## GF1. Lesson 1a. A quick review of the "C" Major Scale

Generally, an alternating pick stroke would be the favoured method and the pick is manipulated mostly with the thumb and the index finger. Reversing the alternation may first seem awkward as the pick is moving contrary to your foot tapping motion. In "glide picking", the motion comes from the wrist and elbow and the pick moves in the direction of the subsequent string. Players are encouraged to practice all three picking formats for all scales in this book even if it not specifically suggested on the page.



Students should notice that the chord name does not tell the whole strory. The chord symbol does not reveal the inversion of the chord in question. Players should also be aware that there is never a one and only way of picking scales or arpeggios. It is assumed that over a course of time, individual players will develop their own preferences.