



Picking for Beginners Exercise: Lesson 3

By Christopher Schlegel

The upstroke is the exact opposite of a downstroke. While we strike the string while going downward in a downstroke, we hit it going upward in an upstroke; toward the ceiling.

This can be a little bit harder to do at first. But with practice it is easy to control and an invaluable skill to acquire.

Picking Technique For Beginner Scale Exercises
Upstrokes - Lesson 2

The image displays a musical score for a guitar exercise titled "Upstrokes - Lesson 2". The score is written in 4/4 time and consists of two systems of music. Each system includes a standard musical staff with a treble clef and a key signature of one sharp (F#), and a corresponding guitar tablature (TAB) staff. The first system covers measures 1 through 6, and the second system covers measures 7 through 12. Each measure is numbered at the beginning. The musical notation shows a sequence of eighth notes, with the first four notes of each measure being beamed together. The TAB staff shows the fret numbers for each note, with '0' representing the open string. Below the TAB staff, a series of 'V' characters indicates the picking direction for each note, with 'V' representing an upstroke. The exercise is designed to practice consistent upstroke picking across a scale.