

# Strumming Lesson 1

<http://www.MordenGuitarLessons.ca>

**Two basic rules of strumming (#1 might be obvious but you never know:**

1. There are only 2 ways to hit the strings – **UP** or **DOWN**
2. We will strum **DOWN on the BEAT** and **UP on the “AND”**

**Here we go**

An "↑" symbol indicates an upstroke and a "↓" denotes a downstroke.

Count the beats out loud and strum once for each beat. If there is no arrow under the beat then count the beat but DO NOT strum

<b>BEAT:</b>	1	2	3	4	or	1	2	3	4
<b>STROKE:</b>	↓	↓	↓	↓		↓	↓		↓

This is sort of boring so...

We will want to play on the beat as well as on the beats in between the beats.

So instead of us counting, "1, 2, 3, 4," we would want to count, "1 and 2 and 3 and 4 and..." The four beats per measure have *not* speeded up at all; we have just added extra beats in between.

So here is another strumming pattern:

Don't worry about the chords at first. You can play whatever chord you want (or even just open strings). Once again don't strum if there is no arrow but try to keep counting as you strum (tapping your works well too)

<b>CHORD:</b>	G								Cadd9							
<b>BEAT:</b>	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
<b>STROKE:</b>	↓		↓		↓	↑	↓	↑	↓	↑		↑	↓	↑	↓	↑

Again, start out very slowly if this is new to you. As slowly as you need to in order to count out each beat and to get each stroke in its proper place. If you're frustrated try not thinking too hard about it, maybe try looking out the window or something. Sometimes the more you think about it the more confusing it gets. At any rate, keep it slow and if it's just not working do something else for a while and then come back to it.

Here's the last one. The second half of this one is a very popular rhythm in blues. Think Stevie Ray Vaughn. Anyway good luck and have fun!

<b>CHORD:</b>	<b>G</b>							<b>D</b>								
<b>BEAT:</b>	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
<b>STROKE:</b>	↓	↑	↓		↓	↑	↓		↓	↑		↑		↑		↑