

M = DOWN
V = UP

STRUM PATTERN + CHORD PROGRESSIONS 19

REPEAT EACH 8-12X
SLOW-MED-FAST

Diagram showing four strumming patterns: $\square \nabla \nabla \nabla$, $\nabla \square \nabla$, $\nabla \square \nabla$, and $\nabla \square \nabla$. Below each pattern is a guitar fretboard diagram with a chord shape and the label "E+A".

① D M A S 7

② B M I 7

③ D M A S 7

B M I 7

④ D M A S 7 B M I 7

⑤ D M A S 7 B M I 7 D M A S 7 B M I 7

⑥ D M A S 7 E M I 7

⑦ B M I 7 C M A S 7

⑧ D M A S 7 G M A S 7

A M I 7 A 7

⑨ B M I 7 D M I 7