) then 2, etc. AND whole exercise in reverse

5 – 4 notes in a row, continuous, 1 2 3 4, 2 3 4 5, 3 4 5 6, etc. AND whole exercise in reverse

6 – 4 notes in a row, “3 up and back”: 1 2 3 1, 2 3 4 3, 3 4 5 3, etc. AND whole exercise in reverse

7 – 4 notes in a row, “reverse of 3 up and back”: 1 3 2 1, 2 4 3 2, 3 5 4 3, etc. AND whole exercise in reverse

8 – 3 notes in a row: 1 2 3, 2 3 4, 3 4 5. etc.

9 – 6 notes in a row in triplets: 1 2 3 4 5 6, 7 6 5 4 3 2, 3 4 5 6 7 8, 9 8 7 6 5 4, etc.

10 – scale in 3rds: 1 3, 2 4, 3 5, etc. AND whole exercise in reverse

11 – 7-note arpeggios: 1 3 5 7, 2 4 6 8, 3 5 7 9, etc., continuous or non-continuous; AND whole exercise in reverse

12 – other intervals (4ths, 5ths, 6ths, 7ths) AND whole exercise in reverse