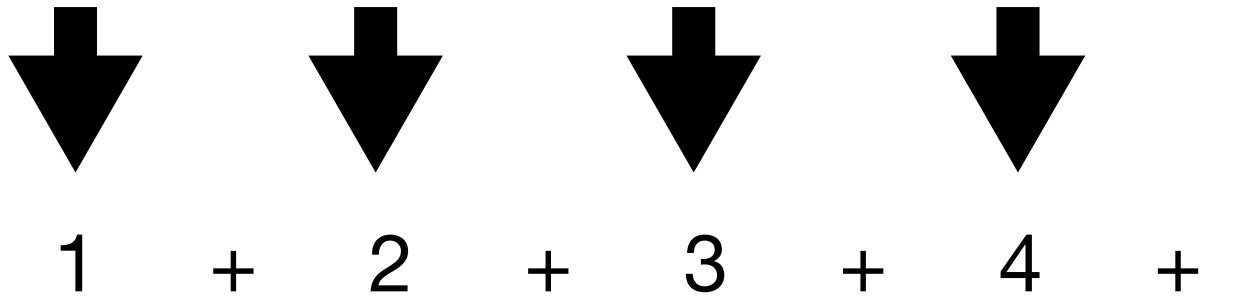
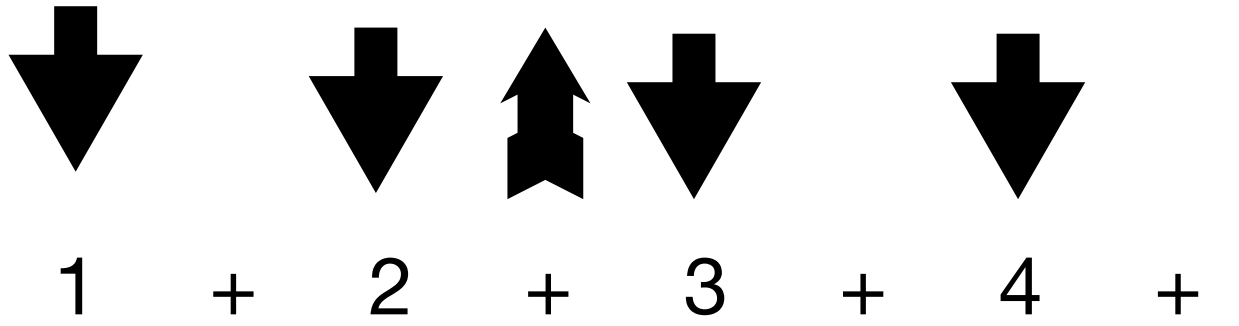
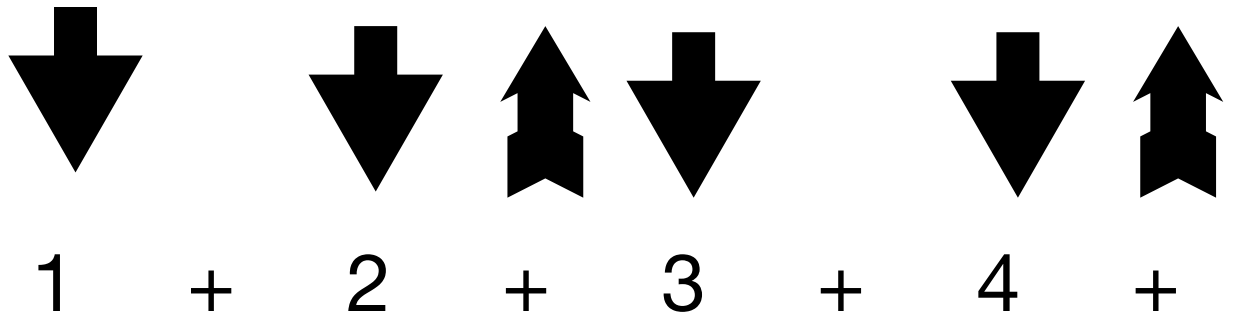
1.

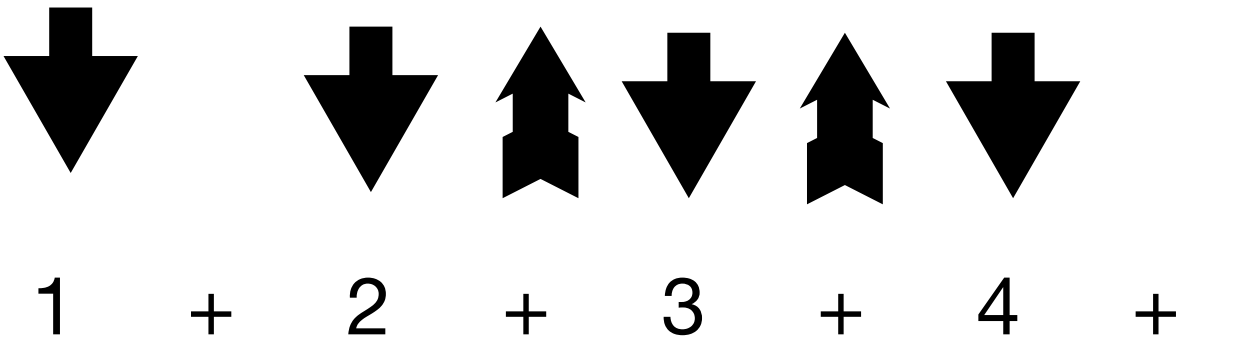
Strumming Patterns

IN 4/4 Time









Count out load the Strumming Pattern (down/up) & the Beats (One And Two And Three And Four And)
Try playing with a metronome.