



somewhat aloof, bending it down now and then to straighten the pick, which tends to turn during fast tempos.

Rhythm.

Picture yourself sitting around a nicely burning campfire. You shove a protruding stick back into the fire, only to discover that it is already burning underneath and that you have just fried your hand. Your motor senses take over and you start flopping your hand wildly from side to side, up and down, while blowing on it. Notice how the action comes from the wrist.

Great. That's exactly what we want, an up-and-down flopping motion that's very loose at the wrist. It's all in the wrist...Loosen it up...Let it move easily...almost of its own accord. If you can't seem to immediately get it, you're probably trying too hard. Just flop your hand back and forth. Your body knows what to do. Let it happen. If you still can't seem to get it, go on a picnic, and when you find a stick protruding from the fire...

Keep up this side to side flopping motion. Bring your fingers together. Okay...now slow it down a bit. Look at what you're doing, watch your hand, and analyze it.

Now pick up your dulcimer and hold it sideways like a guitar. Get comfortable with it, and then strum.

Down-up/down-up/down-up/down-up/down-up... and so on. Holding the instrument and strumming may prove a bit awkward at first.

Tap your toe each time your hand strums the downbeat. Your toe will be raised for the upbeat. If you really get into it, whomp your whole foot