

Lesson 8 – Worksheet (Plectrum Exercises and Upstrokes)



Well, you probably noticed that this lesson is more than just additional exercises to practice the use of a guitar pick. We also got introduced to Up-Strokes and how to combine down/up-strokes with each other. So now here are the exercises you will need to go through and master before we move on to the next lesson.

1. Play the following chord progression using down-strokes only:
4 x E-Major – 4 x C-Major – 4 x D-Major
2. Play the E-Major chord and practice down-upstrokes as demonstrated in the video. On the numbers (1,2,3,4) you will be using down-strokes (↓). On each “and” in between the numbers you will be using up-strokes (↑). Look at the outline below:

ONE and TWO and Three and Four and One and Two and Three and Four and

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

3. Okay, for the last exercise, play the following chord progression by using the down-upstroke strumming technique shown above:
4 x E-Major – 4 x C-Major – 4 x G-Major