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# 30 Day Beginner Challenge

Guitar Skills



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## Smashing The Basics

UNIT 1 • **LESSON 4** << PREVIOUS NEXT >>

### Strumming Patterns

In this lesson Dan is introducing you to rhythm and your first strumming pattern! This is where we can start to introduce a groove into what we're playing.

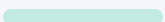


“

Up to this point we've focussed in on your left hand, playing chords and switching between them. Hopefully that's starting to become more comfortable, but don't

## UNIT 1

## Smashing The Basics

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Welcome to the 30 Day Beginner Challenge! In our first unit we will now tackle the basic knowledge you need to get off to the best possible start. This is where you'll learn how to read the diagrams, hold the guitar and more!

Lessons:

- Getting Started
- Chord Two!
- Timing
- Strumming Patterns
- Notes On The Neck

## UNIT 2

## Let's Hit The Gym

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## UNIT 3

## Getting Musical

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## UNIT 4

## The Nitty Gritty

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## UNIT 5

## Second Song

 0% v

## UNIT 6

## Getting Ready

 0% v

worry if it's  
not perfect –  
we wouldn't  
expect it to  
be just yet!  
Feel free to  
move on to  
this lesson  
which starts  
working on  
your right  
hand! Don't  
be afraid to  
move on  
even if the  
previous  
lesson  
material  
isn't perfect  
yet!

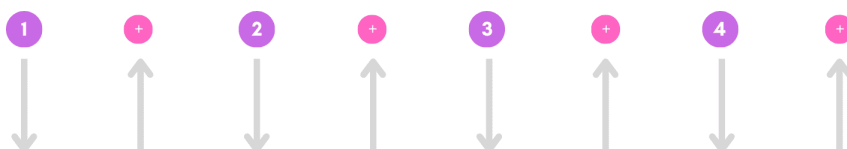
Dan



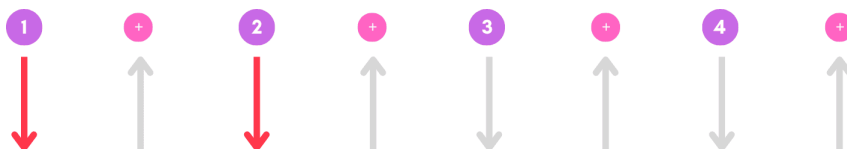
To play a groove you need to know the mechanics of strumming on the guitar. First up, we need to start counting the beats and matching up with the right hand movement. We will start by saying "one and two and three and four and". Every time you say a number you will do a downstroke, and every time you say "and" you will do an upstroke. For example:



In our courses we represent strumming patterns using diagrams as shown below. The idea is to keep your arm moving at all times: down with each down arrow, up with each up arrow! Then, you only strum the strings when the arrow is highlighted. So as we build up to the strumming pattern in the video it looks like this:

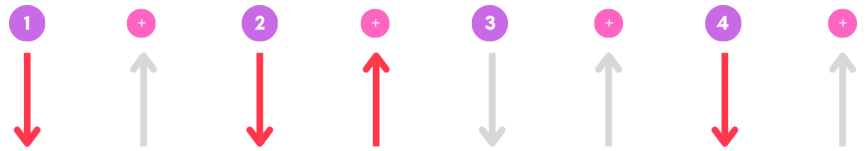


Breaking this down, we have the **"1 + 2 + 3 + 4 +"** count at the top of the strumming pattern, which is your basic timing guide. We then have the down and up arrows, which are your strumming arm movement. The grey arrow means that you are moving your strumming arm but not actually strumming the strings. Once you can successfully move your arm to the count, we can add our first two red arrows:



Here we are hitting the strings on the 1st beat and the 2nd beat. The rest are still air strums, as you have been doing. Be sure to keep that arm moving as you

work through this, as that is the important skill we are learning! From there, we can do the full strumming pattern in this lesson:



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