

Picking Exercises

Start with your hand on a flat surface
(like the back of your guitar)



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Then bend your fingers as shown



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Without changing your hand position,
place the pick between your thumb
and index finger.



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Now relax the rest of your fingers and
hand.



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Below are 5 picking exercises. These are to be used on **open strings** to start. To the left is the steps to holding the pick properly. I stole these diagrams from www.johnmcniel.com. Thanks John...

After you have a proper hold on the pick (hold it firmly, but not too tight):

1. Brace your right hand – either on your wrist or with your fingers
2. Hold the pick firmly at 90 degrees to the guitar
3. Begin very slowly until you have the action correct.
4. Use medium to hard picks

Exercises:

	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5
String →	2 2	2 1	2 1	2 1	1 2
Pick →	D U	D U	U D	D D	U U

Picking is one of the most important skills you can have because almost everything you do on guitar requires picking (of some sort).