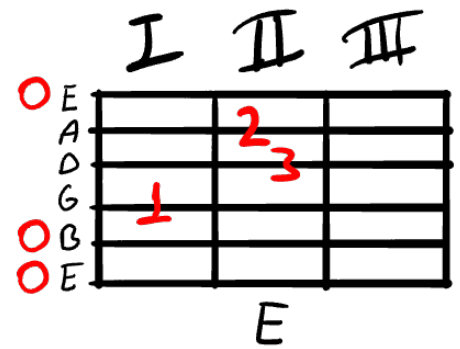
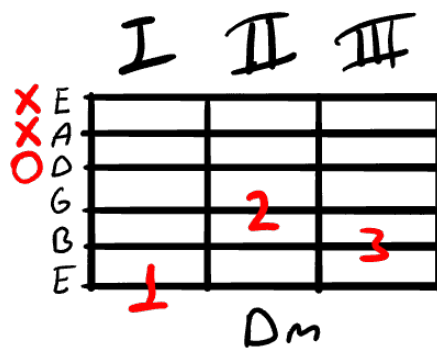
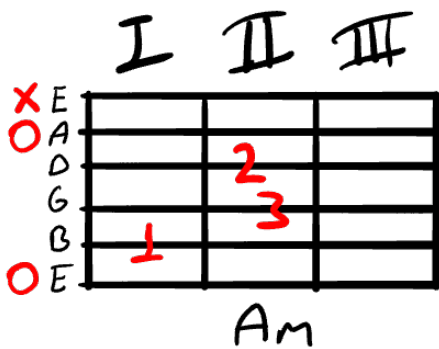




DOWNSTROKE EXERCISE



① → 1 downstroke

Am / / / / → 4 downstroke on Am

I. Exercise

Dm / / / / - Am / / / / - E / / / / - Am / / / /

II. Exercise

Am / / / / - Dm / / / / - Am / / / / - E / / / /

III. Exercise

Am /// - Dm /// - E /// - Am ///

IV. Exercise

E /// - Am /// - Dm /// - E ///

V. Exercise

Dm /// - E /// - Dm /// - E ///

↳ Practise all exercises with two downstrokes (//)

↳ Practise all exercises with one downstroke (/)