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New Rhythm  **Track 30**

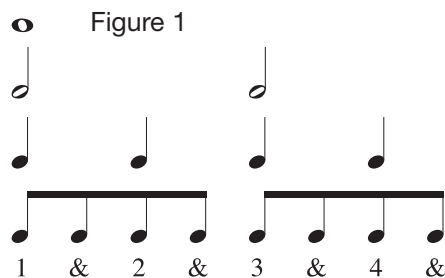
This is an eighth note:  An eighth note receives one-half of a beat.

Two eighth notes equal one quarter note:  = 

Single eighth notes are written like this: 

Groups of two or more eighth notes are beamed together: 

Counting Eighth Notes: In 4/4 time each measure is divided into four equal beats. Eighth notes divide each beat in half. A beat can be divided in half by saying “and” between each count.



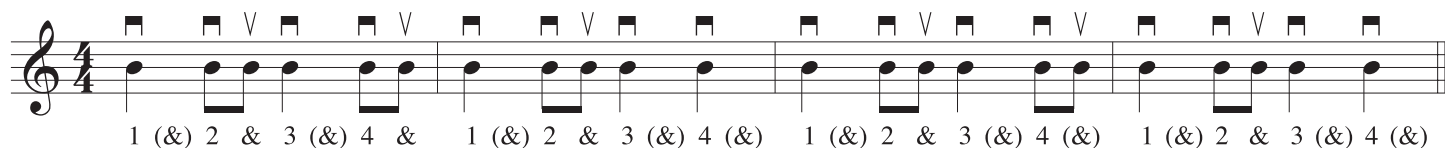
The Down-Up Stroke: The down-up stroke is one continuous movement—a note is played with a down-stroke, and then the next note is played with an up-stroke as the pick returns to playing position. The pick hand should swing freely from the wrist in a slight arc. Eighth notes are played with alternating down-up strokes—down on the counts (1 2 3 4) and up on “and.” Tap your foot as you play—your foot taps on “1 2 3 4” and is up on the “and” of each beat.

Practice your down-up strokes with this next picking study. Hold your pick loosely; it should flow through the string easily. Count as you play.

Down-stroke: 

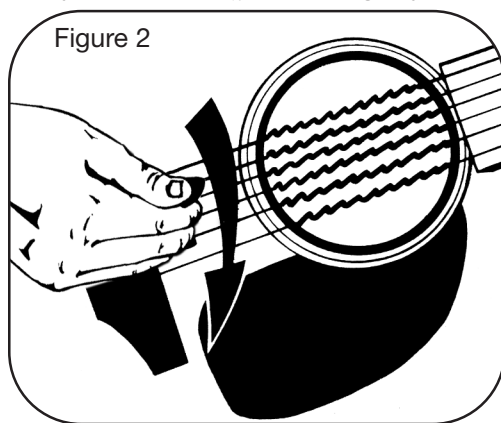
Up-stroke: 

Eighth-Note Picking Study

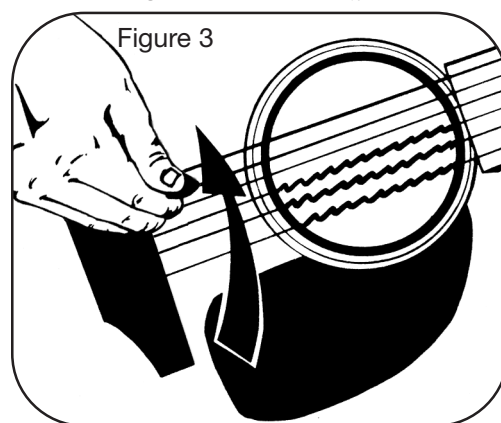


The Down-Up Strum

Strumming with a pick is perfect for creating strong rhythmic guitar accompaniments. Hold the pick **loosely** between your thumb and index finger when strumming. The pick should flow through the strings with very little resistance—if you hold the pick too tightly, it will strike the strings too hard and produce an ugly sound.



Down-Strum: All six strings



Up-Strum: Only the strings closest to the floor

To play a down-up strum: When strumming down and up, always swing your pick hand loosely, pivoting your forearm from the elbow. The pick should travel in a semi-circle, striking all the notes of the chord on the down-stroke but usually only the top strings (closest to the floor) on the up-stroke. Listen to the recording to hear how this strum should sound.