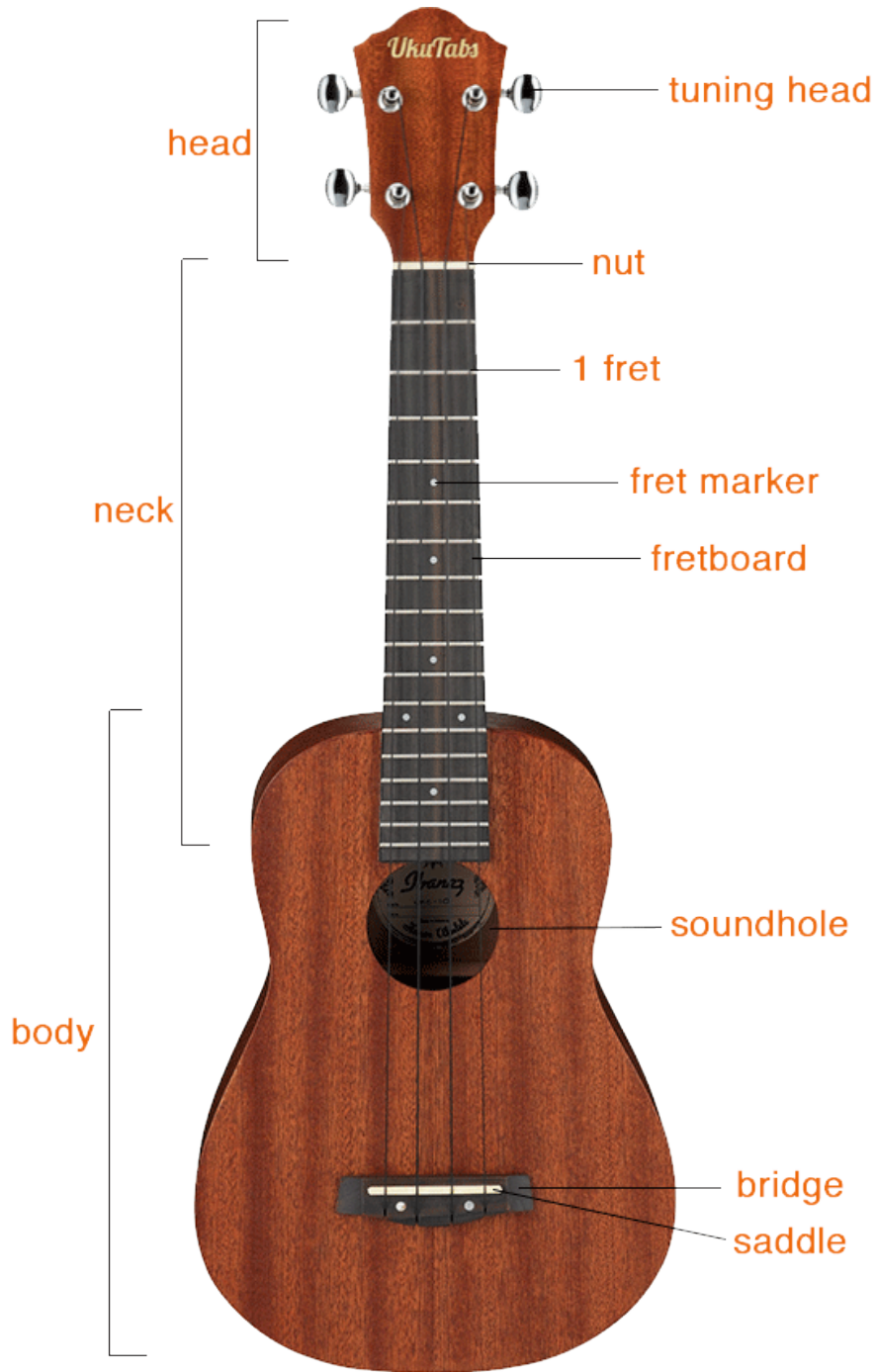
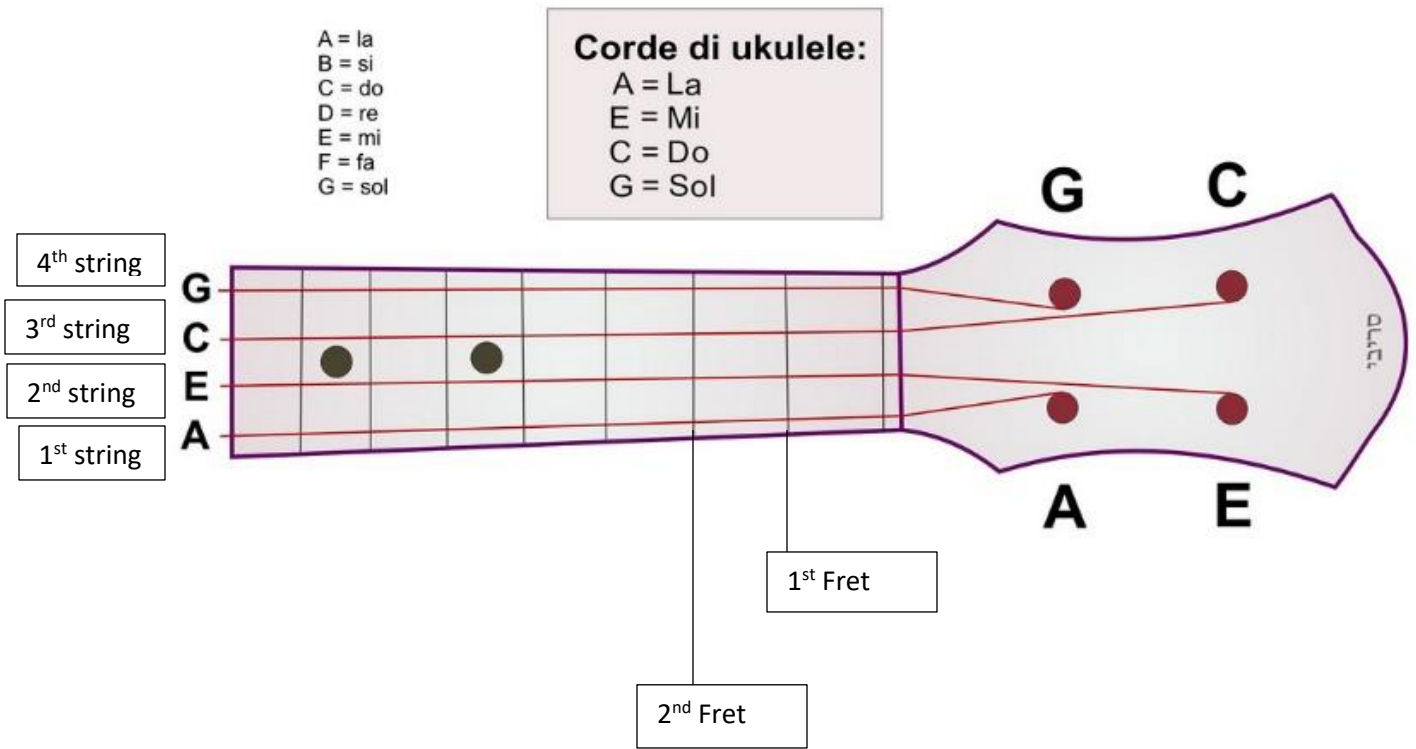


Session One: Holding, tuning, and strumming the ukulele

I. Parts of the Ukulele



## II. Strings and Frets



## III. Holding the Ukulele



Right forearm should gently hold the ukulele and lightly press into the side of your body. The left hand offers support and balance. Keep your hand relaxed with just enough pressure to keep the ukulele secure.

## IV. Tuning

### a. Tuners:

- i. Free apps for your smartphone (search "tuner" in app store)
- ii. [Ukebuddy.com/ukulele-tuner](http://Ukebuddy.com/ukulele-tuner)

iii. Purchase a cheap digital tuner from a music store or Amazon

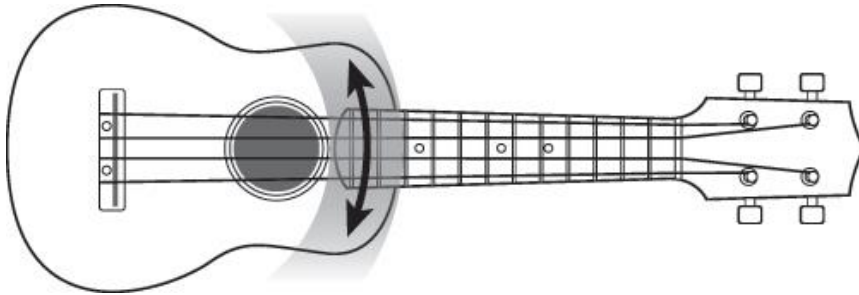
**b. How to Tune**

- i. It is best to tune up into a note, which means tightening the strings. If your note is already sharp, or above the note you want, then tune down then tune back up into the note.
- ii. When you first start tuning, experiment with the tuning pegs to see which way tightens and which way loosens the string. Do this very slowly and carefully until you get the hang of it.
- iii. Many apps and all digital tuners will listen to the note you are playing and tell you when it is in tune. Other apps and websites will play a tone for you to match, but you will need to have a good ear to do this.

**V. Strumming**

**a. Where to Strum:**

Strum where the last few frets on the fingerboard are, where the fingerboard overlaps the body.



**b. Strumming Styles:**

- i. Hawaiian Style:
  - I. Using only your thumb, use the soft part of your thumb to strum down and the nail to strum up.
- ii. Index Finger:
  - I. Strum down with index finger nail, strum up with soft part of index finger
- iii. Index and middle finger
  - I. Strum down with nails of two fingers, and up with soft part of the two fingers.
- iv. Claw
  - I. Strum down with nails of all fingers, leading with index finger, strum up with soft part of fingers, leading with index finger.

**c. Strumming Patterns:**

- i. Downstroke
  - I. Stroke down only for each beat in the song
- ii. Down/upstroke
  - I. Stroke down every other beat and up every other beat.
- iii. Shuffle
  - I. Up stroke just before the down stroke, rather than halfway between.