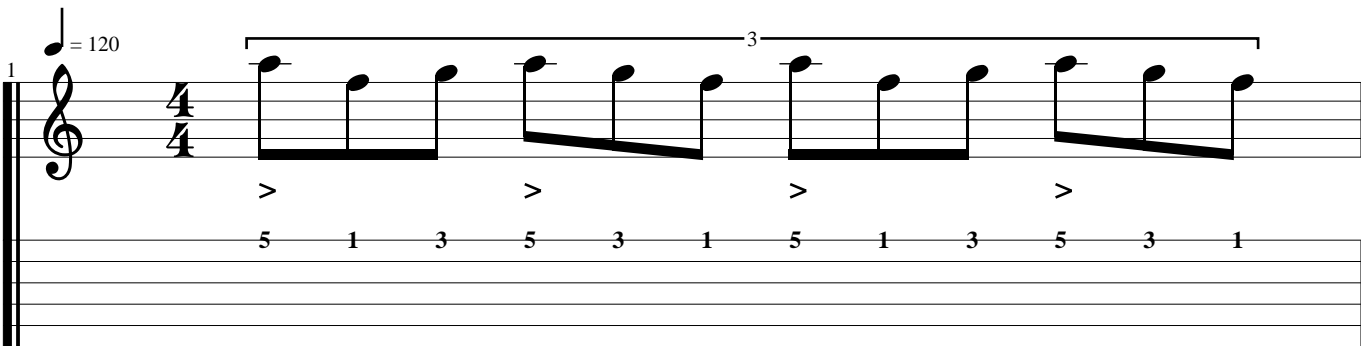


# Alternate Picking Exercises 2 – Lesson 74

(Exercise)

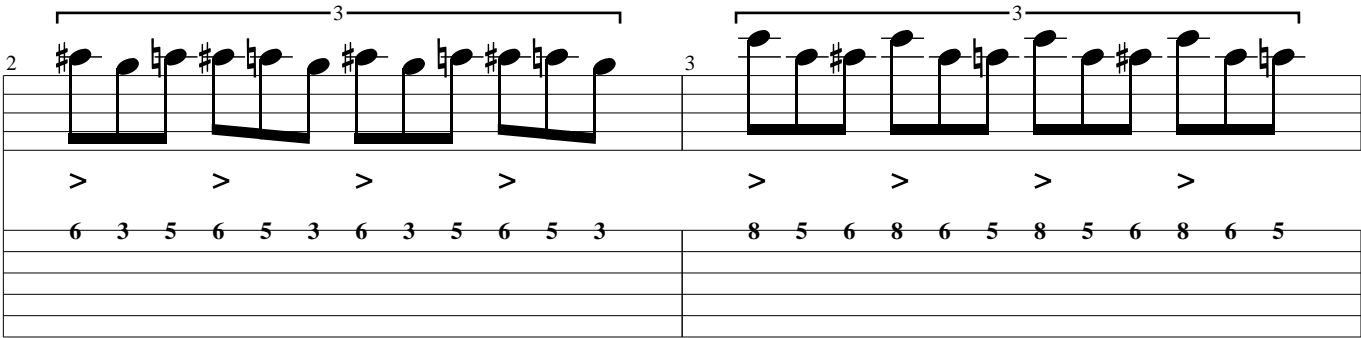
SynGates.com

Start each pattern with upstrokes, repeat with downstrokes

1 

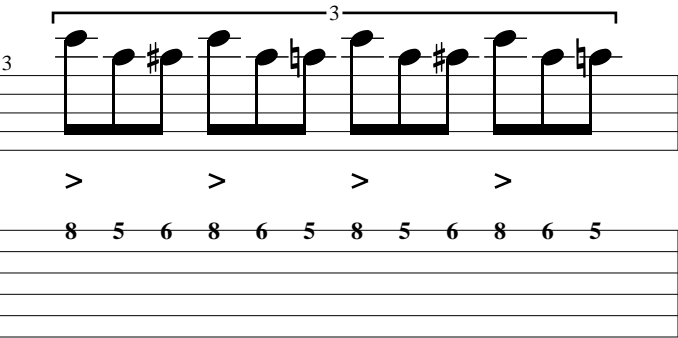
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5 1 3 5 3 1 5 1 3 5 3 1

2 

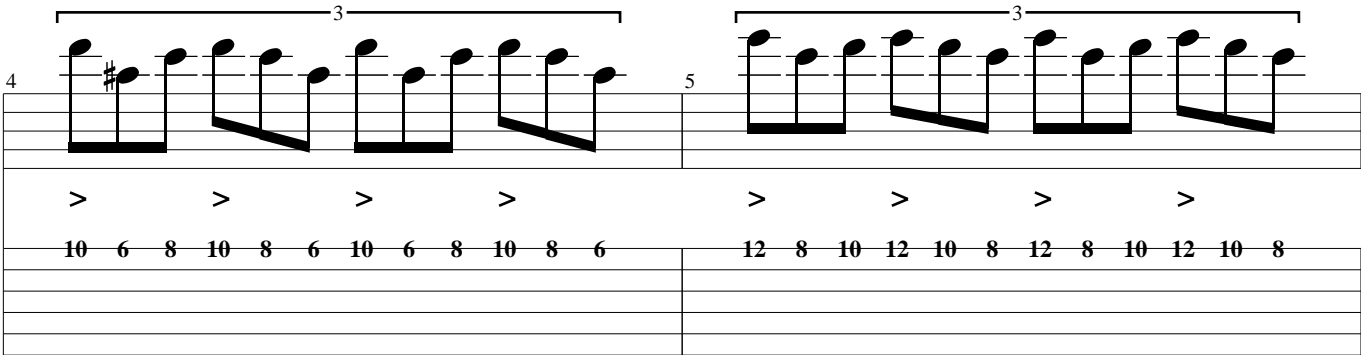
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6 3 5 6 5 3 6 3 5 6 5 3

3 

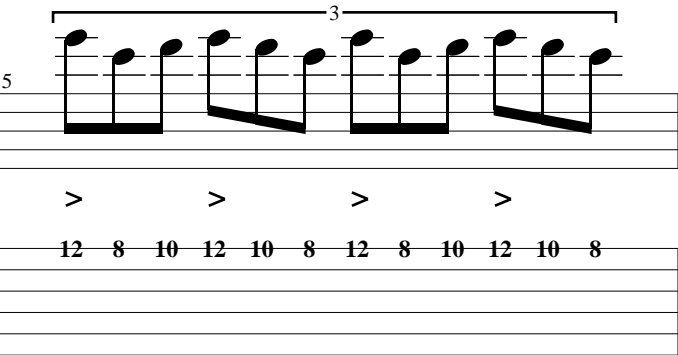
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8 5 6 8 6 5 8 5 6 8 6 5

4 

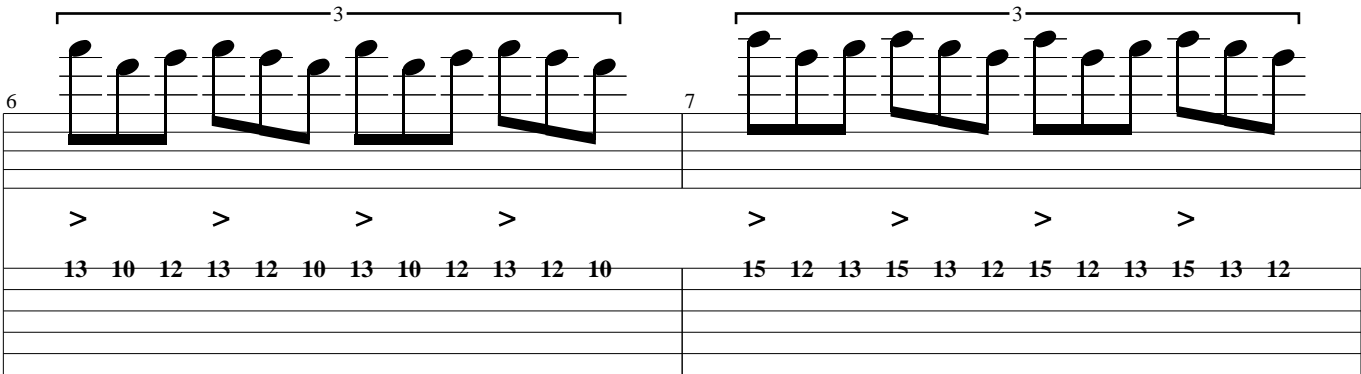
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10 6 8 10 8 6 10 6 8 10 8 6

5 

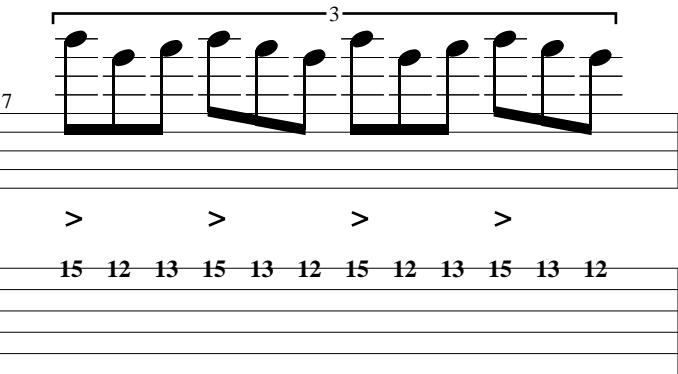
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12 8 10 12 10 8 12 8 10 12 10 8

6 

> > > >

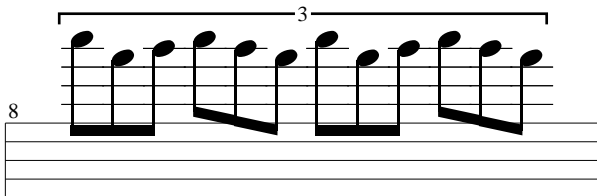
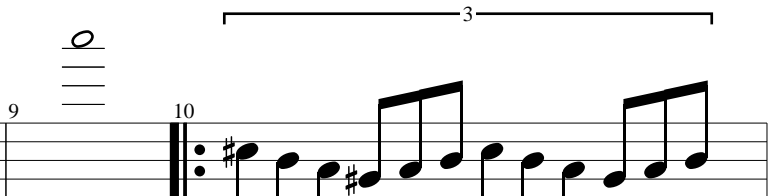
13 10 12 13 12 10 13 10 12 13 12 10

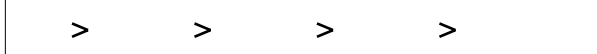
7 


> > > >

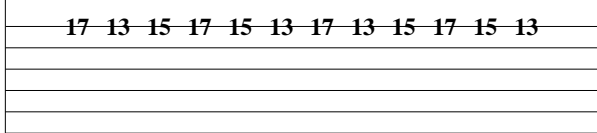
15 12 13 15 13 12 15 12 13 15 13 12

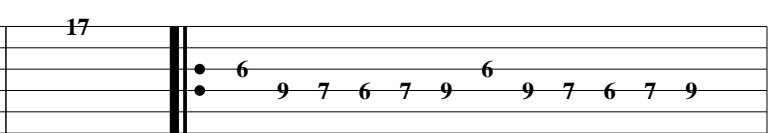
Pattern with 3 positions

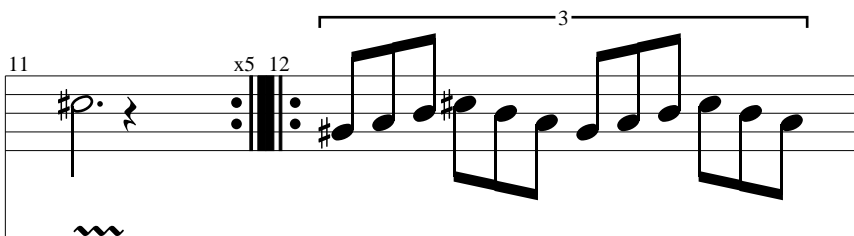
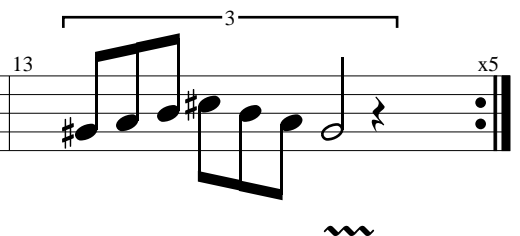
8  9 





17 13 15 17 15 13 17 13 15 17 15 13 17 

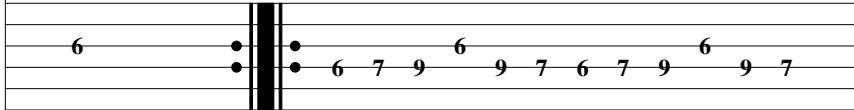


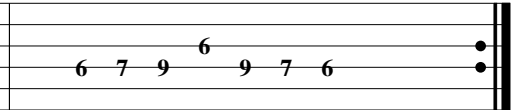


11  12 

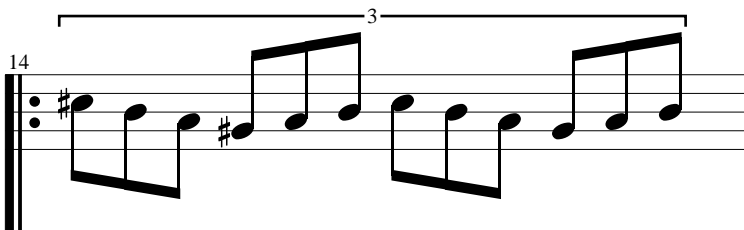
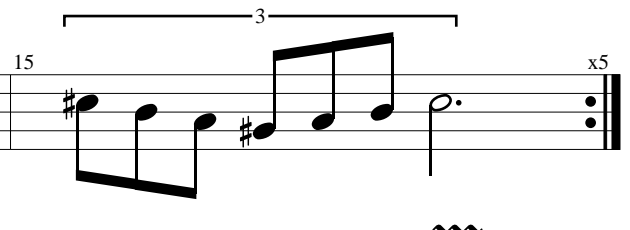



6 




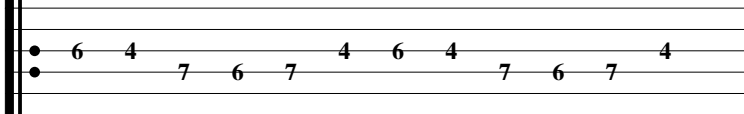


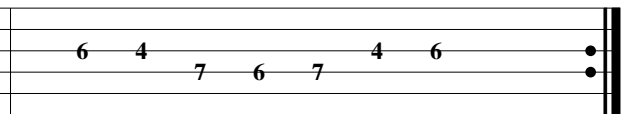
Second position

14  15 









Last position

16 17 x5

6 4 2 6 2 4 6 4 2 6 2 4 6 4 2 6

Try shifting the accents in this pattern

18

> > > > > >

12 10 9 12 10 9 10 12 9 10 12 10 9 12 10 9

19 20 x5

> > > > > >

10 12 9 10 12 10 9 12 10 9 10 12 9 10 12 10 9 12 10 9 10