

## ~ 4 String Sweep Picking Arpeggios ~

If you, like most guitar players, have ever wanted to break out of a creative rut with playing arpeggios and wanted to find new, creative sounds to play, the following exercise will help you to achieve a sound that is rarely heard in standard sweep picking patterns.

As you can see, there are no hammer ons or pull offs in these patterns, and every note is picked. This helps to get a much more aggressive sweep picking sound that most guitar players are not used to hearing.

The most challenging aspect of these arpeggios is the rolling technique which is to be done with your index finger. Here is a reminder about how to practice the rolling technique:

When ascending (playing from the lowest note to the highest note) the rolling portion of the arpeggio, you need to play the 1<sup>st</sup> note of the roll with the fingertip of the finger, as you would play any other note. To play the remaining notes of the roll, you must fret them with the **fingerprint** (instead of finger tip). Your finger actually bends backwards like a banana.

It is critically important that you do NOT think of the rolling technique as barring (as in playing barre chords). When you play barre chords, you are letting all strings ring together. When rolling, only ONE string must be sounding at a time. This is a critically important difference between the two techniques. Many players confuse them, so I want to make sure that you understand why they are very different.

When descending the rolling portion of the arpeggio, think of "rewinding" (as if on camera) the motions of the ascending roll described above. You begin by playing the first note of the roll with the **fingerprint** (instead of finger tip), continue until you play the last note of the roll with the finger tip. In other words, you simply perform the motions of the ascending roll, only backwards (which makes sense, considering we are descending the arpeggio). So keep these things in mind as you practice rolling.

I want you to work on this exercise as part of your sweep picking practice between now and the next lesson and work on integrating this new sound into your playing as much as possible.

When you are practicing this exercise, find the top metronome speed at which you can play these arpeggios cleanly. As you are practicing at the top speed, observe what mistakes tend to happen at that speed (what is it that prevents you from playing faster?) After that, slow down the metronome and focus on preventing these same mistakes from finding their way into your

playing. As you do this more and more at the slower speeds you will find that your maximum speed gradually begins to feel much easier.

**Important:** Don't expect to fully master this exercise and be able to play it flawlessly by the next lesson. It is perfectly normal if you are only able to play it at a slow speed or if you still have some issues you want to refine. When the next lesson arrives, I want you to shift your attention to it, and the materials provided there. Remember that "this" particular exercise "by itself" has little meaning.

The overall strategy and the progression of the materials I design for you is the most important part of our lessons and that is where I want your focus to be at all times. There will be enough technique building exercises for you to enable you to develop your physical playing to the level you want to reach.

I build your lesson strategy in such a way that the new materials you receive will reinforce the training you receive from the previous lessons (and provide enough variety to give you time to practice the older material if necessary). So as long as you have consistently practiced this exercise, and can play it at least at a slow tempo all the way through, you are in good shape to move on.

Over time (as we do more of these and other technique building exercises), you will find that as you come back to the older materials, you will be able to play them much faster, cleaner and more accurately. True mastery will develop with time...it cannot be rushed...

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**TAB**  
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