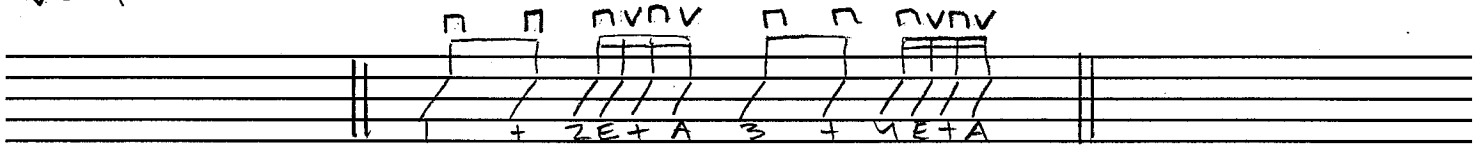
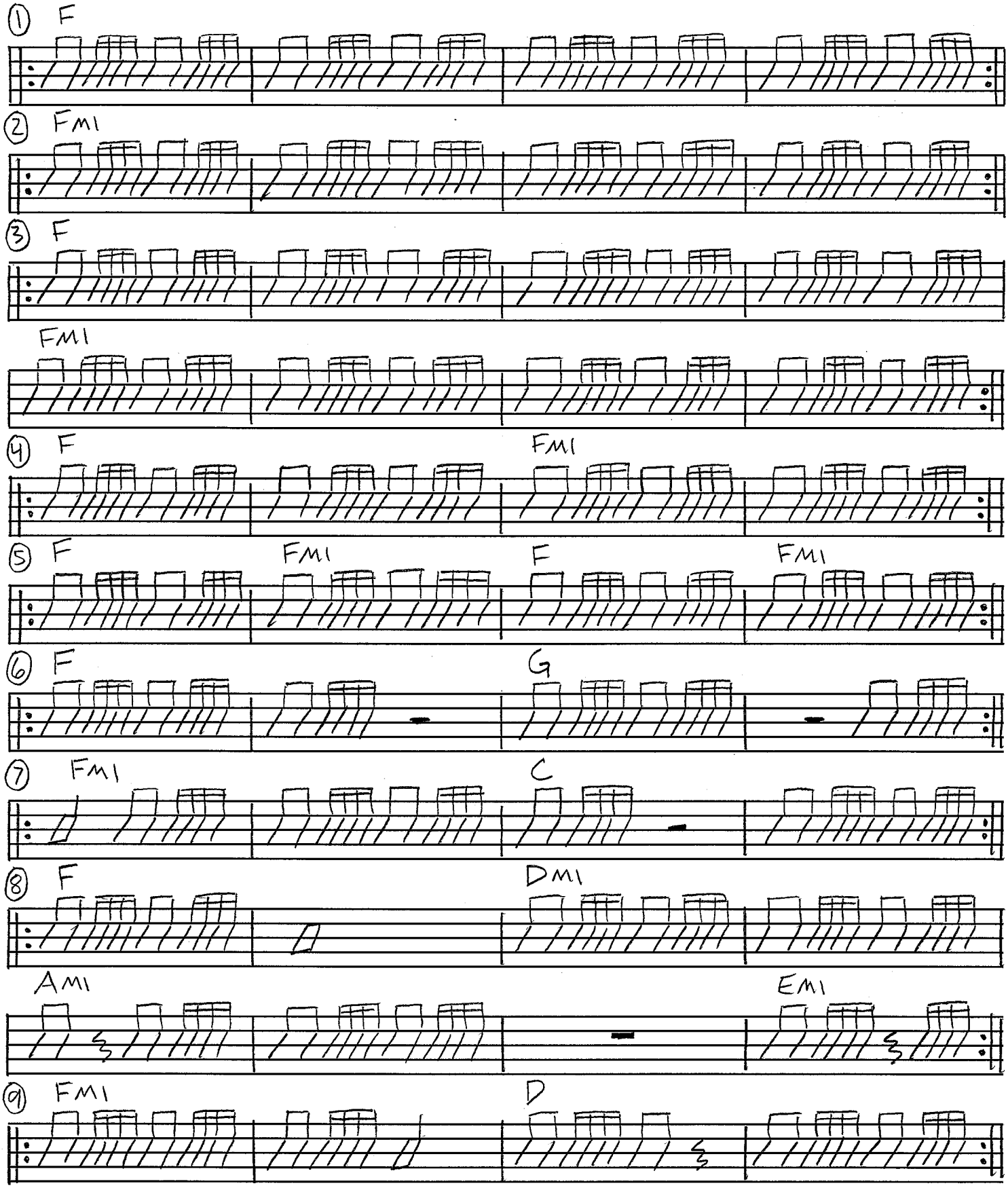
⊓ = DOWN
V = UP

STRUM PATTERN + CHORD PROGRESSIONS 7

REPEAT EACH 8-12X
SLOW - MED - FAST