

Exercise 1.1

Play each exercise slowly (60 bpm) and deliberately at first. Make sure the notes ring out for their full **quarter note** (♩) value. With your right hand, alternate between a **down stroke** (v) and an **up stroke** (^) with the pick. With your left hand, keep your fingers spread out over the first 4 frets in **1st position**. Once you've perfected each exercise at the slow tempo, gradually increase the speed until you can play it proficiently at 120 bpm.

