



# STEP UP YOUR STRUMMING DAY 6

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**Strum Pattern: U - D - U - Clap**  
**& - 1 - & - 2**

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## **HOW TO APPROACH A NEW STRUM PATTERN:**

1. Mute strings on the neck with your fretting hand. Touch the strings, but do not compress them.
2. Strum the pattern while watching your strumming hand and saying the pattern to yourself
3. Repeat #2 while holding a single chord such as C.
4. Gradually move your eyes away from your strumming hand and begin to *feel* yourself playing the pattern.
5. Try simple chord progressions at a slow tempo.

## **PRACTICE EXERCISES:**

***NEW THINGS – Take a video clip or photo of yourself playing one of these progressions and tag #strummingwithkevin and @allforuke on Instagram. A growing community, we are :) Thank you all for spreading the word! Have some fun with these.***

1. C (16x)
2. C (2x) - Cmaj7 (2x) - C7 (2x) C6 (2x)
3. C (2x) - G (2x) - Am (2x) - F (1x)

***@ 65bpm, 75bpm, 85bpm, 95bpm***

1. Am (2x) - F (2x) - Dm (2x) - G (2x)
2. A7 (4x) - Cmaj7 (4x) - A7 (4x) - F (4x)
3. F (2x) - Dm (2x) Am (2x) - G (2x)

***Songs to use with: Lion Sleeps Tonight***