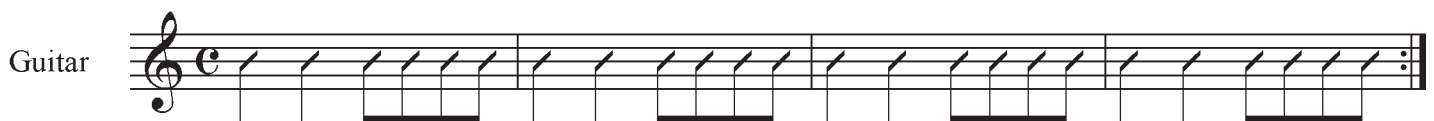


Here are some tips to help you along:

- Keep your arm moving in a steady down and up motion. This will help you keep time and create different rhythms. This constant motion creates the eight note rhythms for you. Make sure not to pause at the top or bottom of your strumming.
- When playing an upstroke, you do not have to play all of the strings. In fact, it sounds better on the upstroke if you only brush across the first 2 or 3 strings.
- Stay relaxed while strumming. Keep your arm nice and loose and don't grip the pick too tight. Easy does it. Just hold the pick tight enough to keep it from turning or dropping it. Also, make sure that your wrist is relaxed so it can move freely while strumming.

Here are a few different rhythms to practice. Remember to keep your arm moving. When you have rhythms that don't use eight notes just miss the strings on the up strokes.



Guitar

The first system of musical notation for guitar. It consists of a single staff with a treble clef and a common time signature (C). The music is written in a rhythmic pattern of eighth notes, with each note having a diagonal slash above it to indicate a pick stroke. The notes are grouped into four measures, each containing four eighth notes. The piece concludes with a double bar line and repeat dots.

Guitar

The second system of musical notation for guitar. It consists of a single staff with a treble clef and a common time signature (C). The music is written in a rhythmic pattern of eighth notes, with each note having a diagonal slash above it to indicate a pick stroke. The notes are grouped into four measures, each containing four eighth notes. The piece concludes with a double bar line and repeat dots.

Guitar

The third system of musical notation for guitar. It consists of a single staff with a treble clef and a common time signature (C). The music is written in a rhythmic pattern of eighth notes, with each note having a diagonal slash above it to indicate a pick stroke. The notes are grouped into four measures, each containing four eighth notes. The piece concludes with a double bar line and repeat dots.

Guitar

The fourth system of musical notation for guitar. It consists of a single staff with a treble clef and a common time signature (C). The music is written in a rhythmic pattern of eighth notes, with each note having a diagonal slash above it to indicate a pick stroke. The notes are grouped into four measures, each containing four eighth notes. The piece concludes with a double bar line and repeat dots.