



BARITONE STRUMMING LEVEL 2 | DAY 1

Count: 1 - 2 - & - & - 4 - &
Strum Pattern: D - M - U - U - D - U
Strum Pattern II: D - M - U - U - M - M

PRACTICE EXERCISES:

@ 80bpm, 85bpm, 90bpm, 95bpm, 100bpm

1. E (2x) - F#m7 (2x)
2. E (2x) - F#m7 (2x) - G#m7 (2x) - F#m7 (2x)

@ 90bpm, 95bpm, 100-120bpm

1. E (2x) - A (2x) - B7 (2x) - E (2x)
2. A (1x) - E (1x) - F#m (2x)
3. F#m (1x) - A (1x) - Bm (2x) - F#m (1x) - A (1x) - D (2x)

::Chords:: Tuning: DGBE

E: 2100

F#m7: 2222 (*Barre*)

G#m7: 4444 (*Barre*)

A: 2220

B7: 1202

F#m: 4222

Bm: 4432

D: 0232

::Action Steps::

1. Master this strumming pattern and focus on muting with your fretting hand. Fret muting is a skill that you will carry with you throughout your playing journey and can be incorporated into other patterns. Start slowly and build speed. The metronome is your friend :) [Here's a video](#) where I talk about the muting technique in more detail.
2. Incorporate these variations of the Island strum into songs that you play with the Island strum.

::BONUS

1. Try incorporating a mute into a strumming pattern that you are already familiar with. Now add that pattern back to a song that you enjoy playing.