



To get really good at sweep picking you will need to practice an insane amount and we certainly suggest that you should use a metronome in. Initially go slowly with all of these exercises and use a metronome to increase the speed where possible.

This first exercise needs to use dampened strings with your fretting hand and the pick to smoothly run up and down the strings making a percussive sound. The idea is to get it smooth, in time and without any gaps;

```

E|----x--x-----|
B|---x-----x-----|
G|x-----x-----|
D|-----| x20
A|-----|
E|-----|
  
```

Here we use an E minor arpeggio. What you need to do is sync up both the left and right hands and most importantly make sure you play individual notes and not a chord. Do this by lifting off from the last note with your fretting hand before you strike the next note in the sequence.

```

E|---7-10-----|
B|--8-----8-----|
G|9-----7-----| x20
D|-----|
A|-----|
E|-----|
  
```

This final arpeggio in A minor uses 5 strings and has a 'hammer on' - 'h' in it. We suggest you start off around 80BPM on your metronome and build up the speed by 10bpm after doing 10 sets.

```

E|-----8h12-8-----|
B|-----10-----10-----|
G|-----9-----9-----| x10
D|---10-----10-----|
A|12-----12-----|
E|-----|
  
```