

∩ = DOWN
V = UP

STRAJN PATTERN + CHORD PROGRESSIONS 16

REPEAT EACH 8-12x
SLOW-MED-FAST

① F7

② Bb7

③ F7

Bb7

④ F7 Bb7

⑤ F7 Bb7 F7 Bb7

⑥ F7 C7

⑦ Bb7 A7

⑧ F7 G7

D7 DMI

⑨ Bb7 GMI