

Economy and Sweep Picking Workout

Advanced guitar technique resource by Rodaidh Mackay

Complete each exercise ascending, descending, and then in interval sequences.

Practise slowly and stay aware of the root, third, and fifth of each chord.

Standard tuning | Start at 60 bpm | Prioritise relaxed, even movement

A R,3,3,R

D Em Fm G A Bm Cm (dim) D

Guitar

TAB

3

4

TAB

15 14 14 15 14 12 12 14 12 10 10 12 10 9 9 10

8 7 7 8 7 5 5 7 5 3 3 5 3 2 2 3

B R,3,5,R

5 6

TAB

3 2 5 3 5 3 7 5 7 5 9 7 8 7 10 8 10 9 12 10 12 10 14 12 14 12 15 14 15 14 17 15

11

12

TAB

13

14

TAB

C 5,R,3,5

15

16

TAB

D 5,3,R,3 decending. Try right hand picking variations

17

18

TAB

19

20

TAB

21

22

TAB

23

24

TAB

E 4 Strings, 3,5,R,3,5

25

26

TAB

27

28

TAB

29

30

TAB

31

32

TAB

F 5 Strings R,3,5,R,3

33

34

35

36

37

38

39

40

41

42

43 *p* *sl.* *p* *sl.* *p* *sl.* *p*

TAB

G 6 Strings 3,R,3,5,R,3,5

45 46

TAB

47 48

TAB

49 50

TAB

51 52

TAB

Cannon in D: Try and find more variations using different arpeggio shapes and patterns of the same progression.

D

A

Bm

F#m

G

D

G

A

Continue writing
on next lines

55

56

T
A
B

57

58

T
A
B

59

60

TAB

[illegible]

65

66

T
A
B