

# Guitar Strumming Patterns Chart

12 strumming patterns from beginner to intermediate, with counts and arrows.

## 1. All downstrokes

4/4

The first pattern to learn. Steady quarter notes.



## 2. Eighth notes

4/4

Down on the beat, up on the "and". Keep the hand moving.



## 3. The folk strum

4/4

Fits thousands of songs. Miss the strings on beat 3.



## 4. Pop strum

4/4

Bright and driving.



## 5. Ballad

4/4

Leave space; let the first chord ring.



## 6. Rock eighths

4/4

All downstrokes, accent beats 2 and 4.



## 7. Waltz

3/4

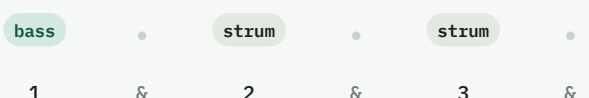
Three beats per bar: strong, weak, weak.



## 8. Bass and strum (waltz)

3/4

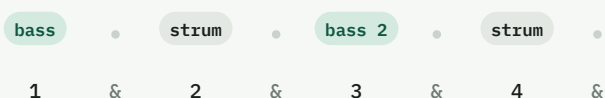
Pick the root note, then strum twice.



## 9. Boom-chick (country)

4/4

Bass note, strum, other bass note, strum.



## 10. Reggae / ska

4/4

Short, sharp upstrokes on the off-beats only.



## 11. Gallop

4/4

Down, down-up pattern for driving rock and folk.



## 12. Calypso / island

4/4

Bouncy; accent the up on "2 and".



### Keep your hand moving

Move your strumming hand down on every number and up on every "&", all the time, even where the pattern has a dot. You only choose when to hit the strings. Practice each pattern on one chord with a metronome at 60 to 70 BPM before adding chord changes.