

A stylized graphic of a guitar body and neck. The body is a light green circle with a dark green circle in the center. The neck is a dark grey vertical bar with four white lines representing strings. The headstock is a dark grey rectangle at the top.

# **FIVE STRUMMING MISTAKES TO AVOID**

## **...AND PRACTICES TO IMPROVE THEM**



# #1 Wrists are too tight

- Strumming from elbow
- Not creating best tone
- Hands get tired, tempo starts to drag



A stylized graphic of a ukulele on the left side of the slide. It features a light green body, a dark grey neck, and four white strings. The headstock is at the top, and the bridge is at the bottom. The body is partially obscured by a large, light green, irregular shape.

# **#2 Incorrect contact point**

- Touching string with too much nail, fingertip**
- Fingers get caught in the strings**



# #3 Strum Velocity

- Paying attention to the speed which your hand moves through the strings
- Attention improves tone
- The faster you play, the lighter you touch



# #4 Rhythmic Awareness

- Becoming a "feel" player
- Paying attention to the Tempo/speed of the beat
- Attention to where my strum pattern fits in to the pulse
  - Where does the strum/rhythm line up with the pulse?



# #5 Holding your breath

- Paying attention to our breathing relaxes & focuses our efforts in the practice room and onstage

- Explore different forms of breath work (Yoga, Qigong, Physical Therapy, etc)

