

# Guitar Hacks

## Alternate Picking

### Day Three

#### Phase 2

Kiko Loureiro

#### Exercise 1 (00:13 - 00:34)

Exercise 1 (00:13 - 00:34) consists of three measures. Measure 1 starts with a dynamic marking of *f* and contains a quarter note G4, an eighth note A4, a quarter note B4, an eighth note C5, a quarter note D5, an eighth note E5, a quarter note F#5, and an eighth note G5. Measure 2 contains a quarter note G#5, an eighth note A5, a quarter note B5, an eighth note C6, a quarter note D6, an eighth note E6, a quarter note F6, an eighth note G6, a quarter note A6, an eighth note B6, a quarter note C7, an eighth note D7, a quarter note E7, and an eighth note F7. Measure 3 contains a quarter note G7, an eighth note A7, a quarter note B7, an eighth note C8, a quarter note D8, an eighth note E8, a quarter note F#8, and an eighth note G8. The guitar tablature below shows the fretting for each note: 3-5-7, 3-5-7, 4-5-7, 4-5-7, 5-7-8, 5-7-8-8-7-5, 8-7-5, 7-5-4, 7-5-4, 7-5-3, 7-5-3.

#### Exercise 2 (00:35 - 00:50)

Exercise 2 (00:35 - 00:50) consists of three measures. Measure 4 contains a quarter note G4, an eighth note A4, a quarter note B4, an eighth note C5, a quarter note D5, an eighth note E5, a quarter note F#5, and an eighth note G5. Measure 5 contains a quarter note G#5, an eighth note A5, a quarter note B5, an eighth note C6, a quarter note D6, an eighth note E6, a quarter note F6, an eighth note G6, a quarter note A6, an eighth note B6, a quarter note C7, an eighth note D7, a quarter note E7, and an eighth note F7. Measure 6 contains a quarter note G7, an eighth note A7, a quarter note B7, an eighth note C8, a quarter note D8, an eighth note E8, a quarter note F#8, and an eighth note G8. The guitar tablature below shows the fretting for each note: 3-5-7, 3-5-7, 4-5-7, 4-5-7, 5-7-8, 5-7-8-10-8-7, 10-8-7, 9-7-5, 9-7-5, 9-7-5, 8-7-5.

Exercise 2 (00:35 - 00:50) continues with measures 7-9. Measure 7 contains a quarter note G4, an eighth note A4, a quarter note B4, an eighth note C5, a quarter note D5, an eighth note E5, a quarter note F#5, and an eighth note G5. Measure 8 contains a quarter note G#5, an eighth note A5, a quarter note B5, an eighth note C6, a quarter note D6, an eighth note E6, a quarter note F6, an eighth note G6, a quarter note A6, an eighth note B6, a quarter note C7, an eighth note D7, a quarter note E7, and an eighth note F7. Measure 9 contains a quarter note G7, an eighth note A7, a quarter note B7, an eighth note C8, a quarter note D8, an eighth note E8, a quarter note F#8, and an eighth note G8. The guitar tablature below shows the fretting for each note: 7-8-10, 7-9-10, 7-9-10, 8-10-12, 8-10-12-14-12-10, 13-12-10, 12-11-9, 12-10-9, 12-10-9, 12-10-8.

#### Exercise 3 (01:07 - 01:51)

Exercise 3 (01:07 - 01:51) consists of three measures. Measure 10 contains a quarter note G4, an eighth note A4, a quarter note B4, an eighth note C5, a quarter note D5, an eighth note E5, a quarter note F#5, and an eighth note G5. Measure 11 contains a quarter note G#5, an eighth note A5, a quarter note B5, an eighth note C6, a quarter note D6, an eighth note E6, a quarter note F6, an eighth note G6, a quarter note A6, an eighth note B6, a quarter note C7, an eighth note D7, a quarter note E7, and an eighth note F7. Measure 12 contains a quarter note G7, an eighth note A7, a quarter note B7, an eighth note C8, a quarter note D8, an eighth note E8, a quarter note F#8, and an eighth note G8. The guitar tablature below shows the fretting for each note: 3-5-7, 3-5-7, 4-5-7, 4-5-7, 5-7-8, 5-7-8-8-7-5, 8-7-5, 7-5-4, 7-5-4, 7-5-3, 7-5-3.

Exercise 3 (01:07 - 01:51) continues with measures 13-15. Measure 13 contains a quarter note G4, an eighth note A4, a quarter note B4, an eighth note C5, a quarter note D5, an eighth note E5, a quarter note F#5, and an eighth note G5. Measure 14 contains a quarter note G#5, an eighth note A5, a quarter note B5, an eighth note C6, a quarter note D6, an eighth note E6, a quarter note F6, an eighth note G6, a quarter note A6, an eighth note B6, a quarter note C7, an eighth note D7, a quarter note E7, and an eighth note F7. Measure 15 contains a quarter note G7, an eighth note A7, a quarter note B7, an eighth note C8, a quarter note D8, an eighth note E8, a quarter note F#8, and an eighth note G8. The guitar tablature below shows the fretting for each note: 5-7-8, 5-7-9, 5-7-9, 7-8-10, 7-8-10-10-8-7, 10-8-7, 9-7-5, 9-7-5, 9-7-5, 8-7-5.

Musical notation for measures 16-18. Measure 16: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 7-8-10, 7-9-10, 7-9-10, 7-9-11. Measure 17: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 8-10-12, 8-10-12-12-10-8, 12-10-8. Measure 18: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 11-9-7, 10-9-7, 10-9-7, 10-8-7.

Musical notation for measures 19-21. Measure 19: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 8-10-12, 9-10-12, 9-10-12, 9-11-12. Measure 20: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 10-12-13, 10-12-14-14-12-10, 13-12-10. Measure 21: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 12-11-9, 12-10-9, 12-10-9, 12-10-8.

Musical notation for measures 22-24. Measure 22: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 10-12-14, 10-12-14, 10-12-14, 11-12-14. Measure 23: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 12-13-15, 12-14-15-15-14-12, 15-13-12. Measure 24: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 14-12-11, 14-12-10, 14-12-10, 14-12-10.

Musical notation for measures 25-27. Measure 25: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 12-14-15, 12-14-15, 12-14-16, 12-14-16. Measure 26: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 13-15-17, 14-15-17-17-15-14, 17-15-13. Measure 27: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 16-14-12, 16-14-12, 15-14-12, 15-14-12.

Musical notation for measures 28-30. Measure 28: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 14-15-17, 14-15-17, 14-16-17, 14-16-17. Measure 29: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 15-17-19, 15-17-19-19-17-15, 19-17-15. Measure 30: Treble clef, G4, A4, B4, C5, D5, E5, F#5, G5. Bass clef: 17-16-14, 17-16-14, 17-15-14, 17-15-14.

**Exercise 4 (02:25 - 02:31)**

Ionian

*mf*

**Exercise 5 (02:32 - 02:47)**

Lydian

**Exercise 6 (02:56 - 03:09)**

Mixolydian

**Exercise 7 (03:54 - 04:00)**

Dorian

**Exercise 8 (04:01 - 04:08)**

Aeolian

**Exercise 9 (04:09 - 04:15)**

Phrygian

46 47 48

TAB: 5-6-8 5-7-8 5-7-8 6-8-10 6-8-10-10-8-6 10-8-6 9-7-5 8-7-5 8-7-5 8-6-5

**Exercise 10 (04:16 - 04:24)**

Locrian

49 50 51

TAB: 5-6-8 5-6-8 5-7-8 5-7-8 6-8-10 6-8-10-10-8-6 10-8-6 8-7-5 8-7-5 8-6-5 8-6-5

**Exercise 11 (04:38 - 04:42)**

52 53 54

TAB: 3-5-7 3-5-7 3-5-7 4-5-7 4-5-7 5-7-8 5-7-8 3-5-7 3-5-7 3-5-7

**Exercise 12 (05:15 - 05:27)**

55 56 57

TAB: 5-8-10 5-7-10 5-7-10 5-7-9 5-8-10 5-8-10-10-8-5 10-8-5 9-7-5 10-7-5 10-7-5 10-8-5

**Exercise 13 (05:32 - 05:48)**

58 59 60

TAB: 5-8-10 6-7-10 5-7-10 5-7-8 5-8-10 5-8-11-11-8-5 10-8-5 8-7-5 10-7-5 10-7-6 10-8-5

Exercise 14 (05:54 - 06:01)

Musical notation for Exercise 14 (05:54 - 06:01). The exercise consists of three measures. The first measure (61) contains two groups of eighth notes, each with a triplet bracket. The second measure (62) contains four groups of eighth notes, each with a triplet bracket. The third measure (63) contains two groups of eighth notes, each with a triplet bracket. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 61: T (8-10-12), B (7-10-12). Measure 62: T (8-10-13), B (7-9-12). Measure 63: T (8-10-12-12-10-8), B (12-9-7).

Exercise 14 (06:23 - 06:50)

Musical notation for Exercise 14 (06:23 - 06:50). The exercise consists of two measures. The first measure (64) contains two groups of eighth notes, each with a triplet bracket. The second measure (65) contains two groups of eighth notes, each with a triplet bracket. The time signature changes to 2/4. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 64: T (7-10-12), B (7-9-12). Measure 65: T (7-10-12-12-10-7), B (12-9-7).

Exercise 15 (06:51 - 07:36)

E

Musical notation for Exercise 15 (06:51 - 07:36) - Part 1. The exercise consists of two measures. The first measure (66) contains two groups of eighth notes, each with a triplet bracket. The second measure (67) contains two groups of eighth notes, each with a triplet bracket. The time signature is 4/4. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 66: T (7-10-12), B (7-9-12). Measure 67: T (7-10-12), B (7-9-12).

Musical notation for Exercise 15 (06:51 - 07:36) - Part 2. The exercise consists of two measures. The first measure (68) contains two groups of eighth notes, each with a triplet bracket. The second measure (69) contains two groups of eighth notes, each with a triplet bracket. The time signature is 4/4. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 68: T (7-10-12), B (7-9-12). Measure 69: T (7-10-12), B (7-9-12).

F

Musical notation for Exercise 15 (06:51 - 07:36) - Part 3. The exercise consists of two measures. The first measure (70) contains two groups of eighth notes, each with a triplet bracket. The second measure (71) contains two groups of eighth notes, each with a triplet bracket. The time signature is 4/4. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 70: T (8-10-12), B (9-10-12). Measure 71: T (8-10-12), B (9-10-12).

Musical notation for Exercise 15 (06:51 - 07:36) - Part 4. The exercise consists of two measures. The first measure (72) contains two groups of eighth notes, each with a triplet bracket. The second measure (73) contains two groups of eighth notes, each with a triplet bracket. The time signature is 4/4. The tablature below shows the fret numbers for the top (T) and bottom (B) strings. Measure 72: T (8-10-12), B (9-10-12). Measure 73: T (8-10-12), B (9-10-12).

D

Musical notation for measures 74 and 75. The top staff is a treble clef with a key signature of one sharp (F#). Measure 74 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). Measure 75 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). The bottom staff shows guitar fretting for Tenor (T), Alto (A), and Bass (B) positions. Measure 74: T (5-8-10), A (5-7-9), B (5-7-9). Measure 75: T (5-8-10), A (5-7-9), B (5-7-9).

Musical notation for measures 76 and 77. The top staff is a treble clef with a key signature of one sharp (F#). Measure 76 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). Measure 77 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). The bottom staff shows guitar fretting for Tenor (T), Alto (A), and Bass (B) positions. Measure 76: T (5-8-10), A (5-7-9), B (5-7-9). Measure 77: T (5-8-10), A (5-7-9), B (5-7-9).

Musical notation for measures 78 and 79. The top staff is a treble clef with a key signature of one sharp (F#). Measure 78 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). Measure 79 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). The bottom staff shows guitar fretting for Tenor (T), Alto (A), and Bass (B) positions. Measure 78: T (7-10-12), A (7-9-12), B (7-10-12). Measure 79: T (7-10-12), A (7-9-12), B (7-10-12).

Musical notation for measures 80 and 81. The top staff is a treble clef with a key signature of one sharp (F#). Measure 80 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). Measure 81 starts with a triplet of eighth notes (F#, G, A) followed by eighth notes (B, C, D, E, F#). The bottom staff shows guitar fretting for Tenor (T), Alto (A), and Bass (B) positions. Measure 80: T (8-10-12), A (9-10-12), B (8-10-12). Measure 81: T (8-10-12), A (9-10-12), B (8-10-12).