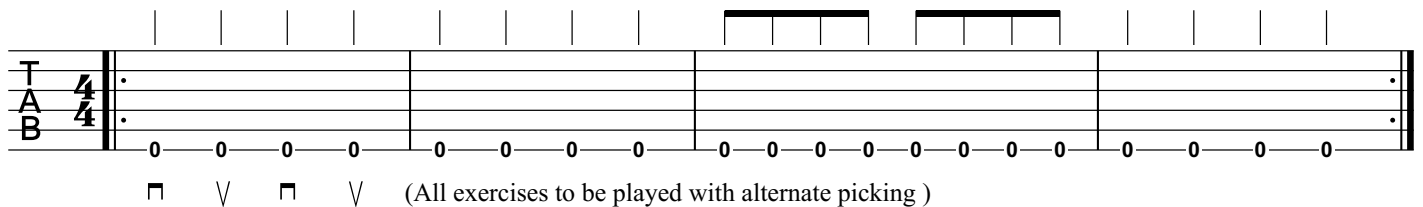


# Exercises for Faster Picking

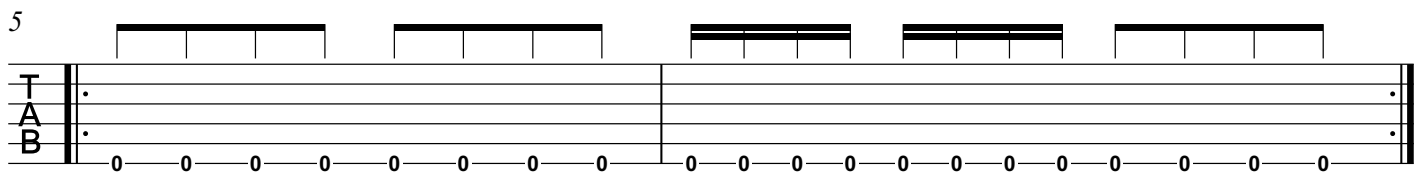
When playing a part that involves a section of faster picking rhythms, whether it's for a short while or a long while, we want to make sure that we keep our picking hand motions on the smaller side. The bigger picking motion we make, the longer it'll take for the hand to come back up to upstroke the string. It may not look like a huge distance, but it makes a HUGE impact. The majority of the motion will be coming from the wrist, and a little bit from the fingers holding the pick. We do not want any motion coming from the arm or elbow.

Many players, myself included, will find a way to 'anchor' their picking hand to the body of the guitar. I take the palm of my hand and anchor it along the bridge area, very similar to a palm mute motion. We just want to make sure that aren't accidentally muting the string(s) that we're playing, so some slight adjustments of the hand may need to happen

A common technique for practicing faster picking is to practice in 'Bursts', where we start off with long, consistent rhythms, with an occasional fast subdivision. Check out the example below done on the low E string:



Lets try it with some quicker rhythms now:



Start these exercises off at a slow pace and work your way up. Practice with a metronome as well!  
The fast notes won't mean anything if they aren't rhythmically even! That rhythmic consistency will be key for a solid sound part.

Let's apply this burst technique to a pentatonic scale:

