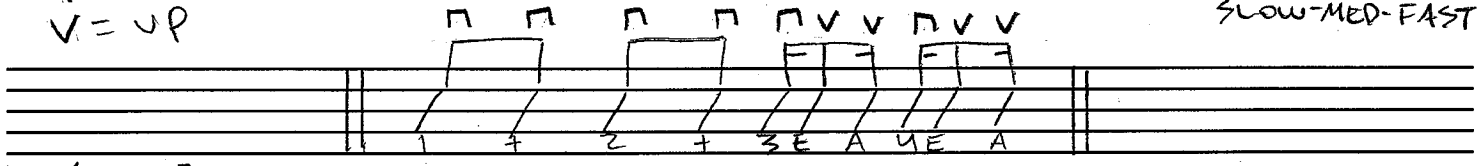
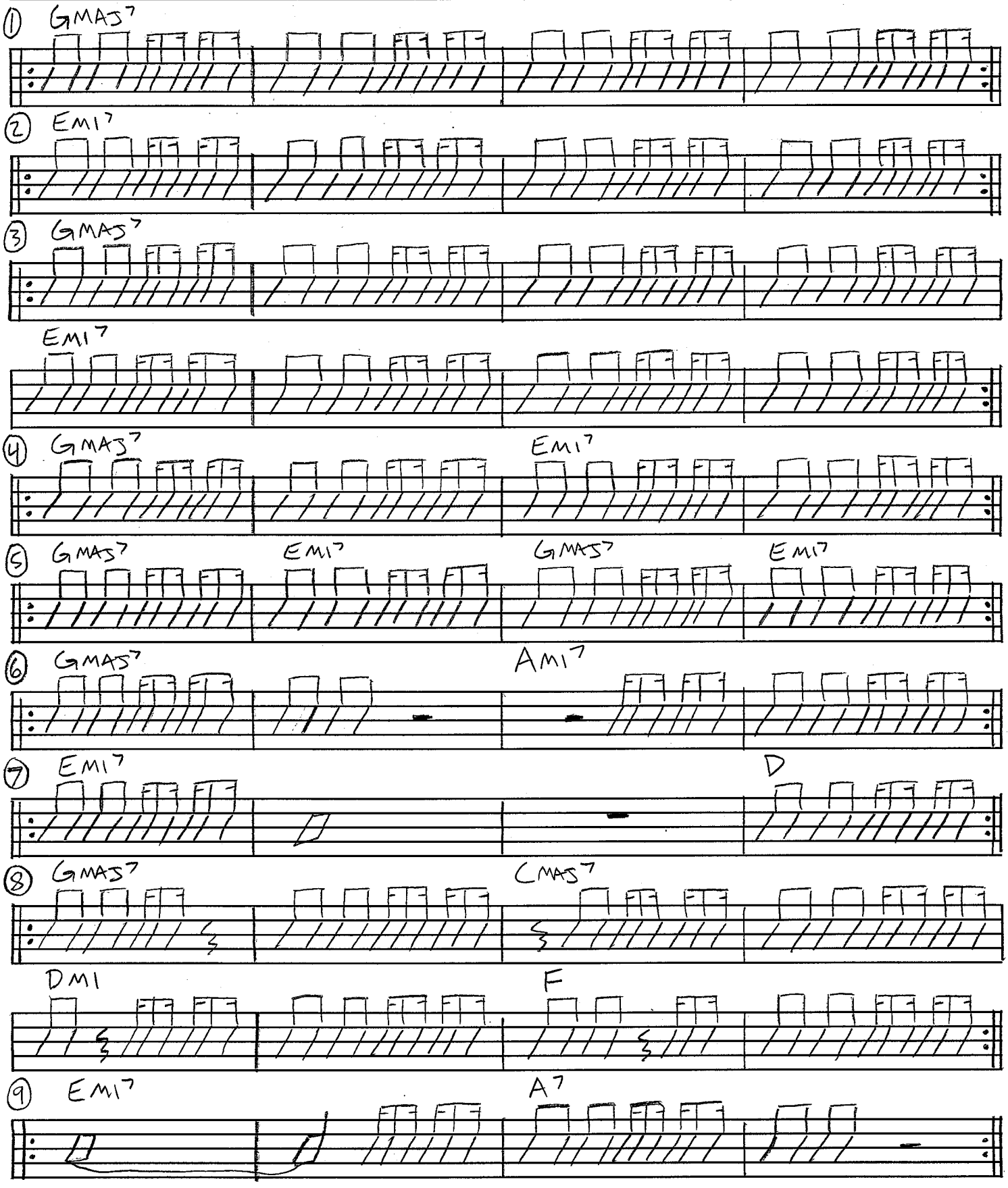
⊓ = DOWN
V = UP

STRUM PATTERN + CHORD PROGRESSIONS 18

REPEAT EACH 8-12X
SLOW-MED-FAST