You don't need to master all these; just pick one for now, perhaps the Shuffle Strum, so you can get practice switching from chord to chord while keeping a steady rhythm.

Now, I don't blame you if you didn't realize this, really I don't, but the chords at the bottom of page 5 happen to be the very chords to "Boil that Cabbage Down." Or "Bile 'Em Cabbage" or "Boil Dem Cabbage" or "Bile 'Em Cabbages Down." This is a great beginners' tune, associated with African slaves brought from Niger.

The lyrics line up with the pattern of the Down-Ups. Try the Shuffle Strum:


Tricks to Ease Your Passage from Chord to Chord. The most important thing you can do to secure the undying love of your audience is to KEEP the RHYTHM. As long as you KEEP the RHYTHM, you can even play the wrong chords and still come off as "A Player" to the untrained ear (most ears). The Tricks:
(1) Use the Escape Hatch. For most chord changes, on that final Upstroke, on Count $4+$ just before the change, you should get outta there! Use that split second to let go of the chord you're on and head for the next. Brush the strings during that Upstroke; even though they're open notes, it helps with the rhythm.
(2) Slide your 2 nd finger along the 1 st string when moving between the D and G chords. The 2nd finger is called a Guide Finger. Always be on the lookout for Guide Fingers.
(3) And press your 1st and 2nd fingers together and shift them As-a-Unit when moving between the $G$ and $C$ chords. Keep your eyes peeled for these opportunities as well.

