



## Rhythm Guitar Lesson #1. Introduction to the 8<sup>th</sup> note feel!

The example above contains 4 bars of music. At the top there are notes by themselves called  $\frac{1}{4}$  notes or crotchets and some joined together by a line, these are called  $\frac{1}{8}$  notes or quavers. Below, on the section marked TAB you can see some numbers and 6 lines. These represent the strings of the guitar and which fret your fingers go on them. Lowest line represents the fat E string and the top of the 6 lines is the thin E string.

A quarter note (by itself) is worth 1 beat, so you get 4 of those in one bar. Eighth notes are worth half a beat each so you get eight of those in a bar. You can also mix them up as we have done below as long as the beats add up to 4 in each bar (no more and no less). It is very important that you get a feel for the rhythms before you start to try to play them.

Practise one bar at a time Bar 1 (counting)

Look at the first bar and say the numbers 1, 2, 3, and 4 out loud as you look at the notes, and tap your foot along at the same time (but still not playing the guitar).

Bar 2 (counting)

Now move on to the second rhythm, which introduces an up strum. You must continue to count along and tap your foot evenly, the "and" (looks like a plus but is said "and") fits in-between the numbers. Take your time here and make sure that your foot is tapping evenly and that you are saying only the numbers on the beat (when you tap your foot). The "and" should occur between the beats (also called off beat). Try just counting along, not playing. Internalise the rhythm.

Bar 3 and 4 (counting)

Continue this until you are feeling comfortable with this and then move onto the next bar. Hopefully you can work out the count for the next bar, it is just like the last, but with the last beat cut in half (so it becomes 4 and). Work on all of these, don't forget to tap your foot along on the beat.

Onto The Guitar

Now we can start on the guitar. We are going to learn each bar separately:

**DO NOT TRY TO PLAY THE WHOLE LINE, JUST PRACTICE ONE BAR AT A TIME.**

Bar 1 - Playing 4's

Lets start with the first bar and strum DOWN on each beat. Don't play any up strums. Count out loud and tap your foot with each strum. Play this along with a metronome if you have one.

Bar 2 - 4 Intro the Up Strum

Now that you have it even, notice that in between each down strum your hand comes up. This will be your upstrum for the next example. So now take a good look at bar 2. Notice that the pattern is down, down, up, down, down. Try saying this and tapping your foot evenly with the DOWN strums. It is very important to keep the down strums evenly on the beat and that the up strums go in-between the downs. You should be able to see that in-between every downbeat there is an up, and that your hand is moving continuously, evenly and consistently. All you are doing is choosing when you are hitting the strings and when you are just letting your hand move without touching the strings. Take your time and get this right, when you are ready move on to the next example.