



10 Day Kickstart - Day 8

Strumming Pattern:

Down - Down - Up - Down - Up (Waltz Strum) 3/4 or 6/8

Chords: C, Cmaj7, C7, C6, F, Dm, Am (See Chart)

Strum Patterns:

- a. Single Strum w/ 4 count rest
- b. Down - Down - Up - Down - Up (1x + 2x per chord)

Exercises

1. C - Cmaj7 - C7 - C6 (3-2-1 Exercise)
2. F - Dm - Am - F - Dm - Am
3. Am - Dm - F - Dm - F
4. Dm - Am - Dm - F
5. F - Am - F - Am | Dm - F - Am - F