

## Strummer Camp: 2019 – Day 18

Today you'll be working with a 120 bpm track using a straight beat. These exercises are very much the same ones you worked with on Day 7 and 8 – but the progressive increase in tempo makes everything feel “rushed” in many ways. You might also notice that some of the 8<sup>th</sup> note groupings are slightly different than Day 7 and 8. However, the value would still be the same.

Back to what I mean by *rushed* > I don't mean to the point where things should get sloppy. If anything, that's the worst thing that could happen. What I would like you to do is to start these exercises off VERY slowly as to get your motor memory going on your strumming hand. The note values are only partially important. The big kicker here is to be sure you get the chords to “fit” within the overall bpm range.

### Exercise 76:

♩ = 120

C Am F G

Exercise 76 is a guitar exercise at 120 bpm. It consists of four measures, each with a specific chord: C, Am, F, and G. The notation shows the guitar staff with notes and a corresponding fretboard diagram below. The fretboard diagram uses numbers 0-3 to indicate fingerings. The exercise is divided into four measures, each with a dashed line indicating a measure boundary. The first measure is C, the second is Am, the third is F, and the fourth is G. The fretboard diagram shows the following fingerings for each measure:

Measure	Chord	Fretboard Diagram (Fingerings)
1	C	0 1 0 2 3
2	Am	0 1 0 2 0
3	F	1 1 2 3 1
4	G	3 3 0 2 3

### Exercise 77:

♩ = 120

C Am F G

Exercise 77 is a guitar exercise at 120 bpm. It consists of four measures, each with a specific chord: C, Am, F, and G. The notation shows the guitar staff with notes and a corresponding fretboard diagram below. The fretboard diagram uses numbers 0-3 to indicate fingerings. The exercise is divided into four measures, each with a dashed line indicating a measure boundary. The first measure is C, the second is Am, the third is F, and the fourth is G. The fretboard diagram shows the following fingerings for each measure:

Measure	Chord	Fretboard Diagram (Fingerings)
1	C	0 1 0 2 3
2	Am	0 1 0 2 0
3	F	1 1 2 3 1
4	G	3 3 0 2 3

Exercise 78:

### Exercise 79:

Figure 1 shows a musical score for guitar, divided into four measures corresponding to the chords G, Em, Am, and D. The tempo is marked as 120. The score includes a staff with notes and a fretboard diagram below it, showing the fret numbers for each string (1-6) for each measure. The fret numbers are listed in a grid below the staff, with some numbers highlighted in red.

Measure	Chord	Fret 1	Fret 2	Fret 3	Fret 4	Fret 5	Fret 6
1	G	3	3	0	2	3	3
2	Em	3	3	0	0	0	0
3	Am	0	1	2	2	0	0
4	D	2	3	2	0	2	2

Exercise 80:

Exercise 81:

♩ = 120

Dm Am C F

Exercise 81 is a guitar exercise in 4/4 time at 120 bpm. It consists of four measures, each with a specific chord: Dm, Am, C, and F. The notation includes a treble clef, a key signature of one flat (Bb), and a 4x repeat sign at the end. The fretboard diagram shows the following fingerings: Dm (1, 3, 2, 0), Am (1, 3, 2, 0), C (0, 1, 0, 0), and F (1, 1, 1, 1). The fretboard diagram also includes a 4x repeat sign at the end.

Exercise 82:

♩ = 120

Em D C

Exercise 82 is a guitar exercise in 4/4 time at 120 bpm. It consists of four measures, each with a specific chord: Em, D, and C. The notation includes a treble clef, a key signature of one flat (Bb), and a 4x repeat sign at the end. The fretboard diagram shows the following fingerings: Em (0, 0, 0, 0), D (2, 3, 2, 0), and C (0, 1, 0, 0). The fretboard diagram also includes a 4x repeat sign at the end.

Exercise 83:

♩ = 120

Em D C

Exercise 83 is a guitar exercise in 4/4 time at 120 bpm. It consists of four measures, each with a specific chord: Em, D, and C. The notation includes a treble clef, a key signature of one flat (Bb), and a 4x repeat sign at the end. The fretboard diagram shows the following fingerings: Em (0, 0, 0, 0), D (2, 3, 2, 0), and C (0, 1, 0, 0). The fretboard diagram also includes a 4x repeat sign at the end.

Exercise 84:

$\text{♩} = 120$

Am Em

The musical notation for Exercise 84 shows two chord progressions. The first progression is for the Am chord, consisting of 10 measures. The second progression is for the Em chord, also consisting of 10 measures. Each measure contains a guitar staff with notes and a fretboard diagram below it. The fretboard diagrams use numbers 0-4 to indicate finger positions and 'x' for natural harmonics. The Am progression starts with a 4x harmonic on the 4th fret of the 6th string. The Em progression starts with a 4x harmonic on the 4th fret of the 6th string. The tempo is marked as 120 beats per minute.

Measure	1	2	3	4	5	6	7	8	9	10
Am	0	0	0	0	0	0	0	0	x	x
Am	1	1	1	1	1	1	1	1	x	x
Am	2	2	2	2	2	2	2	2	x	x
Am	2	2	2	2	2	2	2	2	x	x
Am	0	0	0	0	0	0	0	0	x	x
Em	0	0	0	0	0	0	0	0	x	x
Em	0	0	0	0	0	0	0	0	x	x
Em	0	0	0	0	0	0	0	0	x	x
Em	2	2	2	2	2	2	2	2	x	x
Em	2	2	2	2	2	2	2	2	x	x

Exercise 85:

$\text{♩} = 120$

Em Bm

The musical notation for Exercise 85 shows two chord progressions. The first progression is for the Em chord, consisting of 10 measures. The second progression is for the Bm chord, also consisting of 10 measures. Each measure contains a guitar staff with notes and a fretboard diagram below it. The fretboard diagrams use numbers 0-4 to indicate finger positions and 'x' for natural harmonics. The Em progression starts with a 4x harmonic on the 4th fret of the 6th string. The Bm progression starts with a 4x harmonic on the 4th fret of the 6th string. The tempo is marked as 120 beats per minute.

Measure	1	2	3	4	5	6	7	8	9	10
Em	0	x	x	x	0	0	0	0	0	0
Em	0	x	x	x	0	0	0	0	0	0
Em	0	x	x	x	0	0	0	0	0	0
Em	2	x	x	x	2	2	2	2	2	2
Em	0	x	x	x	0	0	0	0	0	0
Bm	2	x	x	x	2	2	2	2	2	2
Bm	3	x	x	x	3	3	3	3	3	3
Bm	4	x	x	x	4	4	4	4	4	4
Bm	4	x	x	x	4	4	4	4	4	4
Bm	2	x	x	x	2	2	2	2	2	2