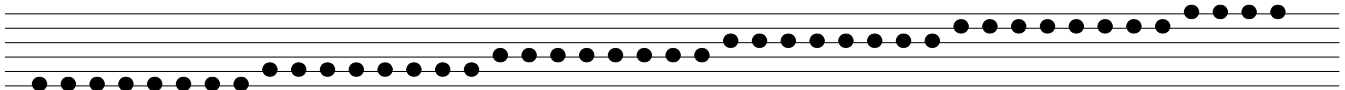


Tremolo picking is a rapid fire series of notes, usually much faster than the lesson here. However, this lesson is not so much about speed as it is learning to keep the wrist moving. Tremolo picking is also a great for improving accuracy. Work at keeping a consistent pick depth (use just the tip), and try not to use the whole arm for these exercises.

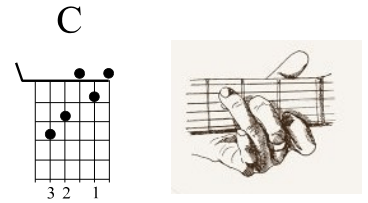
Set the metronome to 80 mm and practice each of the exercises shown here for 2 minutes (10 minutes total). Use alternate picking to play one note per beat. The pick hand should not be affected by what the fret hand is doing.

0:00 Choose any string and pick that string for 2 minutes. It is recommended to use side to side movements for these exercises. Different guitarists' methods may vary when it comes to this. Feel free to learn from other styles and find what works for you. The main goal here is to simply keep the wrist loose and free.

2:00 Next pick each string 8 times, then use the whole arm to change strings. Start each string with a downstroke even when going from the higher strings to the lower strings (pitch).

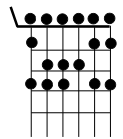


4:00 Now practice changing strings while holding any open chord. There may be a little bit of sympathetic tension here. Do not let this affect the pick hand! Only pick the strings within the chord. For example, if you choose to fret the C major chord, then do not include the 6th string (shown here).

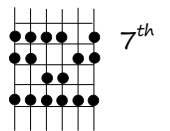


The last two exercises involve playing up and down the C major scale in the open and 7th positions. Each note should be held for 2 beats. This means picking each note twice the first time through these exercises. There is likely to be a little more sympathetic tension, so really work at staying relaxed. There should not be any real difference in the pick hand.

6:00 This can be played similar to the open chromatic scale. Hold each finger down while ascending each string, then left them to play the next open string. When descending, lift each finger one at a time, then gently drop only the fingers needed onto the next string.



8:00 Again, this is similar to page 4-2. As the last note is played on each string (ascending), all but the last finger can be lifted and ready for the next string. All but the last finger on each string can be ready to fret the next string as needed when descending.



Now do the same thing two more times; once with 2 notes per beat, then with 4 notes per beat. This should help:

- | | |
|---|---|
| 10:00 Pick any one string 2 times per beat | 20:00 Pick any one string 4 times per beat |
| 12:00 Pick each string 8 times (4 beats per string) | 22:00 Pick each string 8 times (2 beats per string) |
| 14:00 Do the same while holding any chord | 24:00 Do the same while holding any chord |
| 16:00 Pick each note 4 times (2 beats per note) | 26:00 Pick each note 8 times (2 beats per note) |
| 18:00 Pick each note 4 times (2 beats per note) | 28:00 Pick each note 8 times (2 beats per note) |

For those who would like to really shred, here is a short exercise that can be done any time. Take a few seconds to pick any string as fast and smooth as you can. Just a little movement from the whole arm can really help pick faster. Work up to as fast as you can go and count to 3, then rest your hand and arm. Do this 2 or 3 times. After a week or so try counting up to 4, then count up to 5 the next week. Holding these short 'bursts' for longer and longer periods is the key to reaching and maintaining your optimum speed. This is also a great warm-up for the pick hand.