

CROSS PICKING

Cross picking typically deals with alternate picking that has a chord/arpeggio with one note per string. This puts your inside and outside picking under the spotlight.

Here's some workouts. Stating the bleeding obvious - start at slow tempos (use a metronome or drum machine) and build up slowly without sacrificing control or accuracy.

Each cell is a continuation of the previous one. No time signature is indicated. Ex 1 is simply an open position E major chord. Ex 2 is an E with a G# bass i.e a 1st inversion.

Ex1.

Ex2.

□ = pick down ▽ = pick up

Make up your own exercises and incorporate them into musical ideas.