

# 5 Essential Strumming Patterns

Guitar is no doubt one of the coolest instruments on the planet! I could have played any other instrument, but without a doubt, knew guitar was the chosen choice for me. In the beginning I knew nothing, but thought I did. I strummed aimlessly, had bad form, and at kept losing the pick in the guitar hole. How embarrassing in a live situation... 😞 But I've learned a lot along the way. And sure you could scour the web for this type of information, but I've laid it out into *5 essential strumming patterns!*

I want to share with you these 5 strumming patterns I feel are essential to any beginner. Learn these patterns and you'll rock just about any song! They are written using standard rhythmic notation. While I can't go into detail about understanding rhythms or how to read the notation, all of the down & up hand motions for the strums are indicated using these symbols.

- ▣ = this symbol used to indicate a chord should be strummed down
- ▽ = this symbol used to indicate a chord that should be strummed up

You'll notice the usage of Em & Am for the strum changes, as these chord shapes make it easy to switch back & forth, while learning these strum patterns.

## 1 Measure = 4 Beats Per Measure

So, the Em is used for 1<sup>st</sup> measure & the Am is used for the 2<sup>nd</sup> measure. Hope that makes sense if you're seeing this notation for the 1<sup>st</sup> time. When you see the (v) this will indicate a miss instead of a strum, but that doesn't mean the down up motion stops.

*So without further ado, let's start a rockin' !!*



**Strum Pattern #1**

Em Am

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

**Strum Pattern #2**

Em Am

1 (&) 2 & 3 & 4 & 1 (&) 2 & 3 & 4 &

**Strum Pattern #3**

Em Am

1 & 2 & (3) & 4 & 1 & 2 & (3) & 4 &

**Strum Pattern #4**

Em Am

1 (&) 2 & (3) & 4 & 1 (&) 2 & (3) & 4 &

### Strum Pattern #5

Em Am

1 (&) 2 & 3 (&) 4 & 1 (&) 2 & 3 (&) 4 &



Now that you have these 5 essential guitar strumming patterns under your belt, it's time to take your rhythm playing to the next level & practice these daily. Listen to songs, and I guarantee many are using 1 of these 5 patterns.

Hey guys, Eric here...

I remember how difficult it was in the beginning & the struggles I faced. Strumming was one of the hardest things for me to understand. For years I wasn't clear on what I was actually doing. When I heard songs it was always a big mystery how they achieved what sounded like a simple pattern, but fit the song.

I've been playing guitar for years now, and want to share with you a secret. *"Once you understand the basics foundation of rhythm (beats, timing), your guitar playing will soar to a new level."*

Now I'm not telling you you've gotta learn a bunch of music theory, but I went through a solid program that allowed me to get **massive** results instantly. *How would you like to see fast results?*

*What's the secret that makes this program so effective?* It's the only program that'll get ya rockin' on the 1<sup>st</sup> day! Look, if you're getting lost watching numerous YouTube videos, stop watching and start playing with this program.

*Ready to start rockin'??*

Click the link to see fast results here → [The #1 Online Guitar Lessons For Beginners](#)

I look forward to helping you more!!

Your guitar buddy,

Eric