



FIVE DAY FINGERPICKING SERIES DAY 1

Pattern 1: Th - I - Th - M

Count: 1 - & - 2 - &

HOW TO APPROACH A NEW PICKING PATTERN:

1. Pick the pattern using open strings without chords.
2. Pick the pattern while watching your picking hand and saying the finger or string names to yourself
3. Pick the pattern while holding a simple single chord.
4. Gradually move your eyes away from your picking hand and begin to *feel* yourself playing the pattern.
5. Strive to achieve the same volume with every string pluck.
6. Try simple chord progressions at a slow tempo + use a metronome.

PRACTICE EXERCISES:

Pattern: @ 60bpm, 70bpm, 80bpm, 90bpm

1. C (4x) - Cmaj7 (4x) - C7 (4x) - C6 (4x)
2. C (2x) - Cmaj7 (2x) - C7 (2x) - C6 (2x)
3. C (1x) - Cmaj7 (1x) - C7 (1x) - C6 (1x)

Pattern: @ 60bpm, 70bpm, 80bpm, 90bpm

4. C (4x) - Cmaj7 (4x) - C7 (4x)
F (4x) - D7 (4x) - G (4x) G7 (4x)
5. C (2x) - Cmaj7 (2x) - C7 (2x)
F (2x) - D7 (2x) - G (2x) G7 (2x)
6. C (1x) - Cmaj7 (1x) - C7 (1x)
F (1x) - D7 (1x) - G (1x) G7 (1x)