

~ 3 String 7th Arpeggios ~

The following exercise will help you to become more creative when playing arpeggios and will help you to get closer to mastering the sweep picking technique.

The most important thing to pay attention to here is the picking hand motion. Even though there are hammer ons and pull offs on the top and bottom strings of this arpeggio, your pick must never stop moving!

In other words, even as the fretting hand performs hammer ons and pull offs, the pick must continue moving up or down (depending on if you are ascending or descending the arpeggio). This is absolutely critical to being able to play these arpeggios smoothly and fast.

The picking hand motion needs to be controlled and continuous. When you sweep pick, it is not a rake or a quick strum but a succession of consecutive downstrokes or upstrokes. Again, your hand **DOES NOT STOP MOVING**.

Each downstroke stops when the pick touches the next higher string and immediately pushes through it (in other words, the pick **does NOT stop in between the strings**). This is critical to understand!

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.

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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[illegible]

Hear it

This lesson's [Practice Generator](#) category is: Technical Skills (Lead Guitar) > Arpeggios (Practice With Distortion). Practice this lesson when this category comes up in your schedule.