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# 30 Day Beginner Challenge

Guitar Skills

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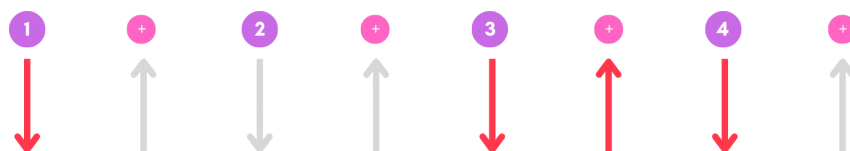
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## Let's Hit The Gym

UNIT 2 • **LESSON 4** << PREVIOUS NEXT >>

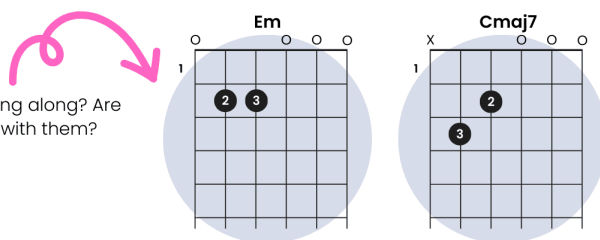
### New Rhythm!

It's now time for a brand new rhythm pattern to learn! Now that we know how to read the rhythm patterns, we can dive straight in with how this looks.



So, we need to make sure that we keep our right hand moving all the way through the pattern and make contact with the strings when we hit the **"1"**, **then "3 and 4"**. Remember to once again use a drum beat to get it all in sync and in rhythm and start to loop it with your chord changes of E minor and C major 7. As a reminder, here are those chord shapes again:

How are these chords coming along? Are you feeling more confident with them?



## Course navigation

### UNIT 1


## Smashing The Basics 0%

### UNIT 2

## Let's Hit The Gym 0%

Guitar gym is a term we use a lot here at the Guitar Club, so let's start by talking about what it means. Essentially, Guitar Gym is a range of exercises that are deliberately constructed to build your technique, skill and fluidity on the fretboard.

Lessons:

-  **Spider Exercise**
-  **Reading Guitar Tab**
-  **How To Practice**
-  **New Rhythm!**
-  **E Minor Pentatonic**

### UNIT 3

## Getting Musical 0%

### UNIT 4

## The Nitty Gritty 0%

### UNIT 5

## Second Song 0%

### UNIT 6

## Getting Ready 0%



“

This new rhythm pattern with the chords needs to be added to the “musical” section of your daily practice schedule! Good luck with it, all the practice will pay off soon.

Dan

”



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