

extra note is the flatted seventh of the scale, and it's a very useful note for some songs, blues, and some chords. Just skip it if you don't need it.

Lesson 2: Strumming Different Rhythms

We do recommend you work on what we just covered in Lesson 1 for a while to get comfortable with that. A good rule of thumb is, if you are not bored, keep doing what you have just learned. If you are bored, move on a step. If you get frustrated or over-challenged, go back a step or two.

By now you should be able to strum down across the strings, while fretting a note with a finger on the left hand.

The next step is to begin to strum up as well as down. If you count in a steady beat 1 2 3 4 1 2 3 4, you could strum down at each of those numbers. Notice what your hand does after each downstrum...it comes back up. Try strumming across the strings as you come back up. You may have to pull a little harder as you come up because the strings are catching your pick. You are making sounds twice as fast now; if you count the same beat as before, but add the word "and" in between each number, you have 1+ 2+ 3+ 4+ 1+ 2+ 3+ 4+. The "+" represents the upstrum. Count 1 2 3 4 1+ 2+ 3+ 4+ and strum that. Practice this until you can do the upstrums smoothly and comfortably. It may take a little while before they move as easily as the downstrum.



See
It!
Hear
It!

Hear *Strumming and Rhythms* on the Instruction CD (included), or see it on the optional Instruction DVD available from www.strumstick.com. You can also access video and audio clips on the website in the *Instructions* area.