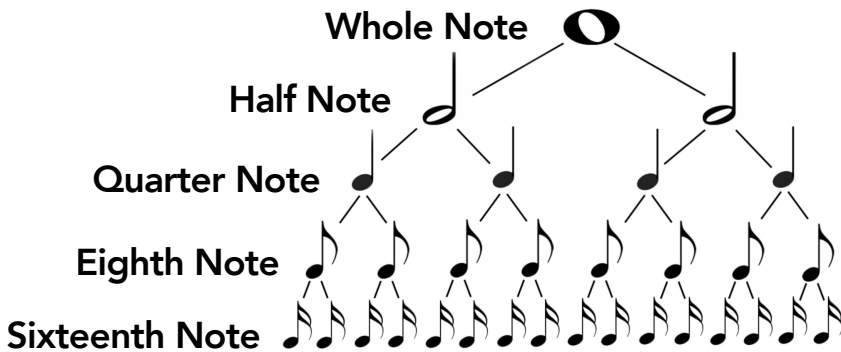




### Section #1 | Five Types of Note Values:



= 1 Bar or 4 Beats

### How to Strum Each of These Note Types:

- **Whole Note** - Down (1 strum sustained over 4 beats)
- **Half Notes** - Down (2 strums over 4 beats)
- **Quarter Notes** - Down (4 strums over 4 beats)
- **Eighth Notes** - Down on the numbered beats, up on the "&"s: (8 strums over 4 beats):

**1 & 2 & 3 & 4 &**

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

- **Sixteenth Notes** - Down on numbered beats and on the "&'s." Up on the "e's/a's":

**1 e & a 2 e & a 3 e & a 4 e & a**

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

### Section #2 | Essential Strumming Patterns:

<p><b>Calypso Pattern</b></p> <p><b>1 &amp; 2 &amp; 3 &amp; 4 &amp;</b></p> <p>↓ ↓ ↑ ↑ ↓ ↑</p>	<p><b>Classic R&amp;B Pattern</b></p> <p><b>1 &amp; 2 &amp; 3 &amp; 4 &amp;</b></p> <p>↓ S ↓ S</p>	<p><b>Basic Percussive Pattern</b></p> <p><b>1 &amp; 2 &amp; 3 &amp; 4 &amp;</b></p> <p>↓ ↑ X ↑ ↓ ↑ X ↑</p>
<p><b>Basic Country Pattern</b></p> <p><b>1 &amp; 2 &amp; 3 &amp; 4 &amp;</b></p> <p>↓ ↓ ↓ ↑ ↓ ↑</p>	<p><b>2 Bar Classic Rock Pattern</b></p> <p><b>1 &amp; 2 &amp; 3 &amp; 4 &amp;   1 &amp; 2 &amp; 3 &amp; 4 &amp;  </b></p> <p>↓ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↑</p>	