

# Guitar Hacks

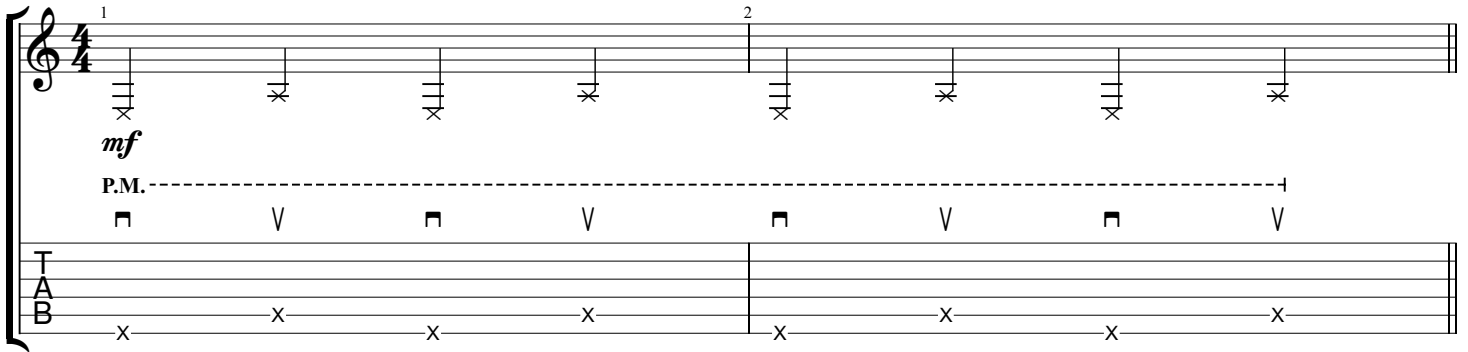
## Alternate Picking

### Day One

#### Phase 1

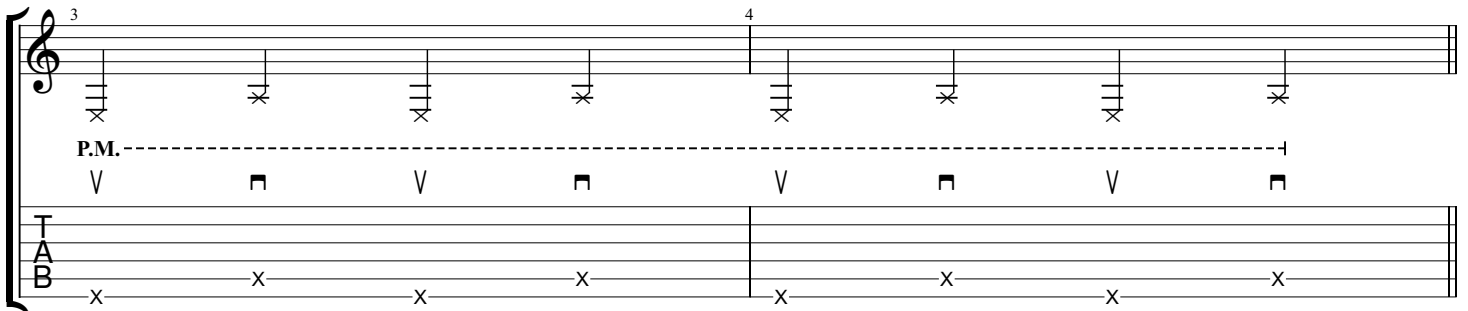
Kiko Loureiro

#### Exercise 1 (01:14 - 01:20)



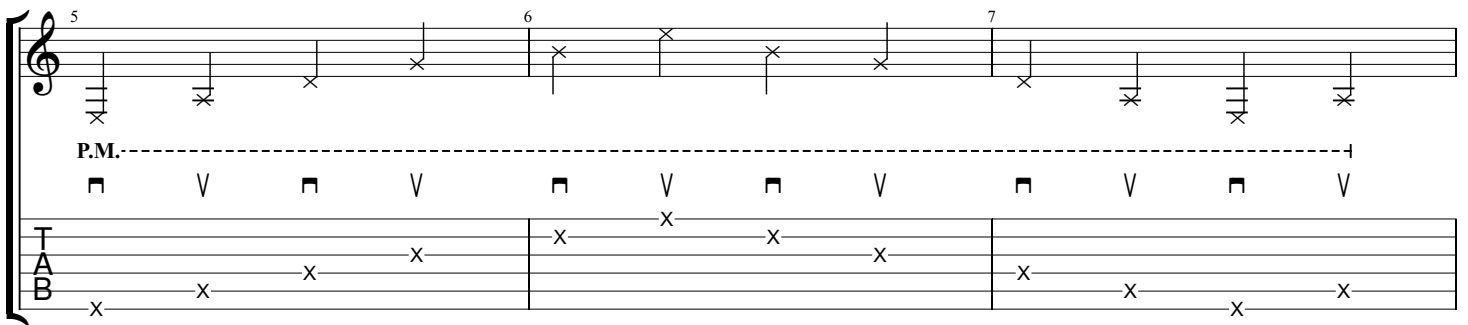
Exercise 1 (01:14 - 01:20) is an 8-measure exercise in 4/4 time. The notation includes a treble clef, a 4/4 time signature, and a dynamic marking of *mf*. The melody consists of quarter notes on the 4th, 3rd, 2nd, and 1st strings, alternating between the two hands. The picking pattern is indicated by a dashed line labeled "P.M." with square symbols for downpicks and inverted triangles for uppicks. The TAB system shows the string numbers and fret positions (indicated by 'x' marks) for each note.

#### Exercise 2 (01:21 - 01:28)

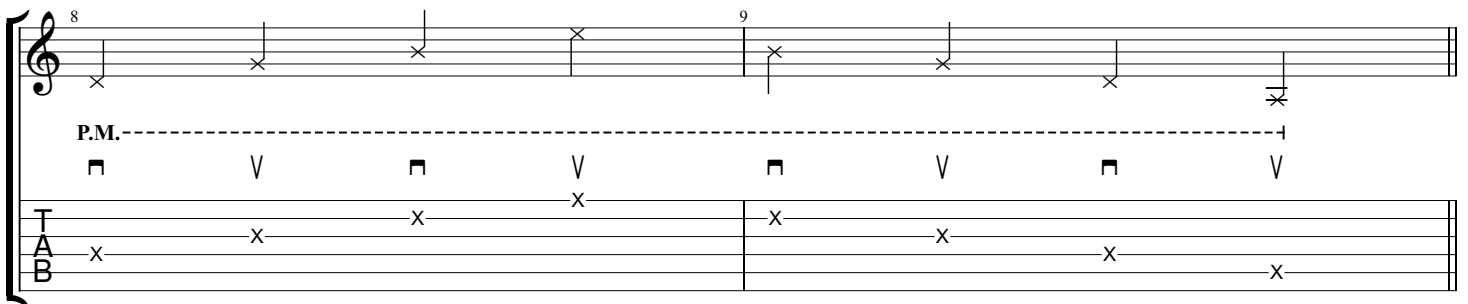


Exercise 2 (01:21 - 01:28) is an 8-measure exercise in 4/4 time. The notation includes a treble clef, a 4/4 time signature, and a dynamic marking of *mf*. The melody consists of quarter notes on the 4th, 3rd, 2nd, and 1st strings, alternating between the two hands. The picking pattern is indicated by a dashed line labeled "P.M." with square symbols for downpicks and inverted triangles for uppicks. The TAB system shows the string numbers and fret positions (indicated by 'x' marks) for each note.

#### Exercise 3 (01:43 - 01:55)



Exercise 3 (01:43 - 01:55) is a 12-measure exercise in 4/4 time. The notation includes a treble clef, a 4/4 time signature, and a dynamic marking of *mf*. The melody consists of quarter notes on the 4th, 3rd, 2nd, and 1st strings, alternating between the two hands. The picking pattern is indicated by a dashed line labeled "P.M." with square symbols for downpicks and inverted triangles for uppicks. The TAB system shows the string numbers and fret positions (indicated by 'x' marks) for each note.



This block continues the notation for Exercise 3, showing measures 8 through 12. The notation includes a treble clef, a 4/4 time signature, and a dynamic marking of *mf*. The melody consists of quarter notes on the 4th, 3rd, 2nd, and 1st strings, alternating between the two hands. The picking pattern is indicated by a dashed line labeled "P.M." with square symbols for downpicks and inverted triangles for uppicks. The TAB system shows the string numbers and fret positions (indicated by 'x' marks) for each note.

**Exercise 4 (02:04 - 02:53)**

10

P.M.-----

TAB

11

P.M.-----

TAB

**Exercise 5 (02:55 - 04:01)**

16

P.M.-----

TAB

17

P.M.-----

TAB

20

P.M.-----

TAB

21 Repeat until you feel comfortable, when you are comfortable, go to the next...

Repeat until you feel comfortable, when you are comfortable, go to the next...

22 23

P.M. □ V □ V □ V □ V

T A B x x x x x x

Repeat until you feel comfortable, when you are comfortable, go to the next...

24 25

P.M. □ V □ V □ V □ V

T A B x x x x x x

26 27

P.M. □ V □ V □ V □ V

T A B x x x x x x

**Exercise 6 (04:02 - 04:25)**

28 29

P.M. □ V □ V □ V □ V

T A B x x x x x x

30 31

P.M. □ V □ V □ V □ V

T A B x x x x x x

32 33

P.M. -----|

T  
A  
B

34 35

P.M. -----|

T  
A  
B

36 37 38

P.M. -----|

T  
A  
B

**Exercise 7 (05:24 - 06:12)**

39 40 41

P.M. -----|

T  
A  
B

**Exercise 8 (06:16 - 06:25)**

42 43 44

P.M. -----|

T  
A  
B

45 46

P.M.-----|

□ V □ V □ V □ V □ V □ V

T  
A  
B 5 6 7 8 | 5 6 7 8 | 5 6 7 8

**Exercise 9 (06:37 - 07:35)**

47 48 49

P.M.-----|

□ V □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V □ V

T  
A  
B 5 6 5 8 7 8 5 6 | 5 8 7 8 5 6 5 8 | 7 8 5 6 5 8 7 8

50 51

P.M.-----|

□ V □ V □ V □ V □ V □ V □ V □ V □ V □ V

T  
A  
B 5 6 5 8 7 8 | 5 6 | 5 8 7 8 | 5 6 5 8 7 8