

Strumming Exercises

Exercise One

NOTE:

In the exercises below, the scrawl above the chords is supposed to represent up and down strums. The first four exercises are 4 beat patterns.

(1) The first exercise uses all down strums with accents placed at various beats. The four measures are repeated 4 times, each time with a different accent pattern.

1 2 3 4 V V V V 1 2 3 4 1x >	1 2 3 4 V V V V 1 2 3 4 >	1 2 3 4 V V V V 1 2 3 4 >	1 2 3 4 V V V V 1 2 3 4 >	(4x) :	Em
2x > >	> >	> >	> >		
3x > >	> >	> >	> >		
4x > > >	> > >	> > >	> > >		
: Em	Em	C	C	(4x) :	Em

Exercise Two

1 2 + 3 4 +	1 2 + 3 4 +	1 2 + 3 4 +	
A A	A A	A A	
V V V V	V V V V	V V V V	
1 2 + 3 4 +	1 2 + 3 4 +	1 2 + 3 4 +	
: C		Am	Am
Em	Em	G	G
			(2x) : C

Exercise Three

1	2 + 3 + 4	1	2 + 3 + 4
	A		A
V	V	V	V
1	2 + 3 + 4	1	2 + 3 + 4
: Am		Am	
		G G	
C		C Em Em (2x) : Am	

Exercise Four

1 + 2 + 3	4	1 + 2 + 3	4
A	A	A	A
V	V	V	V
1 + 2 + 3	4	1 + 2 + 3	4
: Am		C	
		Em Em : Am	

Exercise Five

1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +
A	A
A	A
V	V
1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +
: C	
Em	
Am Em :	
: G	
G	
Am Em : C	

Exercise Six - "three beat meter"

1	2 + 3	1	2 + 3				
	A		A				
V	V V	V	V V				
1	2 + 3	1	2 + 3				
:	G	G		Am	Am		
	Em	Em		C	C	(2x)	: G

Exercise Seven

1	2 + 3 +	1	2 + 3 +				
	A A		A A				
V	V	V	V				
1	2 + 3 +	1	2 + 3 +				
:	Em	Em		Am	Am		
	C	C		G	G	(2x)	: Em

Exercise Eight

1 + 2 + 3	1 + 2 + 3					
A A	A A					
V V	V V					
1 + 2 + 3	1 + 2 + 3					
:	C	C		Am	Am	
	Em	Em		G	G	(2x)
						: C