UKULELE STRUMS

1 WHY STRUMMING MATTERS

- DRIVES THE GROOVE
- MAKES SIMPLE CHORDS SOUND MUSICAL
- SUPPORTS SINGING AND TIMING
- BUILDS CONFIDENCE FAST
- TURNS CHORDS INTO REAL SONGS



2 KEY INSIGHTS

- RHYTHM MATTERS MORE THAN SPEED
- CONSISTENT MOTION CREATES BETTER TIMING
- YOUR STRUM HAND IS A PERCUSSION SECTION
- SIMPLE PATTERNS WIN BEFORE FANCY PATTERNS
- ACCENTS + DYNAMICS ADD LIFE

3 THE ANATOMY OF A STRUM



↓	DOWNSTRUM = ↓
↑	UPSTRUM = ↑
X	MISSED STRUM / AIR STRUM = X
>	ACCENT = >
✱	CHUCK / PERCUSSIVE HIT = ✱



WRIST RELAXED

SMALL MOTION FROM THE WRIST + FOREARM

COUNTING GRID: 1 + 2 + 3 + 4 +

4 CORE BUILDING BLOCKS

RELAXED WRIST	STEADY TEMPO
SMALL MOTION	EVEN DOWN/UP FLOW
CLEAN CHORD HOLDING	COUNTING OUT LOUD
DYNAMIC CONTROL	LISTENING

5 HOW TO STRUM WELL

1. TUNE UP
2. TAP THE BEAT
3. KEEP THE HAND MOVING
4. ADD DOWNSTRUMS ↓ ↓ ↓ ↓
5. ADD UPSTRUMS ↓ ↑ ↓ ↑
6. COUNT "1 + 2 + 3 + 4 +"
7. ADD ACCENTS > ↓ ↑ > ↑
8. PLAY WITH A SONG

6 ESSENTIAL STRUM PATTERNS

ALL DOWNSTRUMS	DOWN-UP BASICS	ISLAND STRUM	BALLAD FEEL	CALYPSO FEEL	WALTZ / 3-COUNT
↓ ↓ ↓ ↓	↓ ↑ ↓ ↑	↓ ↓ ↑ ↑ ↓ ↑	↓ ↓↑ ↑↓↑	↓ X ↑ ↑ X ↑	↓ ↓ ↑
1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 + 2 + 3 + 4 +	1 2 3
STEADY	CLASSIC	POPULAR	GENTLE	PERCUSSIVE	IN 3

7 PRACTICE FRAMEWORKS THAT WORK

SLOW TO SMOOTH TO FAST	LOOP 1 BAR
STRUM + COUNT	CLAP THEN PLAY
METRONOME LAYERS	PLAY + PAUSE + LISTEN
80/20: MASTER A FEW HIGH-USE PATTERNS	RECORD YOURSELF

8 SAMPLE DAILY ROUTINES

5-MINUTE QUICK WIN	15-MINUTE BUILDER	30-MINUTE GROWTH SESSION
1 MIN TAP + COUNT	3 MIN WARM-UP	5 MIN WARM-UP
1 MIN ALL DOWNSTRUMS	4 MIN PATTERN PRACTICE	8 MIN PATTERN CONTROL
1 MIN DOWN-UP	4 MIN CHORD SWITCH + STRUM	7 MIN ACCENTS + DYNAMICS
1 MIN ISLAND STRUM	3 MIN SONG WORK	7 MIN SONG APPLICATION
1 MIN SONG PLAY-THROUGH	1 MIN REVIEW	3 MIN RECORD + REVIEW

9 EXAMPLES OF STRUM USES

SING-ALONG: USE ALL DOWNSTRUMS TO KEEP EVERYONE TOGETHER	C - G - Am - F
POP SONG: ISLAND STRUM FOR FLOW	C - G - Am - F
SLOW SONG: BALLAD FEEL + SOFTER DYNAMICS	C - G - Am - F
GROOVY SONG: CALYPSO / CHUCK FOR RHYTHM	C - G - Am - F
3/4 SONG: WALTZ STRUM	C - G - Am - F

10 COMMON MISTAKES TO AVOID

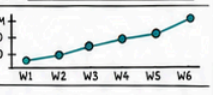
- ⚠ PLAYING TOO FAST TOO SOON
- ⚠ TENSE WRIST OR STIFF ARM
- ⚠ STOPPING THE HAND WHEN MISSING A STRUM
- ⚠ IGNORING THE COUNT
- ⚠ STRUMMING TOO BIG AND TOO HARD
- ⚠ FOCUSING ON PATTERN BEFORE GROOVE
- ⚠ NEVER PRACTICING WITH A METRONOME



11 HOW TO MEASURE PROGRESS

STREAK CALENDAR M T W T F S S ✓ ✓ ✓ ✓ ✓ ✓ ✓

BPM / TEMPO GROWTH GRAPH



CLEAN PATTERNS MASTERED ★ ★ ★ ★ ★ ☆ ☆ ☆

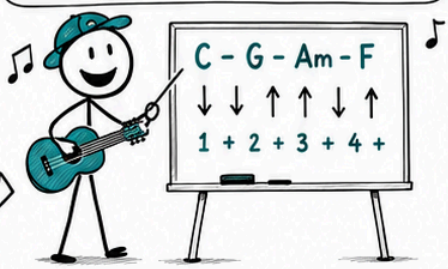
SONGS YOU CAN STRUM THROUGH ● ● ● ● ○ ○ ○ ○

CONFIDENCE SCORE 1-10 1 2 3 4 5 6 (7) 8 9 10

WEEKLY RECORDING CHECK W1☐ W2☐ W3☐ W4☐ W5☐ W6☐

12 ACTIONABLE TAKEAWAYS

1	2	3	4	5
KEEP THE HAND MOVING	START SIMPLE	COUNT OUT LOUD	PRACTICE WITH SONGS	CHOOSE GROOVE OVER SPEED



GREAT UKULELE STRUMMING IS NOT ABOUT DOING MORE.
IT IS ABOUT **FEELING THE BEAT**, **KEEPING THE MOTION**, AND **MAKING THE SONG COME ALIVE.**