PRACTICE THIS DAILY

Wanna get better at EVERYTHING without having to grind scales an hour a day? You're in the right place.

Resources

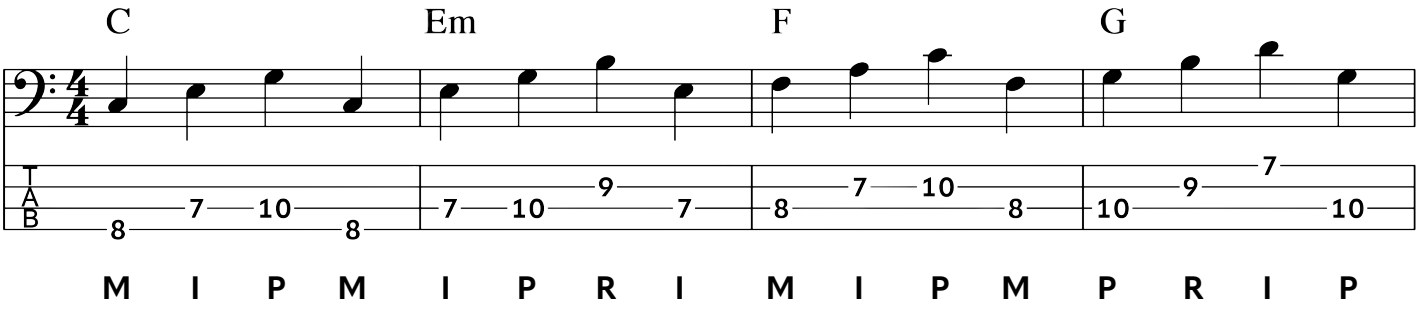
→ Playalong tracks

→ Full lesson on Youtube

LEVEL 1

This is your entry point to the exercise. If you have any trouble getting started, use the power of **chunking** and just learn one bar at a time.

Goal tempo: **112bpm**



10 Minute Routine

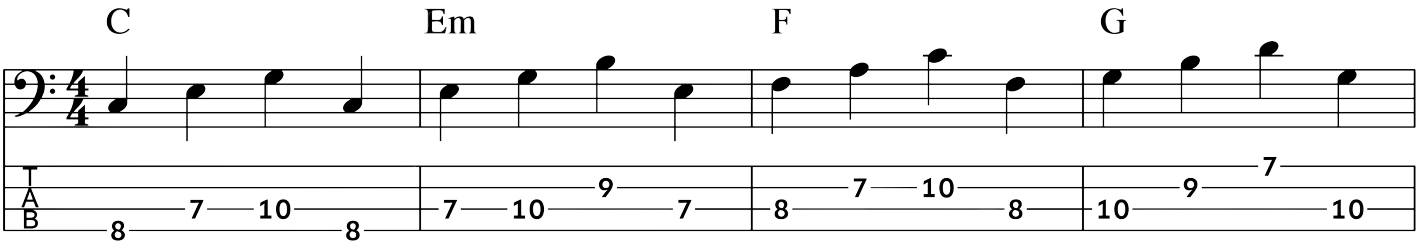
- **5 MINUTES:** Get comfortable with the fingering, note by note (no rhythm)
- **5 MINUTES:** Play along with a slow metronome, working your way up to playing the goal tempo with the playalong track

BASS BUZZ

LEVEL 2

Now that you've got the notes, focus on ditching your **flying fingers**.

Goal tempo: **112bpm**



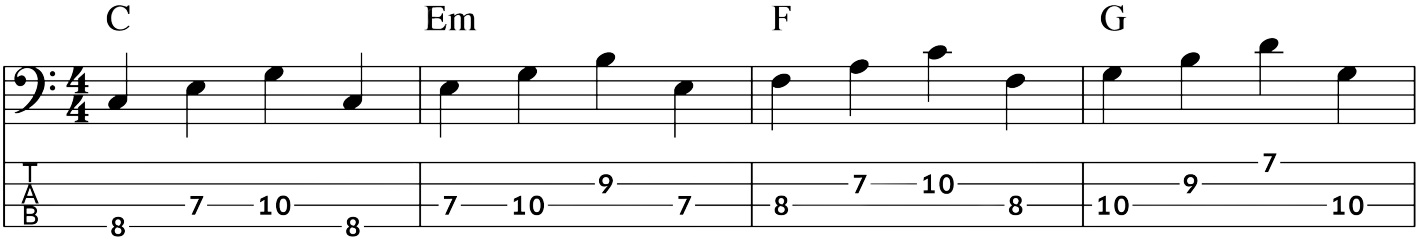
10 Minute Routine

- **5 MINUTES:** Play the exercise in slow motion, focusing on keeping your fingers closer to the neck and making smaller movements
- **5 MINUTES:** Work back into tempo, and see how much non-flying you can hold onto as you speed up the goal tempo with the playalong track

LEVEL 3

Since your plucking hand has been neglected so far, you might need to drop your speed back down to nail the exercise with **perfect plucking**.

Goal tempo: **112bpm**



10 Minute Routine

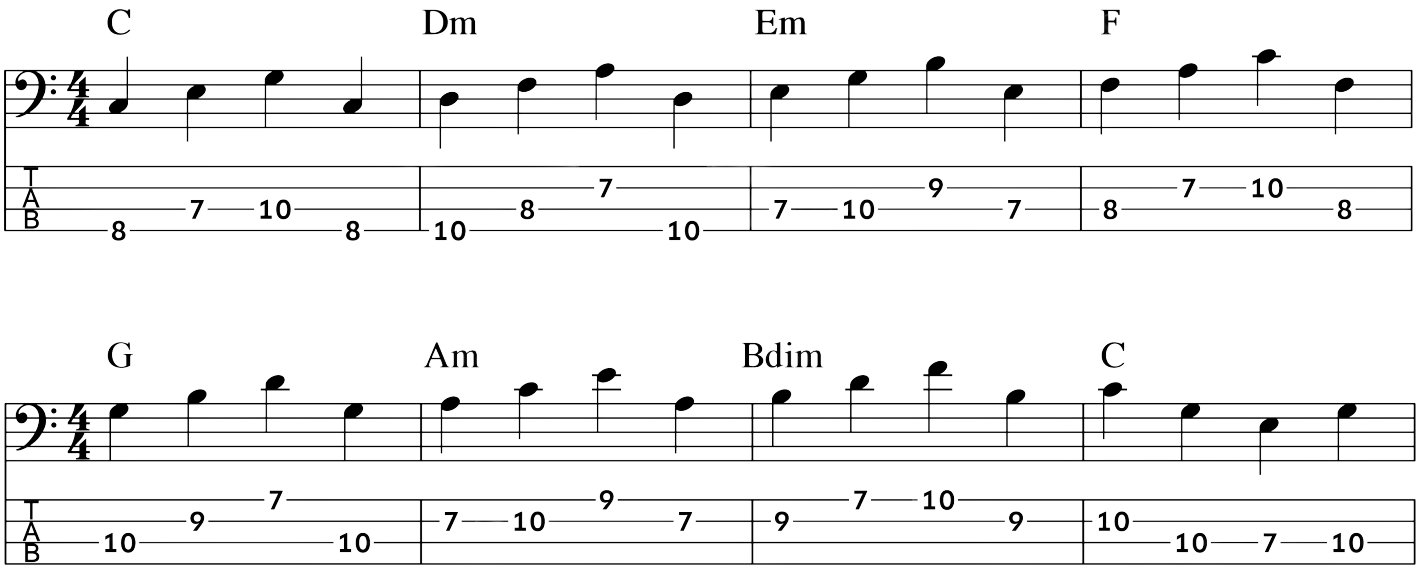
- **4 MINUTES:** Work through note by note, making sure you're alternating index-middle
- **3 MINUTES:** Keep going super slow, now try to keep your flying fingers progress AND your plucking pattern
- **3 MINUTES:** Bring in the metronome or the playalong track and work up your speed

BASS BUZZ

LEVEL 4

This is the **theory wizard** level - there are now 8 bars of notes instead of just 4, and the goal is to understand the WHY of the notes while you play them.

Goal tempo: **132bpm**



10 Minute Routine

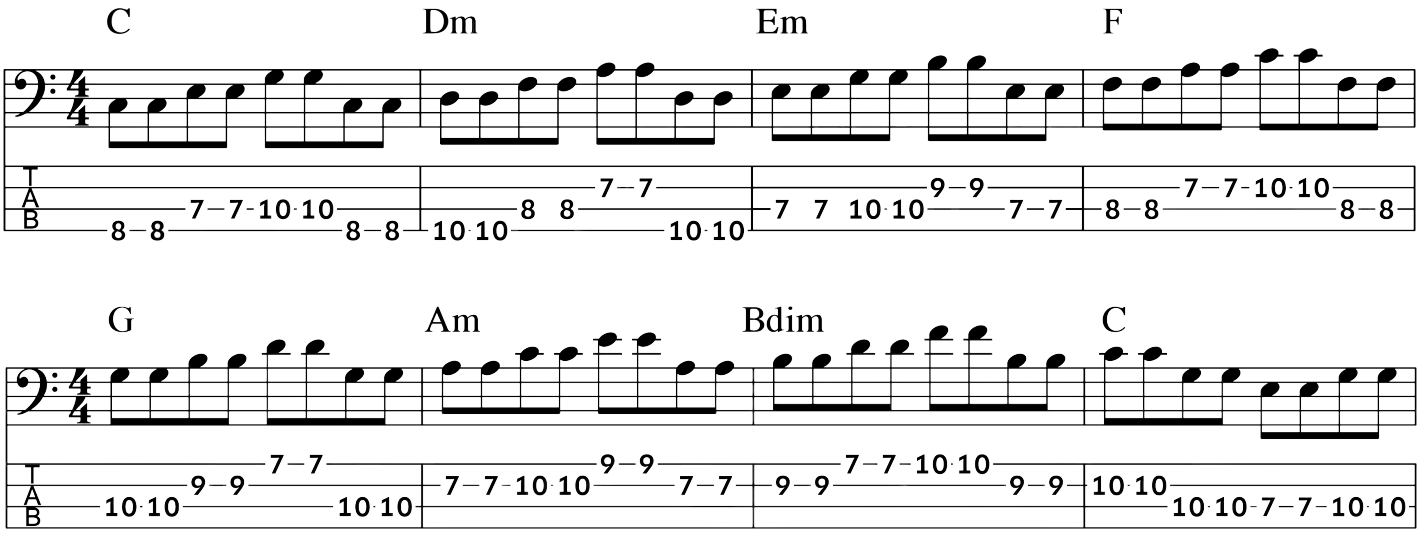
- **BEGINNER:** Think about the name of the chord while you play the notes of that bar, i.e. think “C major chord” while you play the first C E G C
- **INTERMEDIATE:** Think about how each note fits in the triad while you, i.e. “I’m playing C E G C which is the root third fifth and back to the root of the C major triad”
- (apply that to the same stuff you did in levels 1-3)

BASS BUZZ

LEVEL 5

The final boss - time to **pick it up pick it up pick it up.**

Goal tempo: **150bpm**



10 Minute Routine

Same basics for the 10 minute routine - start slow, get your bearings, then work up the speed. Other ways you can control the difficulty for yourself:

- Ditch the doubled up eighth notes and stick to quarter notes (like you played in Level 4)
- Try the doubled up notes but at the slower tempo (using the Level 4 playalong track)

Look, I know - it's easy to build bad technique habits like flying fingers while practicing on your own. Plus... you have to figure out what to practice in the first place.

But hey, you can solve both those problems with my step-by-step **Beginner to Badass** course. The comprehensive curriculum is guaranteed to get you a solid bass foundation with good technique. And all **you** have to do is show up one bite-sized lesson at a time and play music with me

Click here to check it out.

BASS BUZZ