\[ J = 90 \]

8th Triplets in threes
ascend and descend the G Major scale by threes

(8th note triplets)

*remember to always alternate picking strings either up or down

\[
\begin{array}{cccccccccccccc}
\text{Speed} \\
\text{16th notes in fours} \\
\text{ascend and descend the G Major scale by fours} \\
\end{array}
\]

\[
\begin{array}{cccccccccccccc}
\text{16th notes tonic-3rd doubles} \\
\text{same speed but playing tonic-3rd doubles} \\
\end{array}
\]
16th note triplets tonic-3rd-fifth

Tonic-3rd-5th and 7th