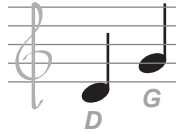


# SYMPATHETIC TECHNIQUE

Cumulative Daily Practice Routines

Week #2

## Skill #2 : Crossing Strings



In the following exercises, you'll use two notes to develop the skill of tarketring notes on different strings. The ability to move from one string to the next is an essential skill known as **Crossing Strings**.

\*For the following exercises use a metronome or drum track with **TEMPO** set to **60 bpm**.

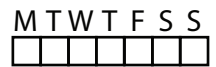
### ESSENTIAL 5 MINUTES You *must* do these 5 exercises every day.

#### Exercise 2.1

Repeat this measure for 1 minue



String crossing with  
Quarter Notes  
**ON THE BEAT.**

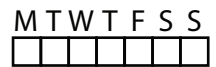


#### Exercise 2.2

Repeat this measure for 1 minue

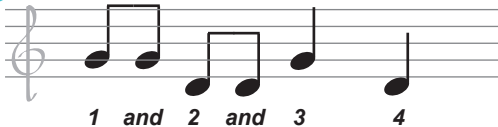


String crossing with  
Eighth Notes  
**ON THE BEAT.**

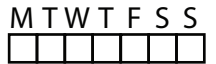


#### Exercise 2.3

Repeat this measure for 1 minue



String crossing with  
eighth notes on  
beats 1 and 2, quarter  
notes on beats 3 and 4

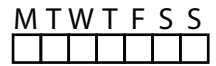


#### Exercise 2.4

Repeat this measure for 1 minue



String crossing  
starting from  
**the AND of BEAT 1.**

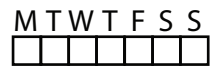


#### Exercise 2.5

Repeat this measure for 1 minue

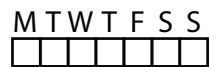


String crossing  
while staying  
**OFF THE BEAT.**



### Extra Credit

**- ADDITIONAL 5 MINUTES** Repeat all 5 exercises crossing between the "G" and "B" strings.



**- ADDITIONAL 5 MINUTES** Repeat the following 5 exercises using your thumb and/or fingers instead of the pick.

