

TAKE CONTROL OF YOUR STRUM

THE STRUM BOX

LEARN TO PLAY WITH RHYTHM

BY



STRING
THING
LESSONS

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LUCKY 7

Let's start with the 7 steps to prepare you for success !

STEP 1 - STRETCHING

The first thing you must do before playing your guitar is stretching. This will help relieve tension in your hands. It is very important to do pre-strumming stretches as this will help prevent possible injury.

Perform the following stretches up to 5 times each, slowly:

#1

Starting with both arms extended in front of you, with your right hand facing down, put your left hand in front of your right hand and slowly pull your left hand toward your body until you feel a good stretch; hold for 5 seconds. Repeat with your left hand. **Note:** Do not bend your hand back too far. As with any stretching exercises, if you feel any discomfort, stop immediately.

#2

Close each hand firmly and hold for a couple of seconds. Next, extend your fingers forward. When done, give both hands a good shake.

#1



#2



STEP 4 - PICK ANGLE

We use a plectrum or pick, as it is commonly known, to strum the strings. Properly holding a pick will reward you with a great sounding strum. We do this by holding the pick at a slight angle. Holding a pick straight, as in Image 1, can cause the pick to drop in between each string as you strum. This method makes the strings feel harder to strum through. Image 2 shows you how to hold your pick at a slight 15° angle. Holding your pick this way will lower the resistance by not allowing the pick to drop as far in between the strings like Image 1. Try both methods and see if you can notice a difference.

IMAGE 1



IMAGE 2

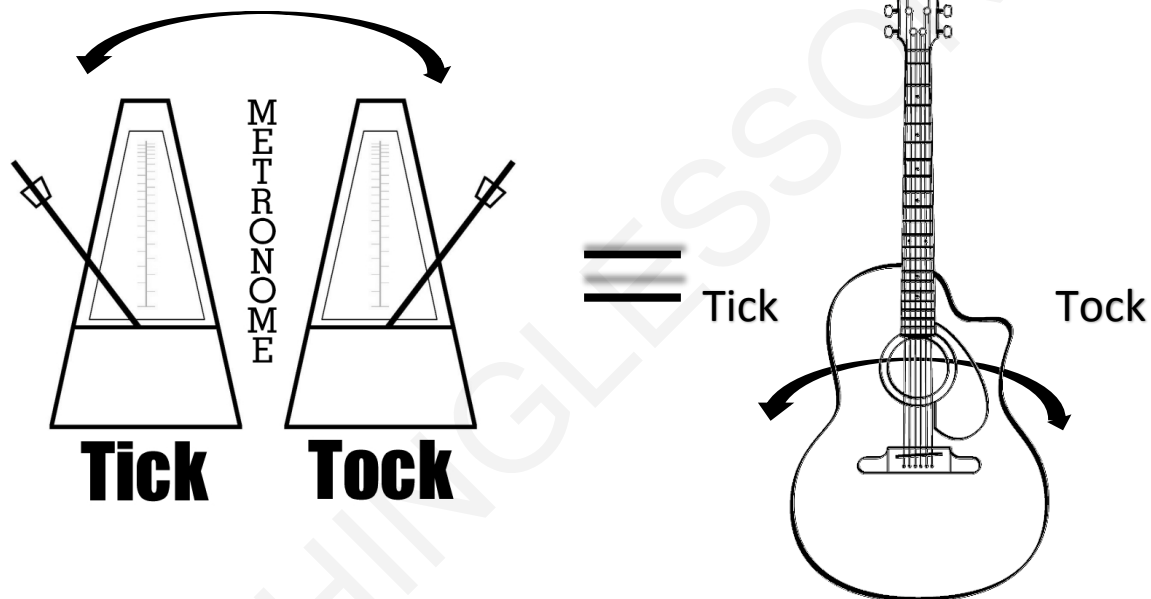


YOUR INNER METRONOME

Let's first understand what makes a good strum. We use what I call "range of motion" for strumming. Up and down are the primary directions we use. Producing a good quality strum requires many techniques that all rely on one simple tool. Like a real metronome, you have a built-in ticker in the shape of your strumming arm. This will be your ticker when you play.

WHAT IS A METRONOME AND HOW DOES IT HELP WITH TIMING?

A metronome is a device that maintains regular beats per minute (or ticks) to help you keep the tempo (or beat) of a song. They come with a pendulum that teeters left to right. When it lines up vertically in the center, it makes a clicking sound, also known as a tick. It can be set to a variety of speed settings.

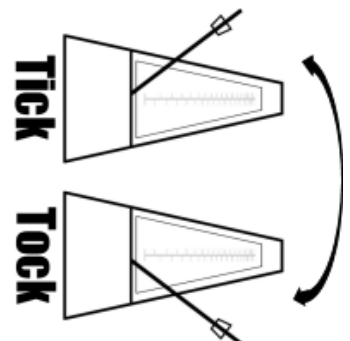
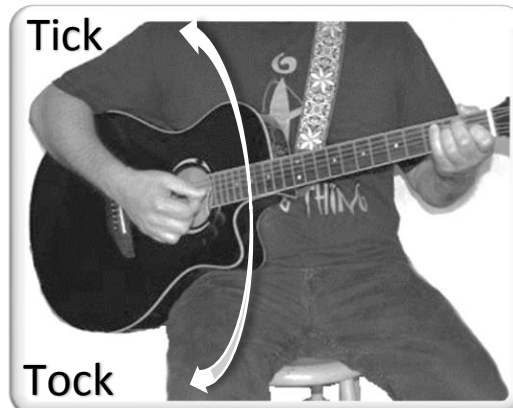


PRO TIP!

YOUR SHOULDER AND LEG ARE YOUR GUIDE

Here is a great way to help you develop your strum. Just like a metronome, your arm will act like the pendulum. When you strum down, aim for your leg as shown in the image. When you strum up, aim for your shoulder. This will help you develop your control and accuracy.

You can practice this method along with Step 7 from Chapter 1.

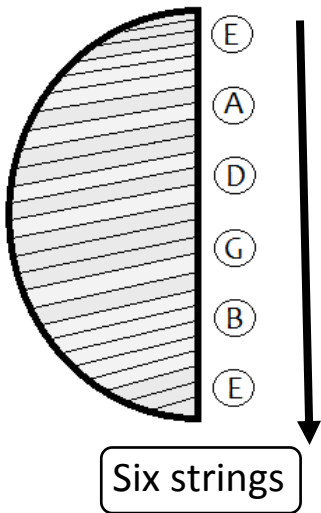


RANGE OF MOTION

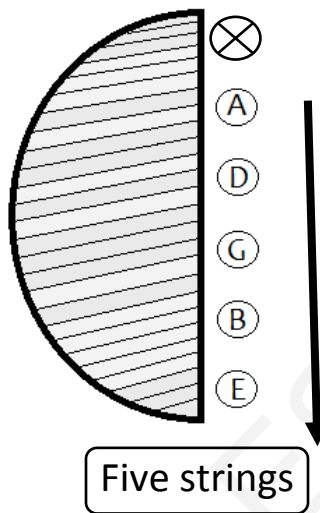
We use "Range of Motion" when strumming chords. There are three types: **Full**, **Medium** and **Short**. Each range type works with specific chords. Each of the following diagrams shows you where to start your full, medium and short-range strums, along with a chord to practice with. Use only down strums for this exercise.

⊗ = Don't play these strings

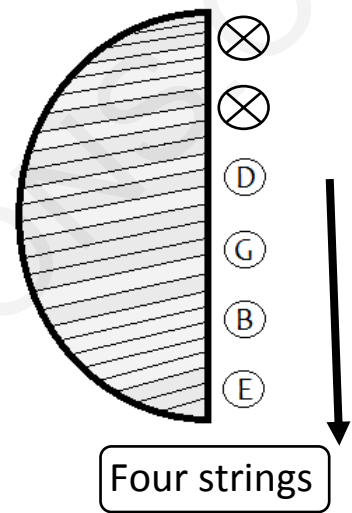
FULL



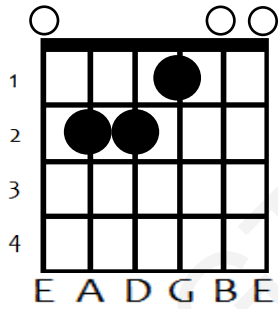
MEDIUM



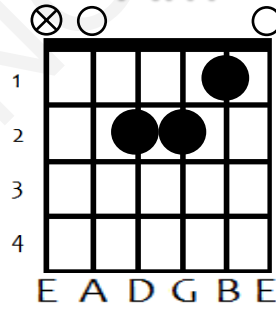
SHORT



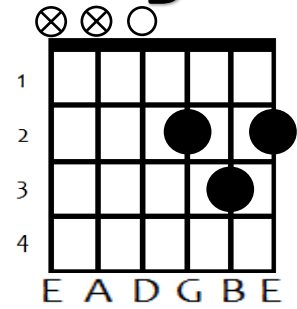
E



Am



D



6 Strings = E A D G B E



5 Strings = A D G B E



4 Strings = D G B E