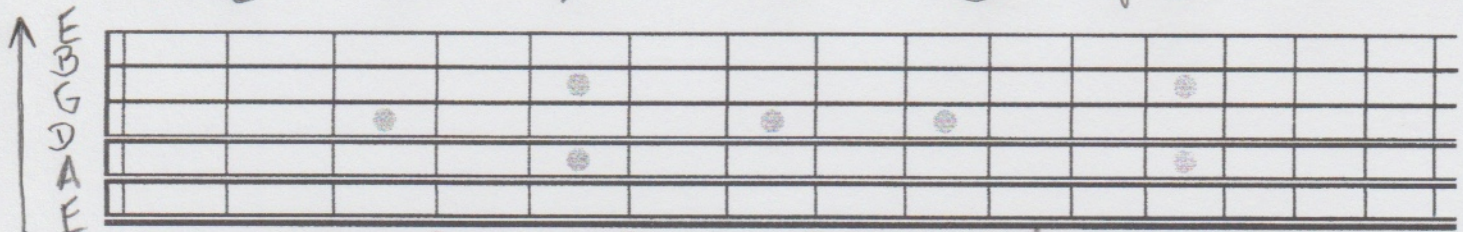


⌘ Pick DOWN

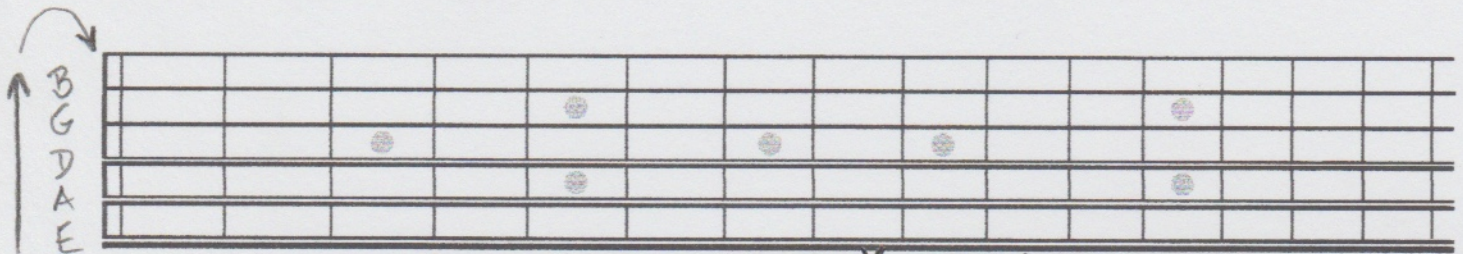
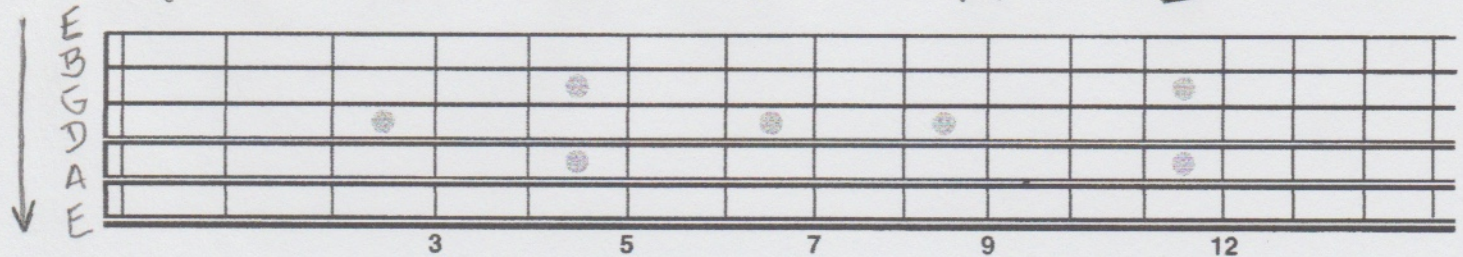
∨ Pick UP

# EXERCISE 1

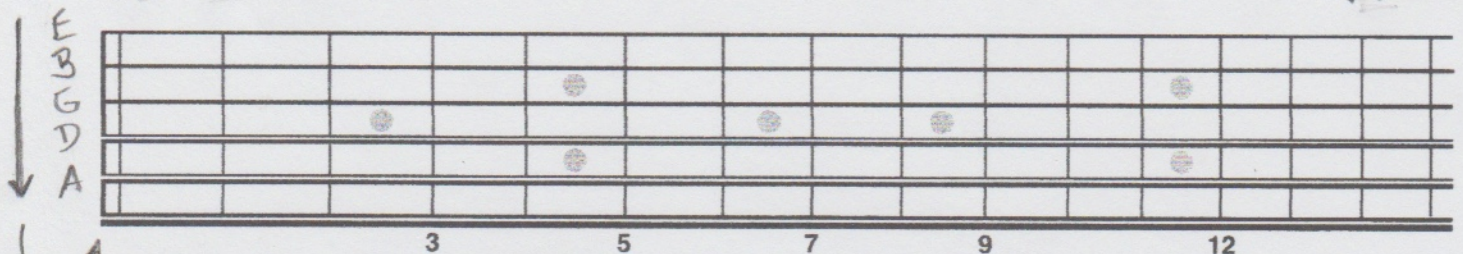
⌘      ⌘      ⌘      ⌘      ⌘      ⌘  
 Low E      A      D      G      B      High E



∨      ∨      ∨      ∨      ∨      ∨  
 High E      B      G      D      A      Low E



⌘      ⌘      ⌘      ⌘      ∨      ∨      ∨      ∨  
 ↑ E      ↑ A      ↑ D      ↑ G      ↓ E      ↓ B      ↓ G      ↓ D      ↓ A



REPEAT

- \* Pick Down (⌘) when going to the higher strings
- \* Pick Up (∨) when going to the Lower strings
- \* You can also practice this exercise by muting the strings with your left hand.