

# Basic 8 Beat Training

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The image displays a guitar training exercise titled "Basic 8 Beat Training". It is organized into 12 systems, each consisting of two staves. The top staff of each system shows a sequence of 8 chords, each marked with an 'x' above it. The bottom staff shows a rhythmic pattern of eighth notes, with some notes beamed together. The patterns vary slightly between systems, but all are based on an 8-beat structure.