



Picking for Beginners Exercise: Lesson 2

By Christopher Schlegel

In this first lesson we are going to do downstrokes. This is achieved by striking a string with your pick in a downward motion; towards the floor.

Picking Technique For Beginner Scale Exercises
Downstrokes - Lesson 1

The image shows a guitar exercise titled "Downstrokes - Lesson 1" in 4/4 time. It consists of two systems of music, each with six measures. The first system (measures 1-6) and the second system (measures 7-12) each include a standard musical staff with a treble clef and a 4/4 time signature, a guitar tablature staff with fret numbers (0-0-0-0), and a diagram of the guitar fretboard showing the string and fret for each note. The notes are quarter notes, and the exercise focuses on downstrokes.