

Play the strings on the black arrows and miss the strings on the clear arrows. Be sure that your right hand makes the down or up stroke for the clear arrows, even though you will be missing the strings.

Practice each rhythm with the muted technique until it becomes comfortable, then add chords. Work on one hand at a time.

These six examples certainly do not exhaust all the possibilities. Make up your own rhythms. When you do, be repetitive.

Count as you play.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

1.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

2.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

3.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

4.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

5.

Count → 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &  
Strum → ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

6.