

Warm-Up

Warm-Up Beginners.

Obviously, you would climb up the strings in regular shapes and patterns in boxes. What's boxes? you say. Well, boxes would be, for example, frets 1-4 on all strings. You have got a box right there.

So, there would be boxes you would go up, and the same box you would come down. Now, it's up to me to shake your cage, and wake you up out of getting stuck.

You would work your way up one box, shift up the neck, and then find another box nearby, and come down this box in reverse, then find another box nearby, going up the neck and go up this box, then find the next box and come down this. Whoa!!! you say. We're off the top of the neck, this guy's nuts! Well, I'm trying to get you to play all over the neck, aren't I?

What you do next is find crazy fingering, like 1, 4, 3, 2. Then another crazy fingering, like 3, 4, 1, 2. Then another crazy fingering, like 4, 1, 2, 3, then another crazy fingering, like 2, 1, 4, 3. Ha ha!

Data

Four String Bass



= Fingers



= Scale Degree

= Key (Scaleroor / Octave)

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16												
G	G#	13	A	14	Bb	15	B	16	C	C#	4	D	3	Eb	2	E	1	F	F#	13	G	14	15	16	Bb	B	C	
D	Eb	9	E	10	F	11	F#	12	G	G#	8	A	7	Bb	6	B	5	C	C#	9	D	10	11	12	F	F#	G	
A	Bb	5	B	6	C	7	C#	8	D	Eb	12	E	11	F	10	F#	9	G	G#	5	A	6	7	B	8	C	C#	D
E	F	1	F#	2	G	3	G#	4	A	Bb	16	B	15	C	14	C#	13	D	E	1	2	3	4	G	G#	A		

Here, you play fingers 1, 2, 3, 4 up the E string, going from F, F#, G, G#. Then you go up to the next string, which is the A string, and you go fingers 1, 2, 3, 4, but you will notice that the order of numbers is going 5, 6, 7, 8. How come? you ask, well, we are establishing an order. The order is 1 to 16 in sequence indicated above. But, you must use the correct fingering, which is 1, 2, 3, 4, next string 1, 2, 3, 4, next string 1, 2, 3, 4, next string 1, 2, 3, 4. So that would go E string, A string, D String, and then G string. So you are working your fingers upwards. As we move up the neck to frets 6, 7, 8 and 9, now, you work your way downwards, going 4, 3, 2, 1, 4, 3, 2, 1 etc. 4 5 6 7 8 9 10 11 12 13 14 15 16

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16									
G	G#	13	A	15	Bb	14	B	16	C	C#	4	D	2	Eb	3	E	1	F	F#	G	G#	A	Bb	B	C
D	Eb	9	E	11	F	10	F#	12	G	G#		A		Bb		B		C	C#	D	Eb	E	F	F#	G
A	Bb	5	B	7	C	6	C#	8	D	Eb		E		F		F#		G	G#	A	Bb	B	C	C#	D
E	F	1	F#	3	G	2	G#	4	A	Bb		B		C		C#		D	Eb	E	F	F#	G	G#	A

Here we have a non-sequential sequence that you are not used to. How come? you ask. Obviously drummers have to learn limb separation, using one foot for kick drum patterns, another limb for snare drum patterns, another limb for hi-hat patterns, all working perfectly in their own rhythm, independent of each other, but collectively, as a whole, creating a groove. Obviously a bass player has to learn finger separation. So the order that you see here, is not the fingers. If you did try to use your fingers this way, you would end up extremely unhappy and disturbed to say the least. So what you are encountering, by looking at it, is the order in which you play it. 1 sliding up a whole tone from F to G using your third finger,

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and then No. 3 with your second finger, and No. 4 with your pinky. Moving up to the A string 5 = 1, 6=3, 7=2, 8=4. What? you say. Well, the number comes first, then after the = sign comes the finger to use. On the next diagram work down.

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

There is a sequence on this page and the next few pages. This one you see here goes pointy, then ring, then middle, then pinky. In plain English, this means finger 1, then finger 3, then finger 2, and then finger 4 along the string. Obviously when you move down to the next diagram below, the same applies on the A string. I know it's tedious and frustrating but it is good for your fingers and your head, as your dexterity begins to separate out, into unusual orders of doing things. Bass players have to be able to get around complex and difficult shapes, and slink around like a cat, in a smooth feline way, as they slink from one groove pattern, to the next, and from one shape, or grid pattern, to the next.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

Here, as I told you above, just one more time to drum it into your skull, Bb is your pointy finger No. 1. Next is C, with your ring finger, which is No. 3, next is B with your middle finger, which is No. 2 and then C# with your pinky finger, which is No. 4, in that order. It will feel a bit strange to start with, but you will get used to it, so stick at it, like Field Marshall Montgomery from the 8th Army Desert Rats. Remember, quitters never win and winners never quit, and happiness is not a station you arrive at, it's a way of travelling. So thus wise, learn to enjoy your practice, and your journey, instead of being achieving the goal/happiness oriented, only when you reach the goal, which is kind of sad doing it like that, because you are teaching yourself how not to enjoy the journey that way of doing it.

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G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

Use your brains, without my guidance, and work out the D string as previously delineated.

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

Do the thing, and you will have the power.

Data

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

After you have done all that other stuff, you slide your pinky up to the 8th fret and reverse the order coming down the string going Eb, D, C#, C going pinky, ring, middle, pointy, or in other speak, 4, 3, 2, 1 coming down.

Data

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C
D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G
A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A	Bb	B	C	C#	D
E	F	F#	G	G#	A	Bb	B	C	C#	D	Eb	E	F	F#	G	G#	A

Same dinner, different gravy. Do the same thing on this string, soldier.

Data