

# Upstroke

## The Joy of Jamming

### Beginner 2 - Lesson 1

Fretting Hand - Mute Strings, Various chords you know  
 Strumming Hand - Down and Upstroke, All Strings

Chris Colby

1

&

2

3

Chord diagram for E major:

Chord diagram for E major:

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

4

Chord diagram for Em:

Chord diagram for Em:

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Count: 1 & 2 & 3 & 4 &



8

