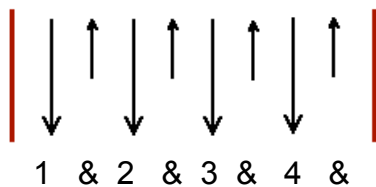


STRUMMING PATTERNS

Your right arm is like the swinging pendulum of a clock - it keeps time. You need to be able to move it up and down in strict time with the beat. I strongly suggest practicing with a metronome if you have problems keeping your arm flowing up and down with the rhythm of the exercise.

Practice with a metronome or a favorite CD, until you are confident that you can move your arm up and down perfectly in time with the music without touching the strings of your instrument.

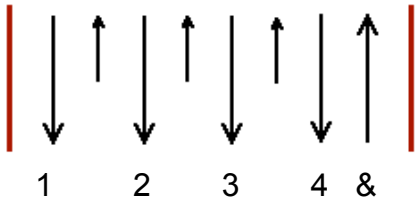
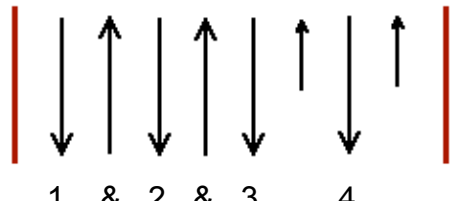
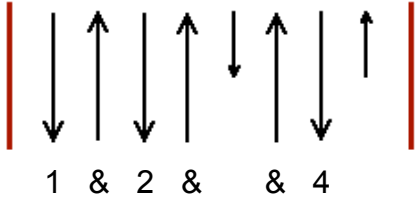
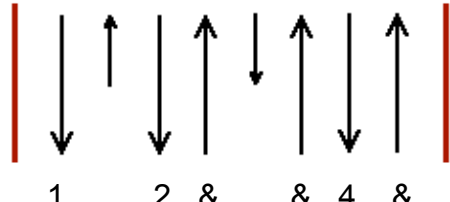
Strumming pattern 1



Strumming patterns are like a loop - when you reach the end, continue from the beginning. Pattern one is a basic pattern that is one bar in length. Play any chord you like and count it in your head as 1 & 2 & 3 & 4 &, with each 'up' being an '&', **BUT** only play the down long arrows.

The arrows represent your right arm going up and down. Where the arrow is long, strum the guitar strings. Where the arrow is short, **miss the strings - but still move your arm**. If you find your arm pausing at any time - you're not strumming correctly.

Once you are completely comfortable with this most basic rhythm, go through each of the following strumming patterns. Please be sure you to master each one before moving on to the next.

| | |
|---|--|
| <p>Strumming pattern 2</p>  <p>1 2 3 4 &</p> | <p>Strumming pattern 3</p>  <p>1 & 2 & 3 4</p> |
| <p>Strumming pattern 4</p>  <p>1 & 2 & & 4</p> | <p>Strumming pattern 5</p>  <p>1 2 & & 4 &</p> |