



STEP UP YOUR STRUMMING DAY 1

Strum Pattern 1: D - D - U

1 - 2 - &

Strum Pattern 2: D - D - U - U - D - U

1 - 2 - & - & - 4 - &

HOW TO APPROACH A NEW STRUM PATTERN:

1. Mute strings on the neck with your fretting hand. Touch the strings, but do not compress them.
2. Strum the pattern while watching your strumming hand and saying the pattern to yourself
3. Repeat #2 while holding a single chord such as C.
4. Gradually move your eyes away from your strumming hand and begin to *feel* yourself playing the pattern.
5. Try simple chord progressions at a slow tempo.

PRACTICE EXERCISES:

Pattern #1: @ 65bpm, 75bpm, 85bpm, 95bpm

1. C (4x) - Am (4x)
2. C (4x) - Am (4x) - F (4x) - G7 (4x)
3. C (4x) - G7 (4x) - C (4x) - F (4x) - C (2x) - G (2x) - C (2x)

Pattern #1: @ 65bpm, 75bpm, 85bpm, 95bpm

1. G (2x) - C (2x) - G (2x) - D7 (2x)
2. F (4x) - Am (4x) - Dm (4x) - G7 (4x)
3. C (2x) - Cmaj7 (2x) - C7 (2x) - F (2x) - D7 (4x) - G (4x)

Pattern #2: @ 65bpm, 75bpm, 85bpm, 95bpm

1. C (4x) - Am (4x)
2. C (4x) - Am (4x) - F (4x) - G7 (4x)
3. C (4x) - G7 (4x) - C (4x) - F (4x) - C (2x) - G (2x) - C (2x)

Pattern #2: @ 65bpm, 75bpm, 85bpm, 95bpm

1. G (2x) - C (2x) - G (2x) - D7 (2x)
2. F (4x) - Am (4x) - Dm (4x) - G7 (4x)
3. C (2x) - Cmaj7 (2x) - C7 (2x) - F (2x) - D7 (4x) - G (4x)