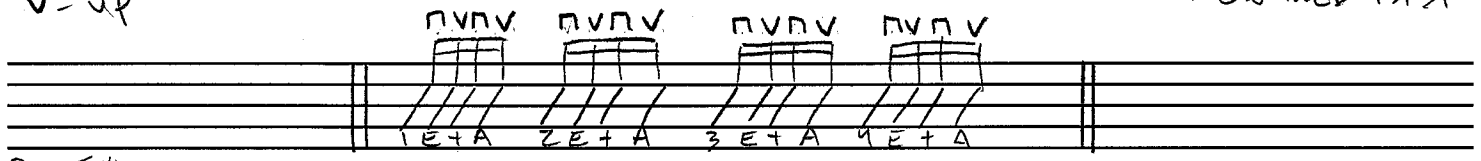
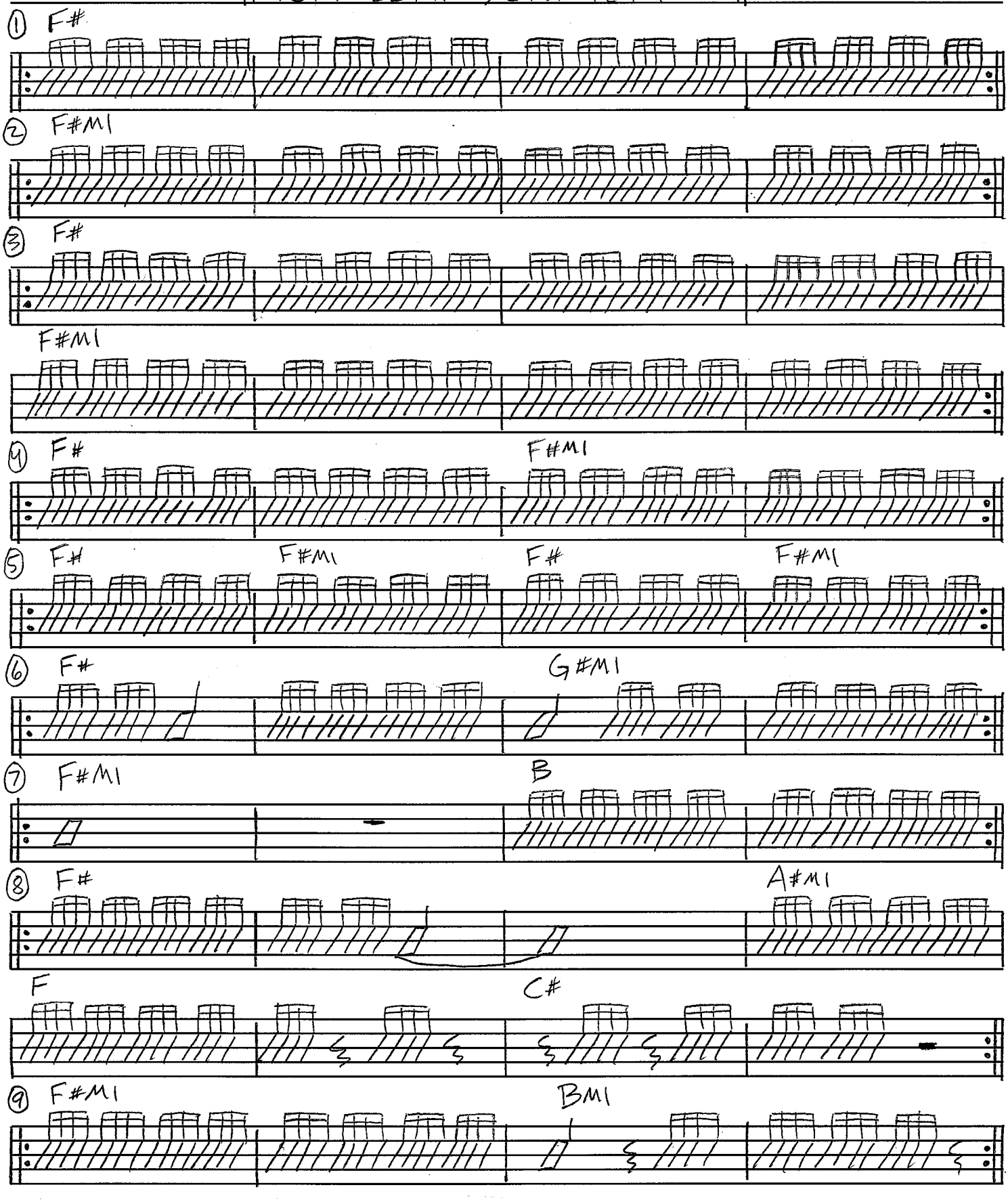
Π = DOWN
V = UP

STRUM PATTERN + CHORD PROGRESSIONS 12

REPEAT EACH 8-12x
SLOW-MED-FAST