

# DOTW #1 - Finger and Picking Exercise

RGS

## Ascending

□ ∇ □ ∇ □ ∇ □ ∇ - "Outside the string" picking  
 ∇ □ ∇ □ ∇ □ ∇ □ - "Inside the string" picking  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

T  
 A  
 B  
 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 5

4

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1

T  
 A  
 B  
 2 3 4 5 2 3 4 5 2 3 4 5 2 3 4 5 3

Continue shifting until you reach 9th position.

## Descending

7

□ ∇ □ ∇ □ ∇ □ ∇ - "Inside the string" picking  
 ∇ □ ∇ □ ∇ □ ∇ □ - "Outside the string" picking  
 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

T  
 A  
 B  
 12 11 10 9 12 11 10 9 12 11 10 9 12 11 10 9 12 11 10 9 12 11 10 9 11 10 9 8

10

4 3 2 1 4 3 2 1 4 3 2 1 4

T  
 A  
 B  
 11 10 9 8 11 10 9 8 11 10 9 8 10

Continue shifting until you reach 1st position.