

Flatpicking 2 - Upstroke

Guitar Vitamin

8va

All Rest Strokes, but as Upstrokes

T
A
B

3	2	1	0	1	0	1	0
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One motion - make sure there isn't a pause before the pluck

3

T
A
B

3	2	1	0	1	0	1	0
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Small Motions, or the fancy term 'Economy of Motion'

5

T
A
B

3	2	1	0	1	0	1	0
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