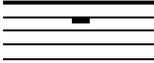
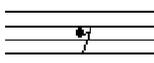


100 Strumming Exercises

The focus of the first 25 exercises is NOT about chord changes. Instead it is about understanding strumming using note values. Before we begin we need to address what each note value in this series will look like. It is highly important that you print this page out.

Note Values and Rests:

Name	Note	Rest
Whole Note		
Half Note		
Quarter Note		
Eighth Note		
Sixteenth Note		

USUALLY I don't focus on counting out beats, but this time we WILL be focusing on it to guarantee that you will master the exercises. Traditionally the count works as this:

ONE (e) + (a) TWO (e) + (a) THREE (e) + (a) FOUR (e) + (a)

You will see this in all of our exercises.

- The whole note takes up 1 beat per measure. Based on the beat count, the whole note is played like this:



where the whole note is only played on the "1."

- The half note takes up 2 beats per measure. Based on the beat count, the half note is played like this:



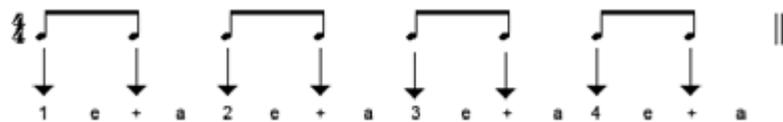
where the half note is only played on the "1" and the "3".

- The quarter note takes up 4 beats per measure. Based on the beat count, the quarter note is played like this:



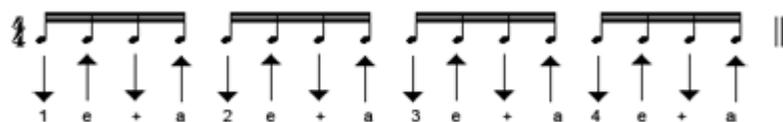
where the quarter note is only played on the "1, 2, 3" and "4".

- The eighth note takes up 8 beats per measure. Based on the beat count, the eighth note is played like this:



where the eighth note is only played on the "1" (skip e) "+" (skip a) "2" (skip e) "+" (skip a) "3" (skip e) "+" (skip a) "4" (skip e) "+"....

- The sixteenth note takes up 16 beats per measure. Based on the beat count, the sixteenth note is played like this:



where the sixteenth note is played throughout the entire measure.

More Important Terms:

You'll also find some other elements in these strumming exercises, but we'll only focus on them as we reach them. However, in the first 25 exercises there are some signs you'll need to know about prior to playing them.

Accent: (>) this can be shown in a variety of ways, but usually it will come in as a "greater than" sign. This sign signifies that the note/chord being played needs to be played harder than the previous note/chord. It doesn't affect the value, but it does affect the overall 'power' of the note/chord.

Tied Note: () notice the curved line at the bottom of the note. This means that the note values are added together, or in a simpler way: only the first note is played while the second note is held for that duration. The key to understanding tied notes is that in the case of a chord, there is NO change in actual chord structure. If you were playing a C chord, you would still play the same C chord moving from a quarter note to an eighth note. The only difference is that the C chord on the eighth note is added back to the quarter note. When you hear it you'll understand.

Mute: (x) any time you see an 'x' that means the chord or note is muted. You still play the chord, but you lift your fingers off so that none of the notes actually ring out. It should sound percussive.

On To The Exercises....

Now that we've got a firm understanding on what each strumming exercise offers, let's get down to business. Because I cannot gauge how fast or slow (tempo) you can play in, each exercise offered will be played slowly (around 80 bpm). If you have no trouble playing a given exercise, feel free to speed up the tempo for a bigger challenge.

Exercises 1 – 25

Exercise 1 (whole note):



Exercise 2 (half notes):



Exercise 3 (quarter notes):



Exercise 4 (eighth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 5 (sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 6 (quarter notes, accents, eighth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 7 (quarter notes, accents, eighth notes, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 8 (quarter notes, accents, eighth notes, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 9 (quarter notes, eighth notes, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 10 (quarter notes , eighth notes, sixteenth notes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 11 (quarter notes, eighth notes, sixteenth notes, mutes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 12 (quarter notes, eighth notes, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 13 (quarter notes, eighth notes, accents, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 14 (quarter notes, eighth notes, sixteenth notes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 15 (quarter notes, eighth notes, sixteenth notes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 16 (quarter notes, eighth notes, sixteenth notes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 17 (quarter notes, eighth notes, sixteenth notes, tied notes, **thirty-second** notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 18 (quarter notes, eighth notes, sixteenth notes, tied notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 19 (quarter notes, eighth notes, sixteenth notes, tied notes, thirty-second notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 20 (quarter notes, sixteenth notes, mutes, tied notes, eighth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 21 (eighth notes, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 22 (eighth notes, sixteenth notes, mutes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 23 (eighth notes, accents):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 24 (eighth notes, accents, sixteenth notes):

1 e + a 2 e + a 3 e + a 4 e + a

Exercise 25 (eighth notes, accents):

1 e + a 2 e + a 3 e + a 4 e + a