





# 10 Folk / Pop Strumming Patterns (in 4/4 time)

## Fretboard Toolbox



	D	U	D	U	D	U	D	U
Pattern #	1	&	2	&	3	&	4	&
1	↓	&	↓	&	↓	&	↓	↑
2	↓	&	↓	&	↓	↑	↓	↑
3	↓	&	↓	&	↓	↑	4	↑
4	↓	&	↓	↑	↓	↑	4	↑
5	↓	&	↓	↑	3	↑	4	↑
6 *	↓	&	↓	↑	3	↑	↓	↑
7	↓	&	↓	↑	3	↑	↓	&
8	↓	↑	↓	↑	3	↑	↓	&
9	↓	↑	↓	↑	3	↑	↓	↑
10	↓	↑	2	↑	3	↑	↓	↑

 = "Down" strum  
 = "Up" strum

2, &, 3... = Rest during beats without arrows  
*(But keep your hands moving down and up during rests!)*

*Note that each pattern has only ONE difference from the previous pattern!*

*\* Pattern 6 is my "go to" strumming pattern!*