



Strumming Exercises

Pattern: Up - Mute

Count: & - 1

Mastering this strum pattern: Procedure

1. Mute strings on the neck with your fretting hand. Touch the strings, but do not compress them.
2. Strum this pattern while watching your strumming hand and saying *Up - Clap - Up - Clap*.
3. Repeat #2 while holding a single chord such as C or Am.
4. Gradually move your eyes away from your strumming hand and begin to *feel* yourself playing the pattern.
5. Play this pattern with a metronome at the following tempos: *60 bpm, 70 bpm, 80 bpm*.
6. Play this pattern using the exercises below
7. Integrate this pattern into chord progressions that you are familiar with and or songs that you already know.
8. Aim to play this pattern as one continuous rhythm by starting slow and building speed.

Exercises

Now, try the strumming pattern with the following chord progressions (*See A4U chord chart*) When you've become comfortable with each chord sequence, re-arrange the chords and play them again.

- A.) *Strum 1x per chord* B.) *Strum 2x per chord*
C.) *Strum 3x per chord*

1. C - F - C - F

2. C - F - Am - G

3. C - G - F - G

4. C - G - Am - F

5. F - G7 - C - Am

6. F - C - G7 - F

