

Practice THIS Daily

Shake out your hands, put your phone on silent, and grab a cup of tea
- this one's gonna be a doozy.

This is the same exercise you learned in the video, taken through all 12 possible root notes. Nail this, and you'll have majorly leveled up playing technique, plus better walking bass skills. Nice.

C⁷

First exercise (C⁷) in 4/4 time. The staff shows a melodic line with notes: C4, D4, E4, F#4, G4, A4, Bb4, Ab4, G4, F#4, E4, D4, C4. The fretboard diagram below shows the sequence of frets: 8, 7, 8, 9, 10, 7, 8, 9, 10, 8, 7, 11, 10, 8, 7, 10.

5

Second exercise (5) in 4/4 time. The staff shows a melodic line with notes: C4, D4, E4, F#4, G4, A4, Bb4, Ab4, G4, F#4, E4, D4, C4. The fretboard diagram below shows the sequence of frets: 8, 7, 8, 9, 10, 7, 8, 9, 10, 8, 7, 11, 10, 8, 10, 7.

9 F⁷

Third exercise (9 F⁷) in 4/4 time. The staff shows a melodic line with notes: C4, D4, E4, F#4, G4, A4, Bb4, Ab4, G4, F#4, E4, D4, C4. The fretboard diagram below shows the sequence of frets: 8, 7, 8, 9, 10, 7, 8, 9, 10, 8, 7, 11, 10, 8, 7, 10.

13

Fourth exercise (13) in 4/4 time. The staff shows a melodic line with notes: C4, D4, E4, F#4, G4, A4, Bb4, Ab4, G4, F#4, E4, D4, C4. The fretboard diagram below shows the sequence of frets: 8, 7, 8, 9, 10, 7, 8, 9, 10, 8, 7, 11, 10, 7, 10, 8.

21

25 Eb⁷

29

49 G \flat 7

Exercise 49 is in G \flat 7 mode. The bass line consists of four measures. The first measure contains the notes G \flat , A \flat , B \flat , and C \flat . The second measure contains D \flat , E \flat , F \flat , and G \flat . The third measure contains A \flat , B \flat , C \flat , and D \flat . The fourth measure contains E \flat , F \flat , G \flat , and A \flat . The fingering is: 2, 1, 2, 3, 4, 1, 2, 3, 4, 2, 1, 5, 4, 2, 1, 4.

53

Exercise 53 is in G \flat 7 mode. The bass line consists of four measures. The first measure contains the notes G \flat , A \flat , B \flat , and C \flat . The second measure contains D \flat , E \flat , F \flat , and G \flat . The third measure contains A \flat , B \flat , C \flat , and D \flat . The fourth measure contains E \flat , F \flat , G \flat , and A \flat . The fingering is: 2, 1, 2, 3, 4, 1, 2, 3, 4, 2, 1, 5, 4, 2, 4, 6.

57 B7

Exercise 57 is in B7 mode. The bass line consists of four measures. The first measure contains the notes B, C, D, and E. The second measure contains F, G, A, and B. The third measure contains C, D, E, and F. The fourth measure contains G, A, B, and C. The fingering is: 7, 6, 7, 8, 9, 6, 7, 8, 9, 7, 6, 10, 9, 7, 6, 9.

61

Exercise 61 is in B7 mode. The bass line consists of four measures. The first measure contains the notes B, C, D, and E. The second measure contains F, G, A, and B. The third measure contains C, D, E, and F. The fourth measure contains G, A, B, and C. The fingering is: 7, 6, 7, 8, 9, 6, 7, 8, 9, 7, 6, 10, 9, 7, 9, 6.

65 E⁷

Bass line for measure 65, E⁷ chord. The staff shows a sequence of notes: G², A², B², C³ (sharp), D³, E³, F³ (flat), G³ (sharp), A³, B³, C⁴ (flat), D⁴, E⁴, F⁴ (flat), G⁴, A⁴, B⁴, C⁵. The fretboard below shows the corresponding fret numbers: 7, 6, 7, 8, 9, 6, 7, 8, 9, 7, 6, 10, 9, 7, 6, 9.

69

Bass line for measure 69. The staff shows a sequence of notes: G², A², B², C³ (sharp), D³, E³, F³ (flat), G³ (sharp), A³, B³, C⁴ (flat), D⁴, E⁴, F⁴ (flat), G⁴, A⁴, B⁴, C⁵. The fretboard below shows the corresponding fret numbers: 7, 6, 7, 8, 9, 6, 7, 8, 9, 7, 6, 10, 9, 6, 9, 7.

73 A⁷

Bass line for measure 73, A⁷ chord. The staff shows a sequence of notes: G², A², B², C³ (sharp), D³, E³, F³ (flat), G³ (sharp), A³, B³, C⁴ (flat), D⁴, E⁴, F⁴ (flat), G⁴, A⁴, B⁴, C⁵. The fretboard below shows the corresponding fret numbers: 5, 4, 5, 6, 7, 4, 5, 6, 7, 5, 4, 8, 7, 5, 4, 7.

77

Bass line for measure 77. The staff shows a sequence of notes: G², A², B², C³ (sharp), D³, E³, F³ (flat), G³ (sharp), A³, B³, C⁴ (flat), D⁴, E⁴, F⁴ (flat), G⁴, A⁴, B⁴, C⁵. The fretboard below shows the corresponding fret numbers: 5, 4, 5, 6, 7, 4, 5, 6, 7, 5, 4, 8, 7, 5, 7, 4.

81 D⁷

Exercise 81 is a bass line for the D⁷ chord. It consists of two staves. The top staff is in bass clef with a key signature of two sharps (F# and C#). The bottom staff shows fingerings for the left hand (labeled 'B' for bass) and right hand (labeled 'T' for thumb). The right hand uses a 4-finger pattern (4-5-6-7) across four measures. The left hand uses a 5-finger pattern (5-4-3-2-1) across four measures.

85

Exercise 85 is a bass line for the D⁷ chord. It consists of two staves. The top staff is in bass clef with a key signature of two sharps (F# and C#). The bottom staff shows fingerings for the left hand (labeled 'B' for bass) and right hand (labeled 'T' for thumb). The right hand uses a 4-finger pattern (4-5-6-7) across four measures. The left hand uses a 5-finger pattern (5-4-3-2-1) across four measures.

89 G⁷

Exercise 89 is a bass line for the G⁷ chord. It consists of two staves. The top staff is in bass clef with a key signature of one sharp (F#). The bottom staff shows fingerings for the left hand (labeled 'B' for bass) and right hand (labeled 'T' for thumb). The right hand uses a 2-finger pattern (2-3-4-5) across four measures. The left hand uses a 3-finger pattern (3-2-1-4) across four measures.

93

Exercise 93 is a bass line for the C⁷ chord. It consists of two staves. The top staff is in bass clef with a key signature of one sharp (F#). The bottom staff shows fingerings for the left hand (labeled 'B' for bass) and right hand (labeled 'T' for thumb). The right hand uses a 2-finger pattern (2-3-4-5) across four measures. The left hand uses a 3-finger pattern (3-2-1-4) across four measures. The exercise ends with a double bar line and a C⁷ chord symbol above the staff.

Want more structure in your bass learning?

My comprehensive step-by-step **Beginner to Badass** course will teach you all the theory and technique it takes to go from total music noob to impress-your-friends level bass MACHINE.

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