

# Right Hand Flatpick Workout

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When you are practicing with a metronome its important to try to get in a groove with it. You can do that by rocking, swaying or tapping your foot but its important to actually feel the beat in your body and agree with it. These are a few of the practicing techniques I use.

## Single Note

- Set the metronome to 60 to 80 bpm for the half note.
- Feel the beat for a moment and rock with it.
- Play down picks on every click to time your half note.
- Once you are locked in add a down pick between each click for the quarter note.
- Once the quarter note is solid, rhythmic and easy play eighth notes with an alternating Down-Up picking pattern.

The image shows musical notation and tablature for a single note exercise. The notation is in 4/4 time with a treble clef and an 8th note. The tablature shows a six-string guitar neck with the strings labeled T, A, and B from top to bottom. The tablature consists of six vertical columns of six horizontal lines each, representing the strings. The first column has '0-0' on the first two lines. The second column has '0-0' on the first two lines. The third column has '0-0-0-0' on the first four lines. The fourth column has '0-0-0-0' on the first four lines. The fifth column has '0-0-0-0-0-0' on the first six lines. The sixth column has '0-0-0-0-0-0' on the first six lines.

## Strumming

- Mute the strings with the left hand
- Keep the pick hold relaxed
- Swing the arm with a little motion in the elbow, wrist, and fingers

The image shows musical notation and tablature for a strumming exercise. The notation is in 4/4 time with a treble clef and a 16th note. The tablature shows a six-string guitar neck with the strings labeled T, A, and B from top to bottom. The tablature consists of six vertical columns of six horizontal lines each, representing the strings. The first column has a double slash on the first two lines. The second column has a double slash on the first two lines. The third column has a double slash on the first two lines. The fourth column has a double slash on the first two lines. The fifth column has a double slash on the first two lines. The sixth column has a double slash on the first two lines.

### Mix them up

- Think of picking as a tiny version of strumming.
- Stay relaxed with your pick hold.
- Experiment with pick angle, pick grip, and volume.
- Alternate between picking single notes and strumming muted strings
- Explore the transition from strumming to picking and notice what works best for each.

Sheet music and TAB for a guitar exercise. The music is in common time (indicated by '8') and treble clef. The TAB shows a repeating pattern of muted strings (0) and open strings (0).

**Sheet Music:**

**TAB:**

T	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0
A				
B				

### Move from string to string

Sheet music and TAB for a guitar exercise. The music is in common time (indicated by '4') and treble clef. The TAB shows a repeating pattern of muted strings (0) and open strings (0).

**Sheet Music:**

**TAB:**

T	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0
A				
B				

### Try Some Syncopations

Sheet music and TAB for a guitar exercise. The music is in common time (indicated by '8') and treble clef. The TAB shows a repeating pattern of muted strings (0) and open strings (0).

**Sheet Music:**

**TAB:**

T	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0	0-0-0-0-0-0-0-0
A				
B				

### Play a tune:

- Once you find your flow with the pick hand, apply it to a tune
- Choose an easy fiddle tune with a quarter note base version
- Find the groove as you play the tune with down strokes on the quarter notes.
- As you get very comfortable with the basic tune see if you can elaborate with some eighth notes.
- Old Joe Clark is the perfect starting place

## Old Joe Clark

### Capo 2

G D G D G

T 3-0-1-0 3-1-0 3-0-1-0 3 3-0-1-0 3-1-0 0-0 2-2 0

A

B

9 G F G D G

T 0-0 3-1-0 0-2-0 3 0-0 3-1-0 0-0 2-2 0

A

B