



C Minor Exercises: Lesson 4

By Christopher Schlegel

This time we are going to combine downstrokes and upstrokes. This is called alternate picking.

Play each note by lightly grazing the string with the pick. After striking the note, bring the pick across the string striking it again with the upstroke. This puts us in position to strike the string again with another downstroke, followed by another upstroke. As usual, aim for minimal motion. Only move your fingers and, or wrist as much as necessary to strike the notes. You can use only your fingers without moving your wrist, but do not "lock" your wrist in place. Any motion you make or effort you expend that is not aimed at playing notes is wasted motion and effort. It will only make it harder for you to play the scale and ultimately make it harder for you to improve. An even, relaxed, untense motion is what we are after.

You can also experiment with playing the upstroke first. Again, keep in mind to go slowly and evenly. Don't rush or try to go faster than you can while maintaining an even spacing of the notes.

C Minor Scale Exercise

Open Position

1

T
A
B

3-3-3-3 0-0-0-0 1-1-1-1 1-1-3-3-3-3 1-1-1-1

2

1-1-1-1 3-3-3-3-1-1-1-1-0-0-0-0 3-3-3-3-1-1-1-1-0-0-0-0 3-3-3-3

Pattern 2

3

3-3-3-3-5-5-5-5 1-1-1-1-3-3-3-3 5-5-5-5 1-1-1-1-3-3-3-3-5-5-5-5

4

5-5-5-5-3-3-3-3-1-1-1-1 5-5-5-5 3-3-3-3-1-1-1-1 5-5-5-5-3-3-3-3

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Pattern 1

9

10

3-3-3-3-5-5-5-5-6-6-6-6 3-3-3-3 5-5-5-5-6-6-6-6 3-3-3-3-5-5-5-5

11

12

5-5-5-5-3-3-3-3 6-6-6-6-5-5-5-5 3-3-3-3 6-6-6-6-5-5-5-5-3-3-3-3