

Playing patterns for Habits (Stay High)

[Easy strumming patterns]

① D * D U * U D [^] U
1 & 2 & 3 & 4 &

② D * D U * U D *
1 & 2 & 3 & 4 &

③ D * * D * * * *
1 2 3 1 2 3 4 5

[Advanced strumming patterns]

④ D * * U D * U * * * U * D * [^] U *
1 & 2 ^X & 3 & 4 ^X &

⑤ D * * U D * U * * * U * D * [^] U *
1 & 2 & 3 & 4 &
