

# Guitar Strumming Patterns

Pattern 1



1 and	2 and	3 and	4 and
↓	↑	↓	↑

This pattern sounds better when played a bit loose on the strum up and when missing stroking the lower string.

## Legend:

- ↓ - strumming down
- ↑ - strumming up
- ↓ ↑ - easier strums
- ↓ ↑ - muted strums
- [pink box] - chord duration

Pattern 2



1 and	2 and	3 and	4 and
↓	↑	↓	↑

Pattern 3



1 and	2 and	3 and	4 and
↓	↓	↑	↑

Pattern 4



1 and	2 and	3 and	4 and
↓	↓	↑	↑

Pattern 5



1 and	2 and	3 and	4 and
↓	↓	↑	↓

Pattern 6



1 and	2 and	3 and	4 and
↓	↑	↓	↑

Pattern 7



1 and	2 and	3 and	4 and
↓	↑	↓	↑

Pattern 8



1 and	2 and	3 and	4 and
↓	↑	↓	↑

Pattern 9



1 and	2 and	3 and	4 and
↓	↑	↓	↑

Pattern 10



1 and	2 and	3 and	4 and
↓	↓	↑	↑