

# Alternate Picking: Level 1

## Exercise #1

▢ = Downstroke

∇ = Upstroke

1 2 3

4 5 6

T  
A  
B

0 0 0 0 0 0 0 0

0 0 0 0 0 0 0 0

0 0 0 0 0 0 0 0