10 Intro to Strumming Patterns (in 4/4 time)
Fretboard Toolbox

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

↓ = "Down" strum

↑ = "Up" strum

Rest when there are no arrows, but keep your hands moving down and up during rests!

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

Learn more at https://www.fretboard-toolbox.com

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