

- 2.00 Introduction to picking techniques
- 2.10 How to hold the pick
- 2.11 Different Possible Picking Angles
- 2.20 Scalpel Picking technique
- 2.21 Sarod Picking Technique



Move  
Thumb  
Joint



Angle  
the  
Pick

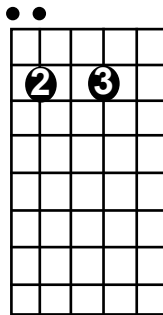
### 2.30 Picking Exercises on One string

- 2.31 - Picking with ALL DOWNSTROKES
- 2.32 - Picking with ALL UPSTROKES
- 2.33 - Alternating both DOWN AND UPSTROKES

- 2.34 - 1/2/3/4/5/6/7/8/9/10 notes per 1 beat
- 2.35 - 1/2/3/4/5/6/7/8/9/10 notes per 2 beats
- 2.36 - 1/2/3/4/5/6/7/8/9/10 notes per 3 beats

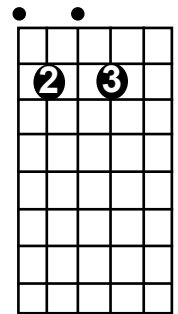
### 2.40 Alternate picking on adjacent strings:

- 2.41 - Picking with ALL DOWNSTROKES
- 2.42 - Picking with ALL UPSTROKES
- 2.43 - Alternating both DOWN AND UPSTROKES
- 2.44 - One note per string
- 2.45 - Two notes per string
- 2.46 - Three notes per string
- 2.47 - Four notes per string
- 2.48 - Five notes per string
- 2.49 - Six notes per string
- 2.50 - Seven notes per string
- 2.51 - Eight notes per string
- 2.52 - Nine notes per string
- 2.53 - Ten notes per string



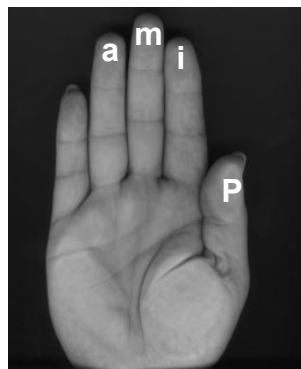
### 3.00 Alternate picking on Non-adjacent strings

- 3.01 - ALL DOWNSTROKES
- 3.02 - ALL UPSTROKES
- 3.03 - DOWN AND UPSTROKES
- 3.04 - One note per string
- 3.05 - Two notes per string
- 3.06 - Three notes per string
- 3.07 - Four notes per string
- 3.08 - Five notes per string
- 3.09 - Six notes per string
- 3.10 - Seven notes per string
- 3.11 - Eight notes per string
- 3.12 - Nine notes per string
- 3.13 - Ten notes per string



### 3.30 P.I.M.A. Permutations:

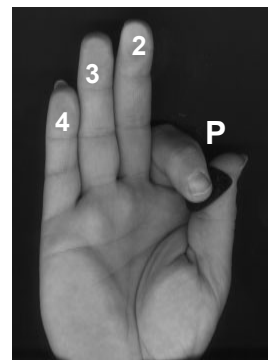
- 3.31 P - I - M
- 3.32 P - M - I
- 3.33 P - M - I - P - M
- 3.34 P - I - A
- 3.35 P - A - I
- 3.36 P - A - I - P - A
- 3.37 P - M - A
- 3.38 P - A - M
- 3.39 P - A - M - P - A
- 3.40 P - I - M - A
- 3.41 P - I - A - M
- 3.42 P - M - I - A
- 3.43 P - M - A - I
- 3.44 P - A - I - M
- 3.45 P - A - M - I
- 3.46 P - I - M - A - M - I
- 3.47 P - I - M - A - M - I - M - I
- 3.48 (P A) - M - I - P - A - P



### 3.50 Jazz & Hybrid style picking (P-2-3-4)

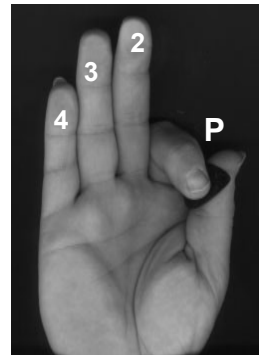
#### 3.60 P-2-3-4 Hybrid patterns and permutations

- 3.61 Pick - 2
- 3.62 Pick - 3
- 3.63 Pick - 2 - 3
- 3.64 Pick - 3 - 2
- 3.65 Pick - 3 - 2 - Pick - 3
- 3.66 Pick - 2 - 4
- 3.67 Pick - 4 - 2
- 3.68 Pick - 4 - 2 - Pick - 4
- 3.69 Pick - 3 - 4
- 3.70 Pick - 4 - 3
- 3.71 Pick - 4 - 3 - Pick - 4
- 3.72 Pick - 2 - 3 - 4
- 3.73 Pick - 2 - 4 - 3
- 3.74 Pick - 3 - 2 - 4
- 3.75 Pick - 3 - 4 - 2
- 3.76 Pick - 4 - 2 - 3
- 3.77 Pick - 4 - 3 - 2
- 3.78 Pick - 2 - 3 - 4 - 3 - 2
- 3.79 Pick - 2 - 3 - 4 - 3 - 2 - 3 - 2
- 3.80 Pick - 4 - 3 - 2 - Pick - 4 - Pick

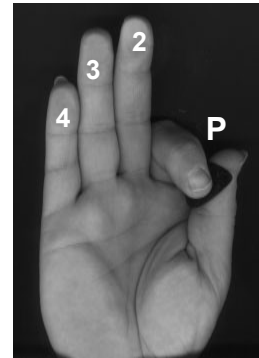


**4.00 Picking techniques using both downstrokes and upstrokes adding 2-3-4 fingers:**

- 4.01 P(d)-2 P(d)-2 P(d)-2  
4.02 P(d)-3 P(d)-3 P(d)-3  
4.03 P(d)-2-3 P(d)-2-3 P(d)-2-3  
4.04 P(d)-3-2 P(d)-3-2 P(d)-3-2
- 4.05 P(d)-P(up)-2 P(d)-P(up)-2 P(d)-P(up)-2  
4.06 P(d)-P(up)-3 P(d)-P(up)-3 P(d)-P(up)-3  
4.07 P(d)-P(up)-2-3 P(d)-P(up)-2-3 P(d)-P(up)-2-3  
4.08 P(d)-P(up)-3-2 P(d)-P(up)-3-2 P(d)-P(up)-3-2
- 4.09 P(d)-4 P(d)-4 P(d)-4  
4.10 P(d)-3-2-P(d)-3 P(d)-3-2-P(d)-3  
4.11 P(d)-2-4 P(d)-2-4  
4.12 P(d)-4-2 P(d)-4-2  
4.13 P(d)-4-2-P(d)-4 P(d)-4-2-P(d)-4  
4.14 P(d)-3-4 P(d)-3-4  
4.15 P(d)-4-3 P(d)-4-3  
4.16 P(d)-4-3-P(d)-4 P(d)-4-3-P(d)-4
- 4.17 P(d)-P(up)-4 P(d)-P(up)-4 P(d)-P(up)-4  
4.18 P(d)-P(up)-3-2 P(d)-P(up)-3-2  
4.19 P(d)-P(up)-2-4 P(d)-P(up)-2-4  
4.20 P(d)-P(up)-4-2 P(d)-P(up)-4-2  
4.21 P(d)-P(up)-4-2-P(d)-P(up)-4  
4.22 P(d)-P(up)-3-4 P(d)-P(up)-3-4  
4.23 P(d)-P(up)-4-3 P(d)-P(up)-4-3  
4.24 P(d)-P(up)-4-3-P(d)-P(up)-4
- 4.25 P(d)-2-3-4 P(d)-2-3-4  
4.26 P(d)-2-4-3 P(d)-2-4-3  
4.27 P(d)-3-2-4 P(d)-3-2-4  
4.28 P(d)-3-4-2 P(d)-3-4-2  
4.29 P(d)-4-3-2 P(d)-4-3-2  
4.30 P(d)-4-2-3 P(d)-4-2-3  
4.31 P(d)-4-3-2-P(d)-4-P(d)



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



- 4.39 P(d)-P(up)-P(d)-2
- 4.40 P(d)-P(up)-P(d)-3
- 4.41 P(d)-P(up)-P(d)-2-3
- 4.42 P(d)-P(up)-P(d)-3-2
  
- 4.43 P(d)-P(up)-P(d)-4
- 4.44 P(d)-P(up)-P(d)-3-2
- 4.45 P(d)-P(up)-P(d)-2-4
- 4.46 P(d)-P(up)-P(d)-4-2
- 4.47 P(d)-P(up)-P(d)-4
- 4.48 P(d)-P(up)-P(d)-3-4
- 4.49 P(d)-P(up)-P(d)-4-3
- 4.50 P(d)-P(up)-P(d)-4-3-P(d)-4
  
- 4.51 P(d)-P(up)-P(d)-2-3-4
- 4.52 P(d)-P(up)-P(d)-2-4-3
- 4.53 P(d)-P(up)-P(d)-3-2-4
- 4.54 P(d)-P(up)-P(d)-3-4-2
- 4.55 P(d)-P(up)-P(d)-4-3-2
- 4.56 P(d)-P(up)-P(d)-4-2-3

**4.60 Introduction to Sarod and Indian/Middle Eastern picking techniques**

- 4.61 Sarod Picking Technique
- 4.62 Sarod Strumming Techniques

**4.63 Advanced Picking Techniques:**

- 4.64 Muting Techniques
- 4.65 Sitar Muting Techniques
- 4.66 Palm Harmonics
- 4.67 The Squeal (Pick harmonics)
- 4.68 Lenny Breau Harmonic Technique
- 4.69 Chicken' Picken' Technique
  
- 4.70 Directional Picking (Also called "speed", "economy" or "sweep" picking)
- 4.71 Directional Rake techniques/Note Stinging
- 4.72 Eric Johnson Japanese Koto technique
- 4.73 Hanon 5-finger right hand 60 studies
- 4.74 John McLaughlin pull-off strumming technique
- 4.75 Wes Montgomery Jazz Thumb Techniques
- 4.76 Howard Roberts Transverse picking exercises
  
- 4.77 List of P.I.M.A. Patterns/Permutations/Combinations
- 4.78 Mauro Giuliani 120 Right Hand Studies
- 4.79 Hybrid Extrapolations of Mauro Guiliani 120 exercises