

# Rhythm Training Guitar

12<sup>2</sup>  
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**Idea and practice book for quarter, eighth, sixteenths -  
and triplet rhythms**

**140 Strumming Patterns**

**Simple chord progressions for exercises**

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**Welcome to my eBook „Rhythm Training Guitar“**

With 140 different strumming patterns, this book serves as a practice and idea book to improve your rhythm on guitar and learn different strumming patterns.

**Contents****Beats**

Here the beats quarter notes, eighth notes, sixteenth notes and triplets are explained.

**Tips for practicing**

Here you will get some tips on how to practice rhythm effectively on the guitar.

**Chord progressions to practice**

In this chapter you will find simple chord progressions with chords that are easy to pick up. These chord progressions are very helpful so that you can concentrate on the rhythm exercises.

**Rhythm patterns with quarters and eighths**

Here you will find 60 different strumming patterns with quarters and eighths. From easy to challenging.

**Rhythm patterns with sixteenths**

In this chapter 40 different strumming patterns with sixteenths are shown. Again, there are easy to challenging strumming patterns for the guitar.

**Strumming patterns with triplets**

You'll find 40 different triplet rhythms in this chapter. As with the other strumming patterns, you'll find easy to challenging rhythms for the guitar.

**Suggestions and criticism**

If you have any suggestions or criticism about this guitar book, I would be happy about your feedback. Just write me an email to:

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**Chord symbols**

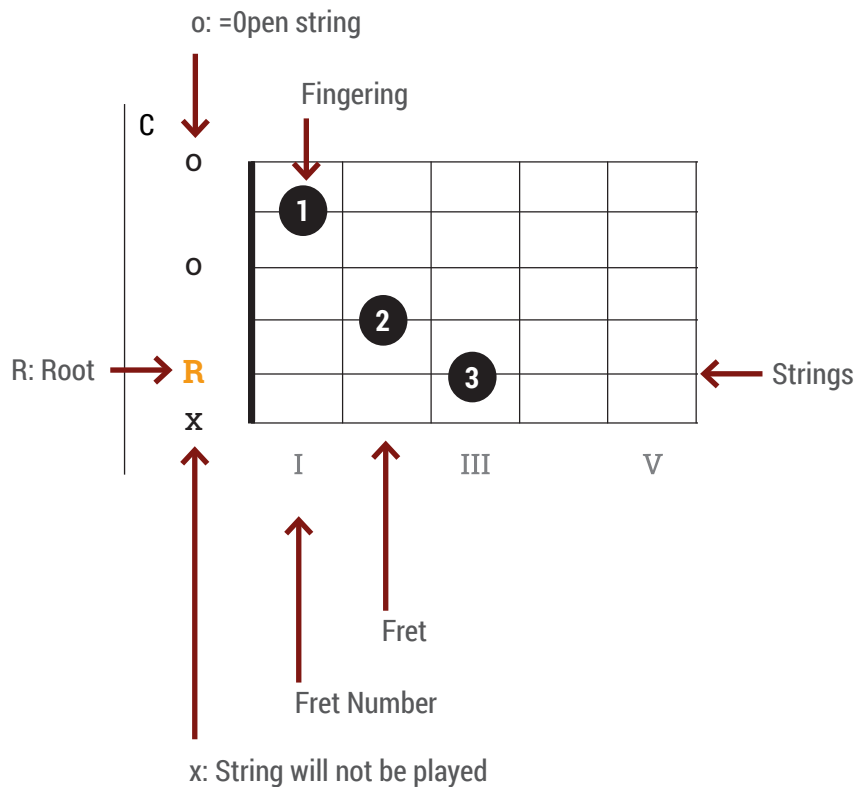
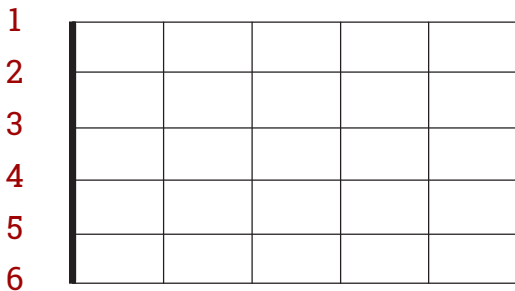
In the chapter Chord progressions for exercises chord symbols are shown. If you hold the guitar in playing position, the 6th string is on top. The strings are numbered from bottom to top.

The frets are marked with Roman numerals. The fingerings with numbers.

**Fingering**

- 1: Index finger
- 2: Middle finger
- 3: Ring finger
- 4: Pinkie

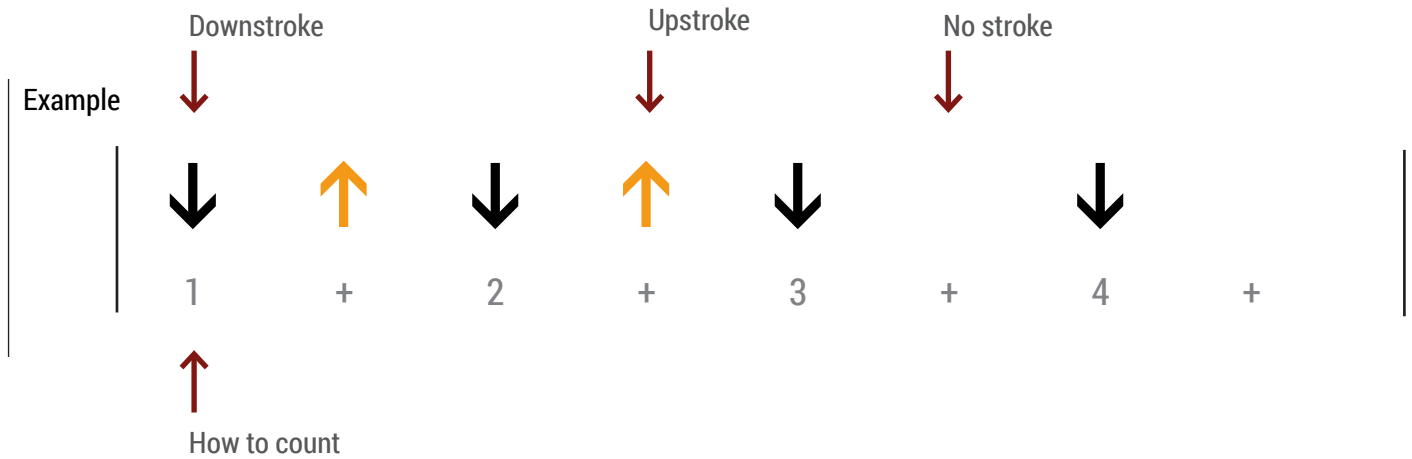
String Numbers



**Strumming Pattern**

Arrows in downward direction (black) symbolize downstroke, arrows in upward direction (orange) symbolize upstroke.

The numbers below the arrows show you how to count. If no arrow is entered above a count time, no stroke is made at this point.



**Strumming technique**

It doesn't matter whether you strike the strings with your fingers or a pick. The technique is very similar, although the sound is different.

With downstrokes, you make an even downward movement across the strings.

You usually start at the root of the chord and play all the strings below. If you don't start at the root of the chord, which is not always so easy, many chords sound a bit washed out, because the lowest note struck is not the root.

When playing upstrokes, you usually don't play all strings. Rather only the high strings, e.g. only strings 1, 2, 3 and 4. Sometimes more, sometimes less.

The following illustrations show the different counts for beat patterns shown in this eBook.

As you can see, the numbers (the quarters) are in the same place in all the examples.

These quarters form the basic framework. The time between these quarters can be filled with 1 beat (eighths) or also with 3 beats (sixteenths).

A special form are the triplets, because between the quarters 2 strokes are distributed, so that a very concise rhythm arises, which one knows e.g. from the waltz.

Interesting rhythms are created when you omit some of these beats at certain points, or use an upstroke instead of a downstroke.

Quarters

1 + 2 + 3 + 4 +

Eighth

1 + 2 + 3 + 4 +

Sixteenths

1 e + a 2 e + a 3 e + a 4 e + a

Triplets

1 trip let 2 trip let 3 trip let 4 trip let