

# Daily Finger Picking Exercises

Practice each exercise for 60 seconds

## Set 1

Moderate ♩ = 60

Ex. 1 Alternating Rest Strokes

1

T  
A  
B

X

I M I M I M I M I M

Ex. 2 Alternating rest strokes

5

X

I M I M I M I M I M

Ex. 3 i, m, a, m free strokes

9

X

I M A M I M A M I M A M I M A M

Ex. 4 Thumb Rest Strokes

13

X  
X  
X

T T T T T T T T

Ex. 5 Thumb rest strokes

17

T T T T

Ex. 6 Thumb rest stroke, i free stroke

21

T I

Ex. 7 Thumb rest stroke, fingers free strokes

25

T I M I

Ex. 8 Thumb rest stroke, fingers free strokes

29

T I M A

Ex. 9 Thumb rest stroke, fingers free strokes

33

T A M I

Ex. 10 Thumb rest stroke

37

T I M A M I M A

Ex. 11 Reverse arpeggio

41

T A M I M A M I

Ex. 12 Thumb rest stroke, fingers free stroke

45

I M A M

Ex. 13

49

A M I M

T

Ex. 14

53

M I M A

T

Ex 15. Study

57

M I M I

T

61