

Lesson	2.00	Introduction to Picking Techniques		
Lesson	2.10	How to hold the pick		
Lesson	2.20	Scalpel Picking technique		
Lesson	2.30	Picking exercises on one string		
Lesson	2.31	Picking with ALL DOWNSTROKES		
Lesson	2.32	Picking with ALL UPSTROKES		
Lesson	2.33	Alternating BOTH Down and Upstrokes		
Lesson	2.40	Picking exercises on Adjacent strings		
Lesson	2.41	Picking with ALL DOWNSTROKES		
Lesson	2.42	Picking with ALL UPSTROKES		
Lesson	2.43	Picking with BOTH Down and Upstrokes		
Lesson	2.44	One Note Per String		
Lesson	2.45	Two Notes Per String		
Lesson	2.46	Three Notes Per String		
Lesson	2.47	Four Notes Per String		
Lesson	2.48	Five Notes Per String		
Lesson	2.49	Six Notes Per String		
Lesson	2.50	Seven Notes Per String		
Lesson	2.51	Eight Notes Per String		
Lesson	2.52	Nine Notes Per String		
Lesson	2.53	Ten Notes Per String		
Lesson	3.00	Alternate Picking on Non-Adjacent strings		
Lesson	3.01	Picking with ALL DOWNSTROKES		
Lesson	3.02	Picking with ALL UPSTROKES		
Lesson	3.03	Picking with BOTH Down and Upstrokes		
Lesson	3.04	One Note Per String		
Lesson	3.05	Two Notes Per String		
Lesson	3.06	Three Notes Per String		
Lesson	3.07	Four Notes Per String		
Lesson	3.08	Five Notes Per String		
Lesson	3.09	Six Notes Per String		
Lesson	3.10	Seven Notes Per String		
Lesson	3.11	Eight Notes Per String		
Lesson	3.12	Nine Notes Per String		
Lesson	3.13	Ten Notes Per String		
Lesson	3.14	More notes per string concepts		

Lesson	3.20	Introduction to Classical Guitar PIMA fingerpicking techniques		
Lesson	3.30	P.I.M.A. Patterns & permutations		
Lesson	3.31	P - I		
Lesson	3.32	P - M		
Lesson	3.33	P - I - M		
Lesson	3.34	P - M - I		
Lesson	3.35	P - M - I - P - M		
Lesson	3.36	P - I - A		
Lesson	3.37	P - A - I		
Lesson	3.38	P - A - I - P - A		
Lesson	3.39	P - M - A		
Lesson	3.40	P - A - M		
Lesson	3.41	P - A - M - P - A		
Lesson	3.42	P - I - M - A		
Lesson	3.43	P - I - A - M		
Lesson	3.44	P - M - I - A		
Lesson	3.45	P - M - A - I		
Lesson	3.46	P - A - I - M		

Lesson		3.47	P - A - M - I		
Lesson		3.48	P - I - M - A - M - I		
Lesson		3.49	P - I - M - A - M - I - M - I		
Lesson		3.50	PA - M - I - P - A - P		

Lesson	3.50	Jazz & Modern style picking technique using pick and fingers (P-2-3-4)			
Lesson	3.60	P-2-3-4 picking patterns and permutations using pick and fingers			
Lesson		3.61	Pick - 2		
Lesson		3.62	Pick - 3		
Lesson		3.63	Pick - 2 - 3		
Lesson		3.64	Pick - 3 - 2		
Lesson		3.65	Pick - 3 - 2 - Pick - 3		
Lesson		3.66	Pick - 2 - 4		
Lesson		3.67	Pick - 4 - 2		
Lesson		3.68	Pick - 4 - 2 - Pick - 4		
Lesson		3.69	Pick - 3 - 4		
Lesson		3.70	Pick - 4 - 3		
Lesson		3.71	Pick - 4 - 3 - Pick - 4		
Lesson		3.72	Pick - 2 - 3 - 4		
Lesson		3.73	Pick - 2 - 4 - 3		
Lesson		3.74	Pick - 3 - 2 - 4		
Lesson		3.75	Pick - 3 - 4 - 2		
Lesson		3.76	Pick - 4 - 2 - 3		
Lesson		3.77	Pick - 4 - 3 - 2		
Lesson		3.78	Pick - 2 - 3 - 4 - 3 - 2		
Lesson		3.79	Pick - 2 - 3 - 4 - 3 - 2 - 3 - 2		
Lesson		3.80	Pick4 - 3 - 2 - Pick - 4 - Pick		

Lesson	4.00	Picking techniques using both downstrokes and upstrokes adding 2-3-4 fingers:			
Lesson		4.01	P(d)-2 P(d)-2 P(d)-2		
Lesson		4.02	P(d)-3 P(d)-3 P(d)-3		
Lesson		4.03	P(d)-2-3 P(d)-2-3 P(d)-2-3		
Lesson		4.04	P(d)-3-2 P(d)-3-2 P(d)-3-2		
Lesson		4.05	P(d)-P(up)-2 P(d)-P(up)-2 P(d)-P(up)-2		
Lesson		4.06	P(d)-P(up)-3 P(d)-P(up)-3 P(d)-P(up)-3		
Lesson		4.07	P(d)-P(up)-2-3 P(d)-P(up)-2-3 P(d)-P(up)-2-3		
Lesson		4.08	P(d)-P(up)-3-2 P(d)-P(up)-3-2 P(d)-P(up)-3-2		
Lesson		4.09	P(d)-4 P(d)-4 P(d)-4		
Lesson		4.10	P(d)-3-2-P(d)-3 P(d)-3-2-P(d)-3		
Lesson		4.11	P(d)-2-4 P(d)-2-4		
Lesson		4.12	P(d)-4-2 P(d)-4-2		
Lesson		4.13	P(d)-4-2-P(d)-4 P(d)-4-2-P(d)-4		
Lesson		4.14	P(d)-3-4 P(d)-3-4		
Lesson		4.15	P(d)-4-3 P(d)-4-3		
Lesson		4.16	P(d)-4-3-P(d)-4 P(d)-4-3-P(d)-4		
Lesson		4.17	P(d)-P(up)-4 P(d)-P(up)-4 P(d)-P(up)-4		
Lesson		4.18	P(d)-P(up)-3-2 P(d)-P(up)-3-2		
Lesson		4.19	P(d)-P(up)-2-4 P(d)-P(up)-2-4		
Lesson		4.20	P(d)-P(up)-4-2 P(d)-P(up)-4-2		
Lesson		4.21	P(d)-P(up)-4-2-P(d)-P(up)-4		
Lesson		4.22	P(d)-P(up)-3-4 P(d)-P(up)-3-4		
Lesson		4.23	P(d)-P(up)-4-3 P(d)-P(up)-4-3		
Lesson		4.24	P(d)-P(up)-4-3-P(d)-P(up)-4		
Lesson		4.25	P(d)-2-3-4 P(d)-2-3-4		
Lesson		4.26	P(d)-2-4-3 P(d)-2-4-3		
Lesson		4.27	P(d)-3-2-4 P(d)-3-2-4		
Lesson		4.28	P(d)-3-4-2 P(d)-3-4-2		

Lesson	4.29	P(d)-4-3-2 P(d)-4-3-2		
Lesson	4.30	P(d)-4-2-3 P(d)-4-2-3		
Lesson	4.31	P(d)-4-3-2-P(d)-4-P(d)		
Lesson	4.32	P(d)-P(up)-2-3-4 P(d)-P(up)-2-3-4		
Lesson	4.33	P(d)-P(up)-2-4-3 P(d)-P(up)-2-4-3		
Lesson	4.34	P(d)-P(up)-3-2-4 P(d)-P(up)-3-2-4		
Lesson	4.35	P(d)-P(up)-3-4-2 P(d)-P(up)-3-4-2		
Lesson	4.36	P(d)-P(up)-4-3-2 P(d)-P(up)-4-3-2		
Lesson	4.37	P(d)-P(up)-4-2-3 P(d)-P(up)-4-2-3		
Lesson	4.38	P(d)-4-3-2-P(d)-P(up)-4-P(d)		

Lesson	4.40	The Technique of Directional Picking (Also called "speed", "economy" or "sweep" picking)		
Lesson	4.50	Introduction to Sarod and Indian/Middle Eastern picking techniques		
Lesson	4.60	Advanced Picking Techniques:		
Lesson	4.61	Muting Techniques		
Lesson	4.62	Chicken' Picken'		
Lesson	4.63	Lenny Breau Technique		
Lesson	4.64	Palm harmonics		
Lesson	4.65	The Rake		
Lesson	4.66	The Squeal (Pick harmonics)		
Lesson	4.67	Eric Johnson's Japanese Koto technique		
Lesson	4.68	Sitar damping technique		
Lesson	4.69	Sarod picking technique		
Lesson	4.70	Ralph Towner technique		
Lesson	4.71	John McLaughlin strumming exercise		
Lesson	4.72	Wes Montgomery technique		
Lesson	4.73	Howard Roberts picking exercise		
Lesson	4.74	Strumming exercises		
Lesson	4.75	List of P.I.M.A. Patterns & Permutations		
Lesson	4.76	How to practice the P.I.M.A. patterns		
Lesson	4.77	Mauro Guiliana 120 exercises		