

Right Hand Forward and Backward Leaning

All of the exercises on this page are constructed in a way that allows you to "lean" your pick one way or another exclusively while playing the pattern. The direction you lean is based on where the string changing falls (forward lean when changing strings after an upstroke or backward lean when changing strings after a downstroke). This concept can help you be more economical when playing at fast tempos especially. Remember that you should be using ALTERNATE PICKING with these exercises.

Forward: Pick should lean towards knuckles. Downstrokes should do a rest stroke while the upstroke escapes.
Backward: Pick should lean towards thumb. Downstrokes should escape while the upstroke rests.

Forward Leaning Patterns:

3

8

11

Backward Leaning Patterns:

16

18

23

26