

Streamlining Picking Strokes

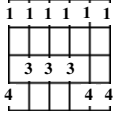
The Principle of Streamlining

Use streamlined form, which is easier to see and feel when you are picking rapidly. Since it is easier to pick fast by repeating a single note, this exercise works on picking each note of a scale four times, then three times, twice, then once. Try to carry over the streamlined movement you are using when playing each note four times to when you are picking each note once.

Specific Technical Suggestions

Keep the pick upright. The optimum rotation on the pick's axis is usually about 20°. Float your picking hand wrist for a smooth transition through all the strings. Pick on the outer surface of the string. Use the weight of the hand to throw the hand up and down, bending at the wrist in a plane perpendicular to the surface of the strings.

Am7/11 V



Alternate Picking Triplets

Notice that when picking triplets (or any odd number of notes per beat) with alternate down-up picking, one beat starts with a downstroke, and the next with an upstroke.

