

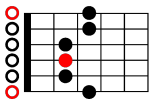
Exercise Group 1

Here are 3 simple exercises to that will help you learn the scales faster and will build strength, flexibility and dexterity in your hands and fingers.

#1 Alternate Picking

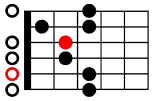
Simply play the E and A Minor Pentatonic Scales up and down using a Down - Up Picking Pattern.

1) Alternate Picking



1 Open E Minor Pentatonic

1 2 3 5x



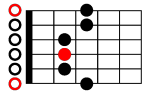
4 Open A Minor Pentatonic

4 5 6 5x

#2 Hammer and Pull

Play the scales with hammer-ons while ascending, and with pull-offs descending

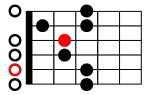
2) Hammer and Pull



Open E Minor Pentatonic

4 H H H H 5 H H H P P 6 P P P P 5x

TAB



Open A Minor Pentatonic

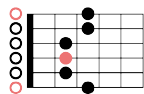
7 H H H H 8 H H H P P 9 P P P P 5x

TAB

#3 String Skips

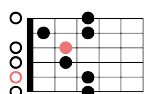
Start by playing the first two notes of the scale on the 6th string, then skip to the 4th. Go back to the 5th string, then skip to the 3rd. Then play the 4th and skip to the second. Then 3rd string and then 1st string. Then do the reverse while descending: 1st then 3rd string, 2nd then 4th, 3rd and then 5th, and finally 4th then 6th. Bonus points if you do it with alternate picking or hammer-ons and pull-offs.

3) String Skips



Open E Minor Pentatonic

13 14 15 16 3x



Open A Minor Pentatonic

17 18 19 20 3x

#4 Up Two, Back 1

For this pattern start by playing the first three notes of the scale. After the third note descend back to the second, and then go ascend two more notes until the fourth note. Then descend back to the third note and ascend until the fifth note. Continue this pattern of ascending two notes and descending 1 until you reach the last note on the first string. Try it picking every note. Then try playing with hammer-ons and pull-offs when you have two consecutive notes on the same string. Check the TAB below for more clarity.

