



FAMILY FOLK MACHINE SHED

SING WHILE YOU STRUM: THE STRUGGLE IS REAL

INTRODUCTION

Strumming, fretting and singing are three very different operations. The brain is busy doing a single one of them, but all three? Come on! There is no shame in struggling.

The good news is, once you have mastered one or two songs through this method, they all start to get much, much easier! Because muscle memory is your friend.

ACHIEVABLE GOALS

Get comfortable with it
Flow experiences
More engagement in playing
Learn new songs faster
More advanced rhythms
Total brain workout

CONTACT DETAILS

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Private instruction available

FOUR STEPS

Break it down to build it up!

1. Play the rhythm only
2. Sing and play the rhythm only
3. Play the chords and the rhythm
4. Put them all together

START WITH THE RHYTHM

STRUMMING HAND EXERCISE

Play your rhythm over and over until it's comfortable

- Practice Down-Up-Down-Up-Down-Up-Down-Up 1 & 2 & 3 & 4 & until smooth.
- Count and clap your chosen rhythm until it's firmly in your head.
- Mute all the strings with your left hand so you do not have to think about chords.
- Practice your rhythm over muted strings until it feels automatic and comfortable.
- Use a metronome if you want to really dial it in and make sure you are in time.

ADD YOUR VOICE

Find the key you are going to sing your song in - but mute the strings after that.

- Sing the song and strum the rhythm on muted strings, slowly at first.
- Allow yourself to feel where accents and syncopations fit and put them in.
- Relax and really enjoy the process of singing with rhythm only - it's freeing!
- As you build speed, allow it to "bounce" and "gambol."

THE HARD STUFF

STRUMMING OVER CHORDS

Be patient with yourself

- Start by playing the chords without the rhythm, just change back and forth
- When they feel natural, add the rhythm in, nice and easy.
- **Understand - this can take DAYS, don't expect it to happen in 10 minutes.**
- Keep practicing the rhythm with your singing, alternate chords and voice.
- Lather, rinse, repeat until squeaky clean and easy.

PUT IT ALL TOGETHER

Rubber, meet Road.

- If you want, play the chords and sing without the rhythm first.
- Once you can play through all the chords and sing, bring the rhythm in.
- Don't get discouraged, you're almost there.
- Practice makes Mastery. Masters aren't born - they practice their butts off.