Strum on the Pendulum: Down, Up and Miss

For guitar or ukulele. Keep the strumming hand swinging down and up in time, then choose which swings hit the strings.

1 · THE PENDULUM

Count eighth notes: **1 & 2 & 3 & 4 &**. Your strumming hand moves **down** (toward the floor) on every number and **up** (toward the ceiling) on every **&**, all the time, like a pendulum. A pattern only chooses which swings touch the strings.



2 · FOUR PATTERNS ON A G CHORD

Hold a G chord (or any chord). Each grid is one bar. Beside it is the same bar in **slash rhythm**: every stemmed slash is a strum, and a strum rings until the next one. A slash tied to the one before it is not struck: in P3 the tie means **hold**, so beat 3 is a miss.

P1 · All downs

4 hits · 4 misses



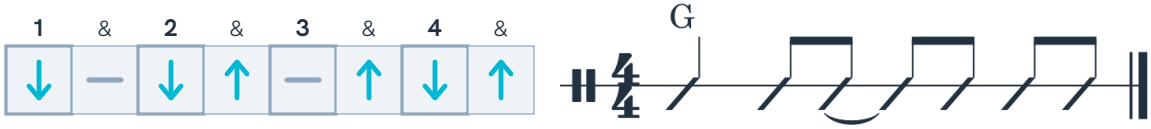
P2 · Down-up eighths

8 hits · 0 misses



P3 · Pop/folk pattern

? hits · **?** misses (Try it)



P4 · Waltz strum (3/4)

5 hits · 1 miss



3 · SAY IT, THEN PLAY IT

1. Play P2 slowly and count out loud: **1 & 2 & 3 & 4 &**. This is the pendulum with every swing a hit.
2. Now say P3 while the hand keeps swinging: **"down, miss, down-up, miss-up, down-up"**. Touch the strings only on the words **down** and **up**.
3. Start at quarter = 60. Move to 70, then 80, only when four bars in a row are steady.
4. Once the pattern is steady, strum beats 2 and 4 a little harder.

Try it In P3, how many hits and how many misses are there? On which counts does your hand pass the strings without touching them?

Listen · quarter = 70 · Tracks 1–4 = P1–P4: one count-in bar, then the pattern 4 times over a soft click on every eighth. A click with no new chord is a miss.
Piano G chord: rhythm and timing only. Audio cannot show which way the hand moves.
Audio after publication: tissimo.co/worksheets/guitar-strumming-down-up-ghost

Check (rotate sheet): P3 has 6 hits and 2 misses. The hand passes the strings without touching on the & of 1 (going up) and beat 3 (going down).

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