

PRELIMINARY LESSON 4.  
**"Time and Plectrum Practice"**

A time frame of reasonable accuracy may be established with the use of a wrist watch, digital or sweep second hand, Using the numbers from one to six, count in one second intervals. No wrist watch or any other mechanical time measuring device? -- use your heart beat.

If you have already established a steady beat, sometimes called "time", "tempo" or "pulse", so much the better. If not, add the development of "time" to your coordination practice.

If you will sacrifice velocity on the altar of accuracy you will build a permanent technique which, controlled by your brain, will eventually operate at a tempo commensurate to the bounds of your own personal talent.

If you allow velocity to become your god, you are on your way to your first attack of "where did I go wrong" or "why me?"

The introduction of a playing attack will open the door to countless plectrum permutations which in return will form the norm (model) for the entire course. In any playing situation, you may be required to invent others but it is considered that the practice material presented should equip you to overcome most situations.

12 attacks

string sequence

one syllable

foot direction

16 attacks

---continue all four picking formulas: 1. all down strokes  
 2. all up strokes  
 3. alternate picking---down/up  
 4. alternate picking--- up/down

strings

one syllable

foot direction

**(Editor:** Tony's original manuscript had the picking directions marked all the way through each line. I feel that once you have established the idea, you will most likely not even look at the picking direction. **G.A.)**

12 attacks

---continue all four picking formulas: 1. all down strokes  
 2. all up strokes  
 3. alternate picking---down/up  
 4. alternate picking--- up/down

strings

one syllable

foot direction

An "8 attacks" sequence of strings would be as follows;

Ed---Al---Bill---Ern---Ern---Bill---Al---Ed.

1st---5th-2nd--6th---6th---2nd--5th--1st.

Notice that this takes Gus and Don out of the equation because we are skipping 3 strings.