

BLUES IN E — STRUMMING PATTERN

Level 1

Blues

The 12-bar blues grid in E (E7-A7-B7, degrees I-IV-I-V), played with a strumming pattern that never stops — even during chord changes. The goal isn't the grid, which you know, but the picking hand: keeping an even arm motion, with the accent on beats 2 and 4 (the backbeat), while the fretting hand changes chord without leaving a gap in the rhythm.

TIPS

Isolate the pattern on a single held chord first, then apply it to the whole grid.
The picking hand keeps swinging through the air during the chord change: the arm never stops.
Count the bars out loud — a blues is twelve bars, always in the same order.

CHORD PROGRESSION

I	I	I	I	IV	IV	I	I	V	IV	I	V
E7	E7	E7	E7	A7	A7	E7	E7	B7	A7	E7	B7

CHORDS

A7

B7

E7