

## Hints for Better Strumming:

1. Be faithful to your main direction (outie or innie).
2. Keep a steady beat, even if it is slow.
3. Use large muscles - forearm, upper arm
  - \* Let elbow pivot
  - \* Let the shoulder be involved
  - \* Keep the wrist more stationary
4. Hold the pick rather loosely
5. Consider that you are brushing across the strings or striking the strings.
6. Forearm might be almost parallel w/fretboard.
7. Pull the large "bout" of the dulcimer closer to your right hip.
8. Focus on different parts of your arm to be sure they are relaxed.
9. Spend some time each day just strumming. This must become second nature - "muscle memory".
10. Strum closer to the min-section of the dulcimer (rather than down at the end near the "strum hollow").
11. Work toward total relaxation in the area of strumming.
12. Be sure the sound is pleasant. "Dulcimer" = sweet sound
13. Listen to hear all of your strings.