Alternate picking warm up

```
E——12-0-0-0—10-0-0-0—8-0-0-0--7-0-0-0—5-0-0-0—3-0-0-0—2-0-0-0—0-0-0-0———-
B————————————————————————————————————————————————————————————————————-
G————————————————————————————————————————————————————————————————————-
D————————————————————————————————————————————————————————————————————-
A————————————————————————————————————————————————————————————————————-
E————————————————————————————————————————————————————————————————————
```

Right hand tips:

Make sure you pick down and up, always begin down and continuously rotate or it won't sound smooth.

Make sure your pick is short and you're not holding it too high up, or you will lose accuracy and rhythm.

You're better off playing **slow and even** than fast and messy, the secret to playing something fast is to play it slow a thousand times accurately, many people ignore this advice then regret it years later.

Left hand:

Don't use the same finger for every fret, think about how you can use the one finger perfect rule, but be aware of the position changes, for example:

Fingers 4 2 2 1 2 2 1 or 3 1 2 1 2 2 1

There are many right ways you could do this, the aim is to have minimal movement and not waste energy, while producing a pleasant even sound.