



LPM

## Rhythm Basics (Essentials 2.5)

Strumming

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### LESSON NOTES

The most common rhythm guitar style is strumming. Here you will learn to use those new chords rhythmically using downstrokes and upstrokes. Brian discusses how rhythm applies to the picking direction in a simple strumming pattern, and how to teach yourself to play comfortably with a beat using any strumming rhythm.

Using 'The Robot', you can learn instinctively which strokes to use at any tempo, and mechanically install the feeling for great strumming. As you can imagine, strumming is one of the wide widely applicable guitar techniques, so master it here, and have fun!

#### Points covered:

- Downstrokes and upstrokes
- How rhythm applies to strumming
- The Robot
- What not to do