16th note strumming pattern scratch paper

The arrows show the appropriate arm movement for the entire pattern.

Above the 1 e + a 2 e + a 3 e + a 4 e + a, write in an arrow each time you hit the strings and leave it blank each time you don't. You can put an "x" for a string mute, but make sure the muted strum still follows the arrows below. The direction your arrows point should ALWAYS match the arrows below and your arm should ALWAYS move with the black arrows even if you're not touching the strings.

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$

$$1e + a 2e + a 3e + a 4e + a$$

$$\downarrow \uparrow \downarrow \uparrow$$