

A close-up, artistic photograph of an acoustic guitar. The image is split vertically: the left side shows the warm, orange-toned wood of the guitar's body, while the right side shows the dark wood of the neck and fretboard. The guitar's soundhole is visible in the center, and the strings run vertically down the right side. A dark, semi-transparent horizontal band is overlaid across the middle of the image, containing the title text.

THE
GUITAR STRUMMING SYSTEM
LEARN ALL STRUMMING PATTERNS NOW

VIDEO ONE

HOW TO LEARN ALL STRUMMING PATTERNS

Take two steps back and start learning the system of strumming instead of individual strumming patterns. Even though this will initially take a little longer it will enable you to play ANY strumming pattern in seconds instead of having to learn hundreds of patterns.

This approach will save you hundreds and even thousands of hours of practicing.

THE ELEMENTS OF STRUMMING

Your hand is constantly moving up and down

- Your hand plays the "subdivisions" of the bar
- Your foot is tapping the pulse of the music constantly

Each up or down stroke can then either:

1. Hit the air
2. Hit the strings when they are muted
3. Hit the strings on a downstroke
4. Hit the strings on an upstroke

THE STRUMMING PATTERN MATRIX

This table or "matrix" is an illustration of a bar with 4 strokes divided into 8 smaller parts. This is referred to as a bar in 4/4 with a subdivision of 8 notes.

1		2		3		4	
D	U	D	U	D	U	D	U

D - Downstroke

U - Upstroke

C - Chord

X - muted strings

- Empty boxes illustrate a stroke in the air



Instructions:

1. Tap the floor at 1, 2, 3 and 4.

- It's absolutely crucial that you do this
- This is the basic pulse of the music
- Everything you do is heard in relation to this pulse
- If you lose the pulse you lose the music

2. Let your arm go up and down following the Ds and Us in the table

3. Hit the strings whenever you see a C or an X

4. When you see a C let the chord ring out

5. When you see an X muted hit the muted strings

ALL RHYTHMS TRAINING SYSTEM

MASTER ONE RHYTHM TO THE POINT OF EFFORTLESSNESS BEFORE MOVING ON

EXERCISE 1 - ONLY DOWNSTROKES

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C		C		C		C		C		C		C		C	

EXERCISE 2 - ONLY UPSTROKES

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
	C		C		C		C		C		C		C		C

EXERCISE 3 - DOWN- AND UPSTROKES

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C		C			C		C	C		C			C		C

EXERCISE 4 - DOWN- AND UPSTROKES

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C	C		C	C		C	C		C	C		C	C		C

EXERCISE 5

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C			C			C			C			C			C

EXERCISE 6

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C	C	C			C	C	C			C	C	C			C

EXERCISE 7

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C		C	C		C		C		C	C		C		C	

EXERCISE 8

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C	C	C				C	C	C				C	C	C	

EXERCISE 9

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C		C	C		C		C	C		C		C	C		

EXERCISE 10

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C			C	C			C	C			C		C	C	C

EXERCISE 11

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
	C	C		C	C		C	C		C	C		C	C	

EXERCISE 12

1				2				3				4			
D	U	D	U	D	U	D	U	D	U	D	U	D	U	D	U
C	C			C	C				C	C			C	C	

ODD SUBDIVISIONS (TRIPLETS)

EXERCISE 13

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C			C			C			C		

EXERCISE 14

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C		C	C		C	C		C	C		C

EXERCISE 15

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C	C		C	C		C	C		C	C	

EXERCISE 16

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
	C			C			C			C	

EXERCISE 17

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
		C			C			C			C

EXERCISE 18

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C	C			C	C			C	C		

EXERCISE 19

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C		C		C		C		C		C	

EXERCISE 20

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
	C		C		C		C		C		C

EXERCISE 21

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C		C		C	C		C		C		C

EXERCISE 22

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C	C		C		C		C	C		C	

EXERCISE 23

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
	C	C		C		C		C	C		C

EXERCISE24

1			2			3			4		
D	U	D	U	D	U	D	U	D	U	D	U
C		C	C		C		C		C	C	

