



# KICKSTART SERIES

## LEVEL 2 | DAY 1

---

**Resources:** [Chord Chart](#) | [Practice Tracks](#)

**Strum Pattern:** Down-Down-Down-Up-Down-Up

**Strum Count:** 1, 2, 3 &, 4 &

**New Chord:** B7

### **EXERCISES**

**Practice Tempos:** 76, 82, 88, 94bpm

*\*Try increasing your metronome by 2bpm per day.*

A) Em (2x) - B7 (2x) - Am (2x) - B7 (2x)

B) Em (1x) - B7 (1x) - Am (1x) - B7 (1x)

C) G (2x) B7 (2x) C (2x) - D (1x) - D7 (1x)

D) G (1x) - C (1x) - B7 (1x) - C (1x)

### **Challenge:**

E) B7 (1x) - D7 (1x) - E7 (1x) - B7 (1x)

*\*Play this progression using the B7 barre shape for each chord.*