

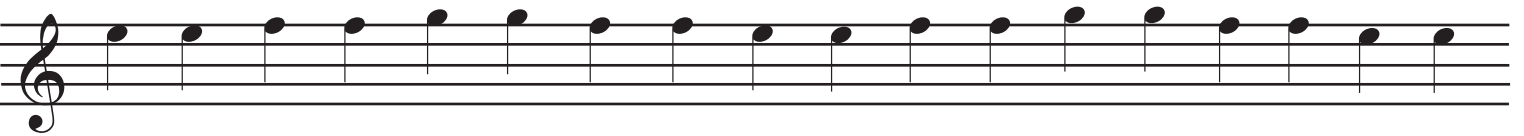
# Lesson 1 Practice

## Practice

10-15 minutes / day  
Play slow and even

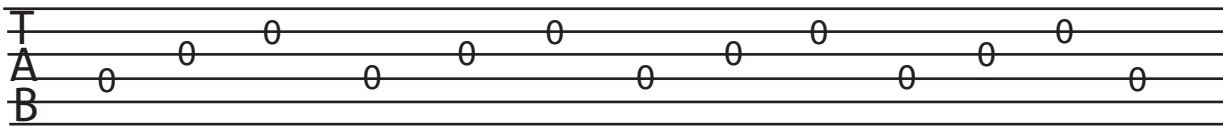
## Use:

Rest stroke - rest the finger or pick against the next string following the stroke  
Right hand first finger (index finger)\*



## Use:

Free stroke - stroke angles SLIGHTLY towards wrist / away from next string  
Fourth string- thumb  
Third string - first finger (index finger)  
Second string - second finger (middle finger)



Relaxed but firm down stroke.  
Strum with pick or thumb or fingernail.  
Practice steady, even strummed Em chords.

## Em



\*Students who wish to use a pick (for example those with an electric guitar) should use a pick downstroke for notes, tablature, and chords.