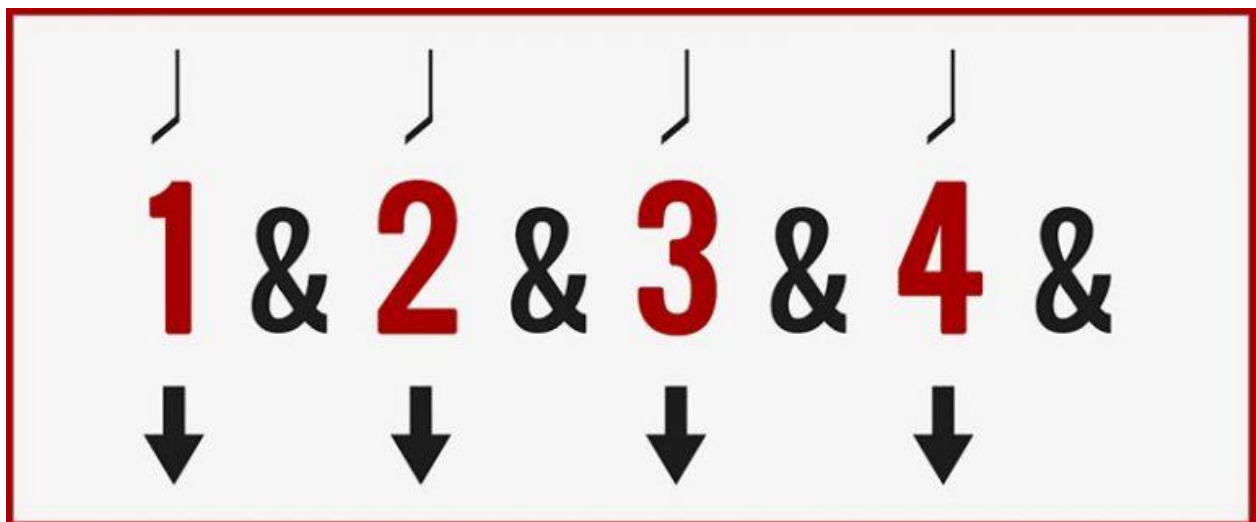


Guitar Strumming Pattern Charts



Pattern No. 1: The 4-Beat Downstrokes



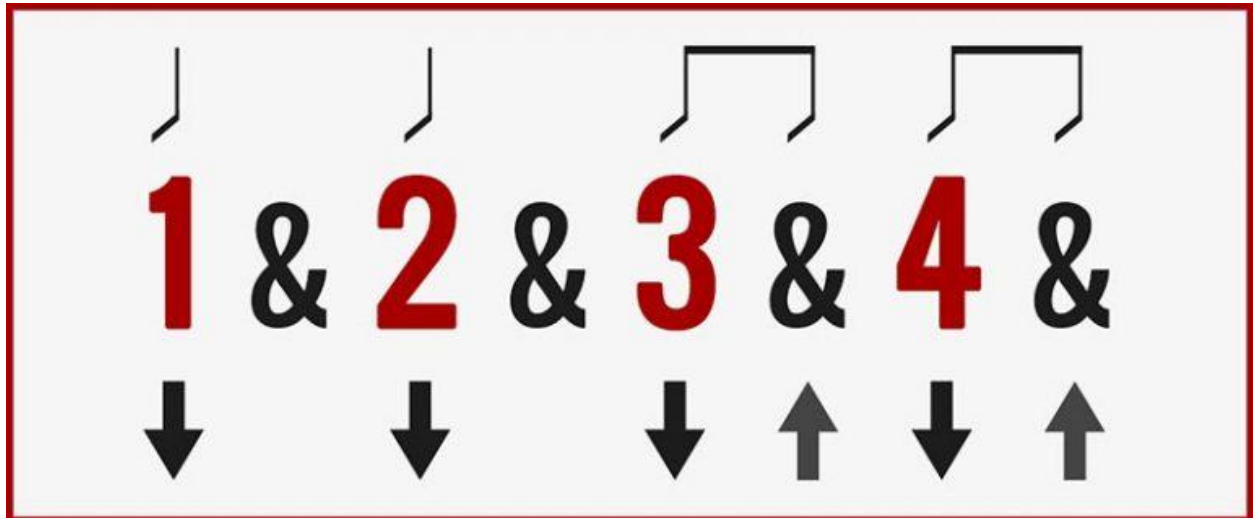
How To Play This Pattern:

As you can see on the chart up there, you will be playing a downstroke (move your strumming hand down the strings) on every beat.

This means that you don't do anything when counting the 'and' upbeat – playing a downstroke at 1, skipping 'the and' or the upbeat, then again playing a downstroke on 2, and skipping 'the and' or upbeat again – and so on and so forth.

You can start out by playing this style alongside a slow metronome beat that works for you, and slowly build up your speed to play it faster. But hey, don't sacrifice accuracy for speed!

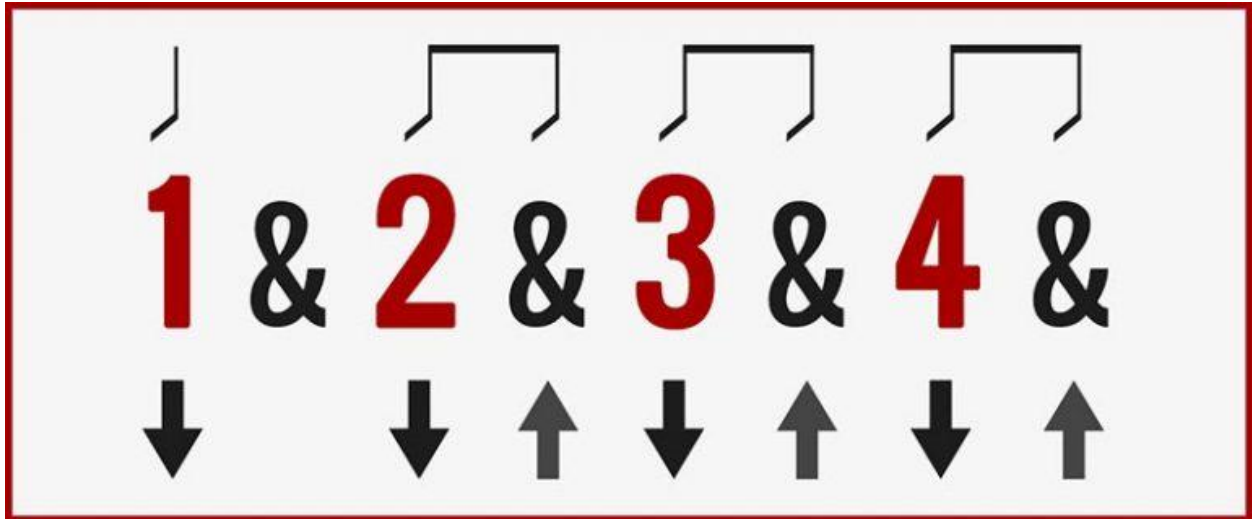
Pattern No. 2: Add Two Upstrokes



How To Play This Pattern:

- You'll continue playing a downstroke each on the 1st and the 2nd beat, like the 1st strumming pattern.
- But after playing the downstroke on the 3rd beat, quickly follow that up with an upstroke on the 'and' upbeat
- Do the same after playing the 4th note downstroke

Pattern No. 3: Add Three Upstrokes

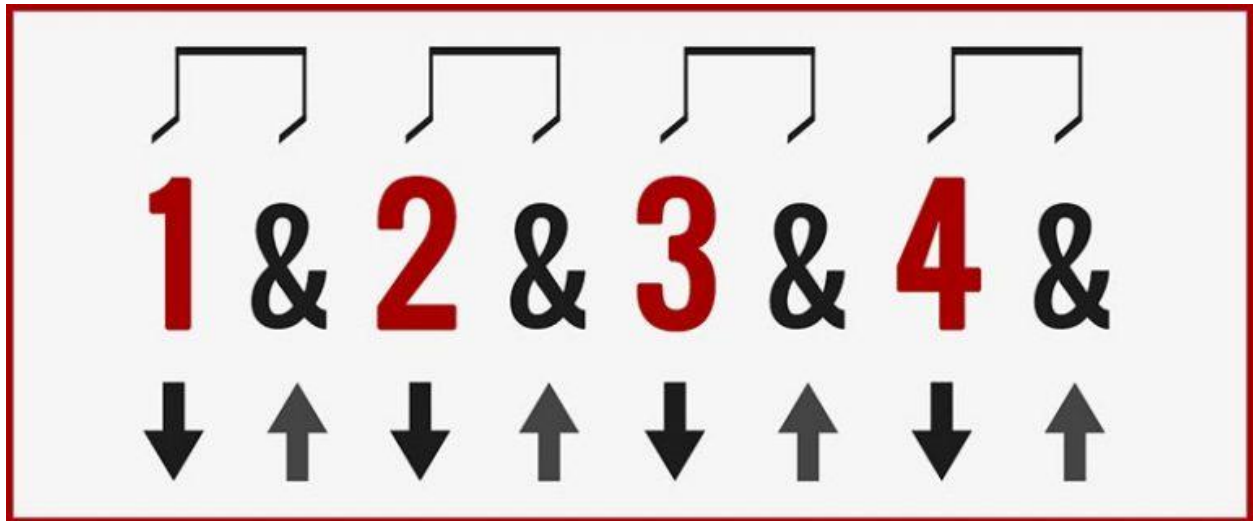


How To Play This Pattern:

This pattern is quite similar to the last one – the only difference is that you now play an upstroke right after the 2nd beat downstroke as well.

So, to put it simply – Play a downstroke on the first beat, skip the 'and', play a downstroke on the 2nd beat, and follow it up with an upstroke in the 'and' upbeat, and repeat this for the 3rd and the 4th beat as well.

Pattern No. 4: Downstroke On Downbeat, Upstroke On Upbeat

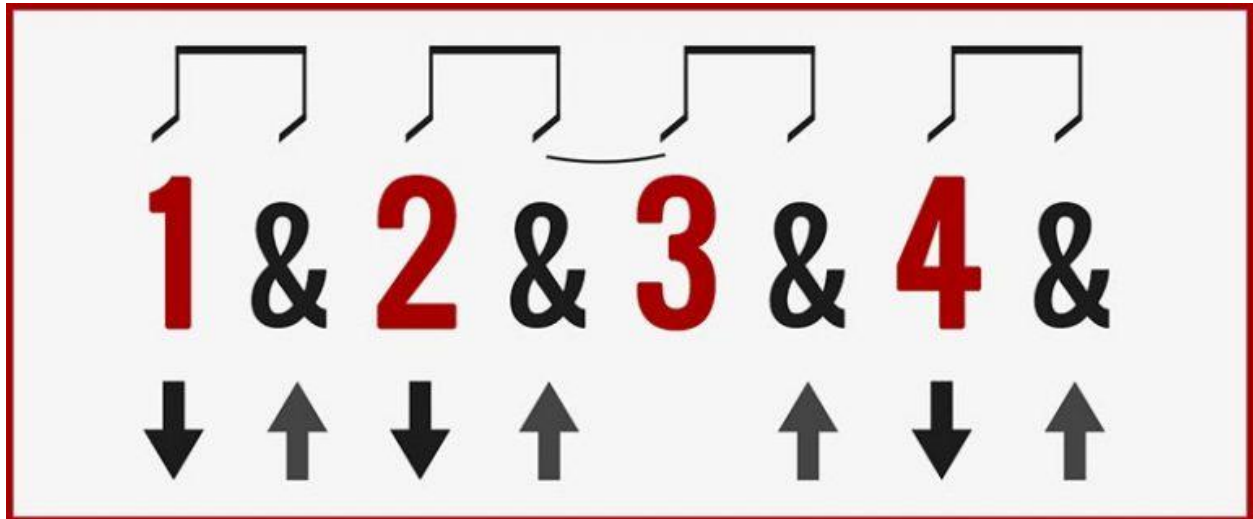


How To Play This Pattern:

As you can see from the chart above, in this particular strumming pattern, we are playing downstrokes on all the downbeats, or during 1,2,3, and 4. And we are playing upstrokes on all the 'and' or upbeats that are between 1,2,3 and 4 beats.

What you get is a continuous strumming style that is fun to both play and listen to. As you can see, you're only playing eighth notes in this strumming style, which is why this pattern is also called 'Eight Note-Down, Up'. All the notes played here have a duration of 1/8th of the entire count – no quarter notes here.

Pattern No. 5: Skip One Downstroke



How To Play This Pattern:

Take a look at the chart above – you can see that it is similar to Pattern no. 4 (Eighth note Down, Up), but with one big difference. You'll notice that this pattern skips the downstroke on the 3rd downbeat. As a result, this pattern has down upstrokes one after the other, without a downstroke in between.

So, here's how to do it:

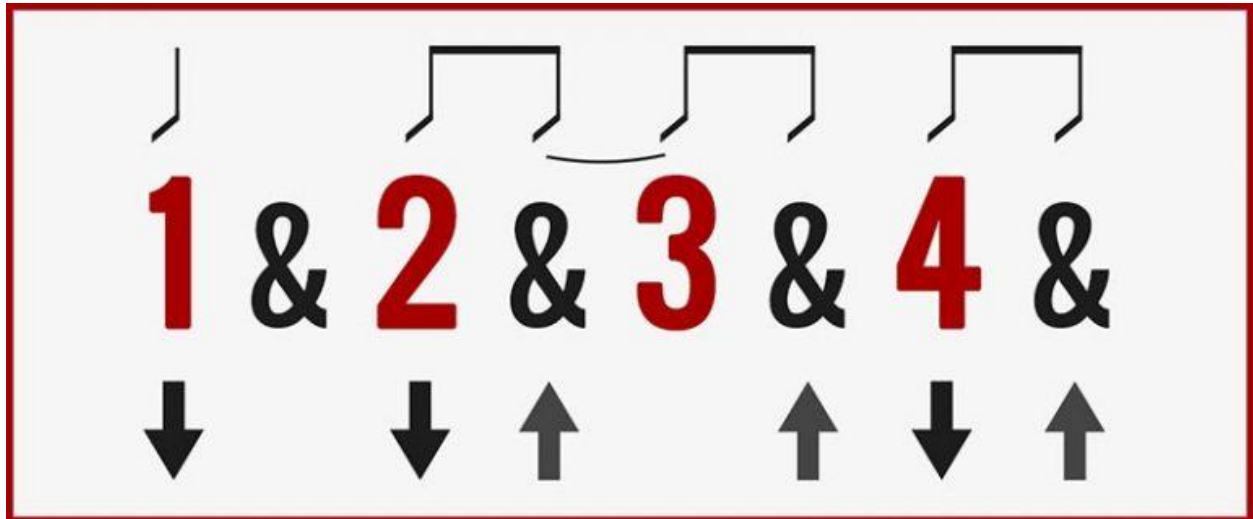
Play a downstroke with every downbeat, and an upstroke with every upbeat or 'the and'. This happens consecutively, except for one skip in the middle.

Except that you skip the downstroke on the 3rd downbeat and leave it blank.

Playing this particular strumming might feel a little odd and unnatural at first since you're not as yet used to playing two upstrokes consecutively. But, with continuous practice, you'll soon get the hang of it.

Mastering this pattern will train your mind to play more complex strumming styles in the future. That's why, don't rush when practicing this style – practice it at a slow tempo and build it up from there to faster speeds.

Pattern No. 6: Skip An Upstroke & Downstroke



How To Play This Pattern:

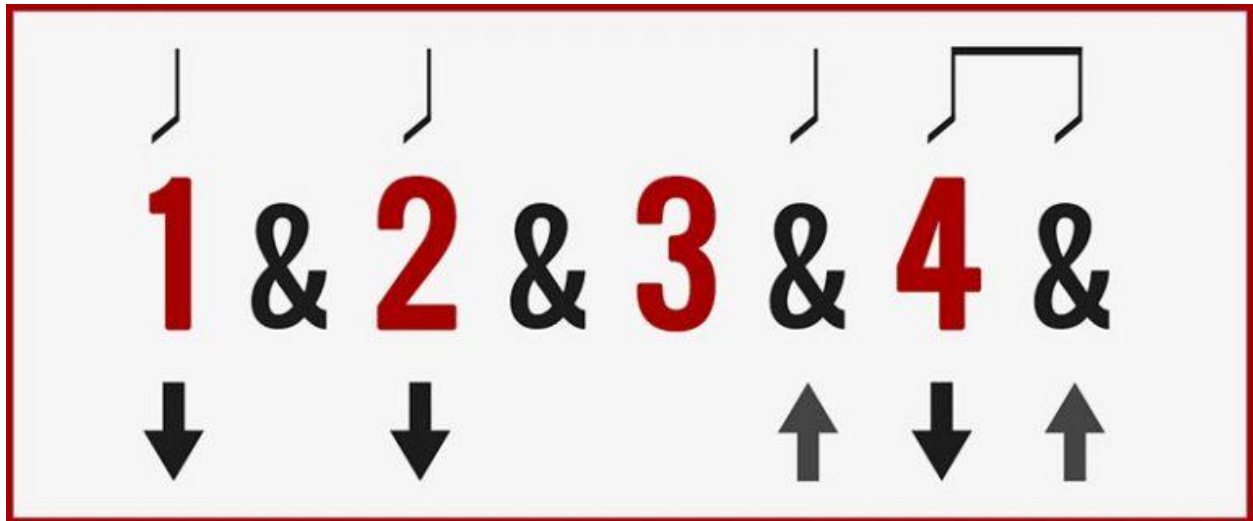
If you look at the chart above, you'll see that this pattern is similar to pattern no. 5, ie. you have to skip the downstroke on the 3rd downbeat. But along with that, you also have to skip the upstroke on the 1st upbeat, or the 'and' after the 1st downbeat.

To sum up:

- Play the downstroke on the 1st downbeat, skip the upbeat or the 'and'.
- Play the downstroke on the 2nd downbeat, following up with an upstroke on the 2nd upbeat or 'the and'.
- Then, skip the 3rd downbeat, and play an upstroke on 3rd upbeat or on 'the and'.
- Finally, play the downstroke on the 4th downbeat and the upstroke on the following upbeat.

By learning to skip not just one but two strokes at different points of the strumming, will further solidify your rhythm prowess and knowledge.

Pattern No. 7: The Pattern With A Long Pause



How To Play This Pattern:

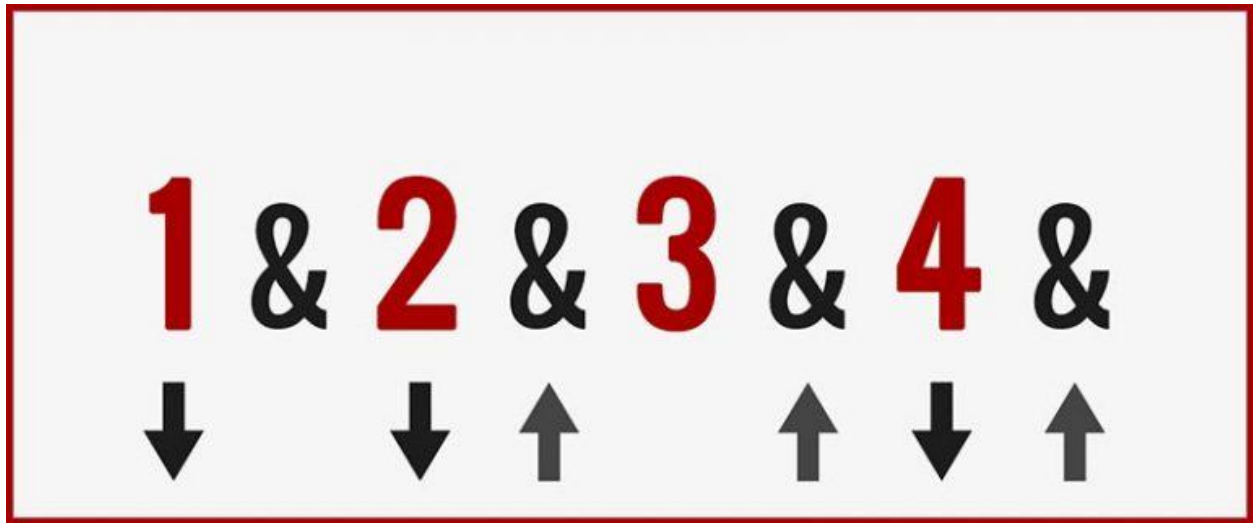
If you look at the chart, you'll see that this pattern needs you to play fewer strokes than the other strumming styles – but don't be fooled. Skipping these strokes can be tricky at first until you master it.

To play this, you have to:

- Skip the downstroke at the 1st upbeat or the 'and' right after the 1st downbeat.
- Then, play the downstroke at the 2nd downbeat.
- After that, here comes the long pause – skip not just the upbeat right after the 2nd downbeat, but also the 3rd downbeat.
- Then, play the upstroke at the 3rd upbeat, and alternate between downstroke on the 4th downbeat and upstroke on the 4th upbeat or the 'and'.

The tricky part of this pattern is to keep your hand moving even you've paused between the 2nd and 3rd note. It might be tempting for you to simply stop moving your hand, but we'd suggest you keep your hand moving at all times, even when you're not strumming the guitar! This will keep you strumming in a nice and steady natural flow.

Pattern No. 8: Ultimate Strum Pattern



How To Play This Pattern:

As you can see from the chart above, this pattern requires you to skip one upstroke and a downstroke at different points of time.

- You start off with playing the downstroke on the 1st downbeat, and then skip the following 'and' or upbeat.
- Move onto playing the downstroke on the 2nd downbeat, followed by an upstroke at the 'and', or upbeat.
- Next, skip the downstroke on the 3rd downbeat, and play the upstroke on the next 'and'.
- Finally, you round up by playing the down on the 4th downbeat, and upstroke on the next 'and' or upbeat.

Pattern No. 9: Indie Rock Strum Pattern



How To Play This Pattern:

As you can see from the chart above, this pattern is pretty much all about the downstrokes, except for all the way at the very end. Since this guitar rhythm uses 16th notes as well, we have further fine-tuned our chart to not only show the 8th, but also the 16th notes – which is played for half the duration of the 8th note.

Playing instructions:

- Play the downstroke on the 1st downbeat, and skip the 'e'. Play downstroke on the 'and' upbeat, and skip the 'a'.
- Play another downstroke on the 2nd downbeat, again skipping the 'e'. Play downstroke on the next 'and' or upbeat, and play an upstroke on the following 'a' note.
- Play the downstroke on the 3rd downbeat, and skip the next 'e'. Play downstroke on the following 'and' upbeat, and skip the next 'a'.
- Play another downstroke on the 4th downbeat, skip the next 'e'. Play a downstroke on the 'and' upbeat, and follow it with an upstroke on the 'a'.

Pattern 10: Modern Strumming



How To Play This Pattern:

Follow the chart closely, and you'll see that this pattern is slightly trickier to play than the indie-rock pattern, but we will get you through it.

Here's how to do it:

- Play a downstroke on the 1st downbeat, skip the 'e'. Play another downstroke on the '&' upbeat, and skip the 'a'.
- Play a downstroke on the 2nd downbeat, and skip both the 'e' as well as the next '&', and then play an upstroke on the 'a'.
- Play a downstroke on the 3rd downbeat, an upstroke on the next 'e', another downstroke on the '&', and skip the 'a'.
- Play the downstroke on the 4th downbeat, skip the 'e'. Then, play another downstroke on the '&', and an upstroke on the 'a'.

