

~ Sweep Picking Exercise 1 ~

This exercise will help you to get closer to mastering the sweep picking technique by focusing on the picking hand motions as it moves across the strings. This sweep picking section uses a somewhat unique picking pattern.

You have to pick every single note here (there are no hammer ons and pull offs). This allows for a very smooth and consistent motion with the picking hand and naturally lends itself to fast playing.

I want you to practice the following 3 string arpeggios using the guidelines below.

Your pick must never stop moving through this exercise (and must never come away from the strings). There is a consistent up and down movement with the pick. When you ascend, you are making 3 downstrokes (using ONE hand movement, without stopping after each downstroke).

When descending, you are making 3 upstrokes (using ONE hand movement, without stopping after each upstroke). The picking hand motion is critical in order to play arpeggios well.

Another thing you need to worry about here is extraneous string noise that may occur from the lower in pitch strings. This can be taken care of using the thumb muting technique.

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.

Sweep picking Exercise 1

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