



# 10 Day Kickstart - Day 1

## Strumming Pattern:

1. Down - Up  
1 - &
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**Chords:** C, Am (See Chord Chart)

## Strum Patterns:

- a. Single Down strum w/ 4 count rest
- b. Down - Up (4x per chord)

## Exercises:

1. C - Am - C - Am
2. C - Cmaj7 - C7 - C6
3. C - Am - Cmaj7 - Am
4. C - A7 - C - A7