





# 10 Intro to 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	↓	&	↓	↑	↓	↑	↓	↑
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!*



# 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!*



# 10 Country / Bluegrass Strumming Patterns (in 4/4 time)

## Fretboard Toolbox



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

↓ = "Down" strum

↑ = "Up" strum

N = Play a single "note" from the chord being played

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!*



# 10 Fingerpicking Patterns (in 4/4 time)

## Fretboard Toolbox



	D	U	D	U	D	U	D	U
Pattern #	1	&	2	&	3	&	4	&
1	T	&	T	&	T	&	T	&
2	T	&	T	&	T	&	T	U
3	T	&	P	&	T	&	T	U
4	T	&	T	&	T	U	T	U
5	T	&	P	&	T	U	T	U
6	T	&	T	U	T	U	T	U
7	P	&	T	U	T	U	T	U
8	T	U	T	U	T	U	T	U
9	T	U	T	U	T	&	T	U
10	T	U	T	U	T	&	P	&

**T** = "Thumb" - Use your thumb in downward motion

**P** = "Pinch" two strings simultaneously with your thumb and a finger

**U** = "Up" - Use individual finger in upward motion

**&** = rest on these measures with "&"

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