







## Downstrokes and Upstrokes

- Hold the pick correctly. The tip of the pick should be angled upward slightly.
- Using a downward motion , *lightly* strum all of the open strings.
- Your right hand, wrist, and forearm should remain naturally aligned and relaxed throughout each downstroke.
- Adjust the angle of the pick so that it is not catching or scraping on the strings.
- Now play an upstroke , strumming the strings with an upward motion. The tip of the pick should be angled downward slightly.
- Your right hand, wrist, and forearm should remain naturally aligned and relaxed throughout each upstroke.
- Now strum all six strings alternating between downstrokes  and upstrokes .

When you are comfortable strumming all six strings, try playing downstrokes  and upstrokes  on individual open strings: