

The “Groups of Four” Challenge

This guitar technique mini-course deals with one of the most challenging patterns you can play on the guitar, the infamous “Groups of Four”. This is a pattern that offers many benefits when mastered, both in terms of technique, but also in terms of improvisation facility.

I will be adding video instruction in the future, but for now this package contains **9 exercises**:

- PDF format (*these include pickslanting color coding*)
- Guitar Pro format, which can be used with the GP speed trainer.
- Download link for MTC: [Musician Training Center](#), through which you can access these exercises in the cloud based “public drills” section, for use with the MTC play along trainer.

Picking Strategies covered:

1. Legato
2. DWPS
3. 2WPS Economy Picking
4. 2WPS Alternate Picking


The pdf files include detailed notation, tablature, plus pickstroke and *pickslanting* instructions:

 Downstroke

 Upstroke

 Downward Pickslanting (DWPS) pickstrokes

 Upward Pickslanting (UWPS) pickstrokes

 Rotational pickstrokes

If you are not familiar with pickslanting concepts you should definitely check out [Masters in Mechanics](#) by Troy Grady. It is in my opinion the most comprehensive and effective study on the subject of picking technique, plus much more.