

# MORE STRUMMING

The alternating down-up stroke pattern you have already played on eighth notes can also be applied to strumming. As you practice the following exercise, keep your wrist relaxed and flexible. The down-up motion will be much faster and easier if you use motion of the wrist only, rather than of the entire arm. This wrist motion feels a little like shaking water off the hand.

## BASIC DOWN-UP STRUM

## STRUM VARIATIONS

This variation of the basic down-up strum misses the upstroke or "and" of the first beat. Remember to keep the down-up motion going and miss the strings on the "and" of beat one.

This variation misses two upstrokes. Continue to strum but miss the strings on the "and" of beats one and three.