

M = DOWN
V = UP

STRUM PATTERN + CHORD PROGRESSIONS 10

REPEAT EACH 8-12X
SLOW-MED-FAST

Diagram showing the strumming pattern and chord diagrams for the first exercise. The strumming pattern is: $\downarrow \uparrow \downarrow \uparrow \downarrow \uparrow$. The chord diagrams are: $\downarrow \uparrow \downarrow \uparrow \downarrow \uparrow$ (D#), $\downarrow \uparrow$ (D#M1), $\downarrow \uparrow$ (D#), and $\downarrow \uparrow \downarrow \uparrow \downarrow \uparrow$ (D#M1).

① D#

② D#M1

③ D#

D#M1

④ D# D#M1

⑤ D# D#M1 D# D#M1

⑥ D# B

⑦ D#M1 EMI

⑧ D# D

CMI G

⑨ D#M1 F