



# 10 Day Kickstart - Day 7

## Strumming Pattern:

Down - Down - Up - Up - Down - Up

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**Chords:** A, D, G (See Chord Chart)

## Strum Patterns:

- a. Single Strum w/ 4 count rest
- b. Down - Down - Up - Up - Down - Up (2x + 4x per chord)

## Exercises

1. A - D - A - D
2. G - A - D - A
3. A - D - A - G
4. G - D - G - A | D - A - G - A
5. G - D - A - D | A - D - A - G