

GUITAR
SCHOOL

Bass Fitness

AN EXERCISING HANDBOOK

BY JOSQUIN DES PRES



Recommended by world acclaimed bass players, music schools and music magazines.

The purpose of this book is to provide the aspiring bass player with a wide variety of finger exercises indispensable to anyone wanting to develop the technique necessary to succeed in today's music scene. It can also play a very important role in a bass player's daily practicing program.

This book is dedicated to the memory of my father,

Francois Turenne des Pres (May 4, 1907 / November 29, 1990)

for his lifelong support and infinite inspiration. and **David**

Paul Schuchman, (November 2, 1960 / September 1, 1989).

His encouragement and help gave me the initial force in writing it.

Josquin des Pres

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These exercises are designed to help increase your speed, improve your dexterity, develop accuracy and promote finger independence.

Even though all the tablature and finger combinations apply to the left hand, they will also work your right hand as some of them require swift and precise right hand moves.

The numbers on the tablatures indicate both frets and fingers:

Number 1 indicates the index finger as well as fret 1.

Number 2 indicates the middle finger as well as fret 2.

Number 3 indicates the ring finger as well as fret 3.

Number 4 indicates the little finger as well as fret 4.

Practice daily, playing each exercise **for at least 15 minutes** before moving on to the next one.

Play each exercise up and down, then move up chromatically in half steps (a half step equals one fret). Starting at fret 1 up to the 12th fret and back down.

Always use a metronome, playing 8th notes (2 notes per metronome click). Start at the **slowest indicated speed, concentrate on your sound**, then gradually speed up.

When crossing over strings be as precise as possible by watching alternatively your left and right hand.

Part A

Exercises with all 4 fingers moving across the fingerboard

SECTION ONE

$\text{♩} = 60/180$

UP

1

UP

DOWN

DOWN

UP

2

UP

DOWN

DOWN

UP

3

UP

DOWN

DOWN

UP

4

UP

DOWN

DOWN

♩ = 60/180

UP

5

T
A
B

1 4 3 2 | 1 4 3 2 | 1 4 3 2 | 1 4 3 2

DOWN

T
A
B

1 4 3 2 | 1 4 3 2 | 1 4 3 2 | 1 4 3 2

UP

6

T
A
B

2 1 4 3 | 2 1 4 3 | 2 1 4 3 | 2 1 4 3

DOWN

T
A
B

2 1 4 3 | 2 1 4 3 | 2 1 4 3 | 2 1 4 3

UP

7

T
A
B

3 2 1 4 | 3 2 1 4 | 3 2 1 4 | 3 2 1 4

DOWN

T
A
B

3 2 1 4 | 3 2 1 4 | 3 2 1 4 | 3 2 1 4

UP

8

T
A
B

4 3 2 1 | 4 3 2 1 | 4 3 2 1 | 4 3 2 1

DOWN

T
A
B

4 3 2 1 | 4 3 2 1 | 4 3 2 1 | 4 3 2 1

♩ = 60/180

UP

9

1 4 2 3 | 1 4 2 3 | 1 4 2 3 | 1 4 2 3

DOWN

1 4 2 3 | 1 4 2 3 | 1 4 2 3 | 1 4 2 3

UP

10

2 3 1 4 | 2 3 1 4 | 2 3 1 4 | 2 3 1 4

DOWN

2 3 1 4 | 2 3 1 4 | 2 3 1 4 | 2 3 1 4

UP

11

3 2 4 1 | 3 2 4 1 | 3 2 4 1 | 3 2 4 1

DOWN

3 2 4 1 | 3 2 4 1 | 3 2 4 1 | 3 2 4 1

UP

12

4 1 3 2 | 4 1 3 2 | 4 1 3 2 | 4 1 3 2

DOWN

4 1 3 2 | 4 1 3 2 | 4 1 3 2 | 4 1 3 2

Part B

Exercises with 1 finger remaining in the same position and 3 moving across the fingerboard

♩ = 60/180

UP

13

DOWN

UP

14

DOWN

UP

15

DOWN

UP

16

DOWN

♩ = 60/180

UP

17

1 4 3 2 1 4 3 2 4 3 2 4 3 2

DOWN

1 4 3 2 1 4 3 2 1 1 4 3 2 4 3 2

UP

18

2 1 4 3 2 1 4 3 2 1 4 3 1 4 3

DOWN

2 1 4 3 2 1 4 3 2 2 1 4 3 1 4 3

UP

19

3 2 1 4 3 2 1 4 3 2 1 4 2 1 4

DOWN

3 2 1 4 3 2 1 4 3 3 2 1 4 2 1 4

UP

20

4 3 2 1 4 3 2 1 4 3 2 1 3 2 1

DOWN

4 3 2 1 4 3 2 1 4 4 3 2 1 3 2 1

$\text{♩} = 60/180$

UP

21

T
A
B
1 4 2 3 1 | 4 2 3 | 4 2 3 | 4 2 3

DOWN

T
A
B
1 4 2 3 1 | 4 2 3 | 1 | 1 | 4 2 3 | 4 2 3

UP

22

T
A
B
2 3 1 4 2 | 3 1 4 | 3 1 4 | 3 1 4

DOWN

T
A
B
2 3 1 4 2 | 3 1 4 | 2 | 2 | 3 1 4 | 3 1 4

UP

23

T
A
B
3 2 4 1 3 | 2 4 1 | 2 4 1 | 2 4 1

DOWN

T
A
B
3 2 4 1 3 | 2 4 1 | 3 | 3 | 2 4 1 | 2 4 1

UP

24

T
A
B
4 1 3 2 4 | 1 3 2 | 1 3 2 | 1 3 2

DOWN

T
A
B
4 1 3 2 4 | 1 3 2 | 4 | 4 | 1 3 2 | 1 3 2

Part C

Exercises with 2 fingers remaining in the same position and 2 moving across the fingerboard

♩ = 60/180

UP

25

UP

DOWN

DOWN

UP

26

UP

DOWN

DOWN

UP

27

UP

DOWN

DOWN

UP

28

UP

DOWN

DOWN

$\text{♩} = 60/180$

UP

29

T
B

1 4 3 2 1 4 | 3 2 | 1 4 | 1 4

DOWN

T
B

1 4 3 2 1 4 | 3 2 | 1 4 | 1 4

UP

30

T
B

2 1 4 3 2 1 | 4 3 | 4 3

DOWN

T
B

2 1 4 3 2 1 | 4 3 | 2 1 | 2 1

UP

31

T
B

3 2 1 4 3 2 | 1 4 | 3 2 | 3 2

DOWN

T
B

3 2 1 4 3 2 | 1 4 | 3 2 | 3 2

UP

32

T
B

4 3 2 1 4 3 | 2 1 | 2 1

DOWN

T
B

4 3 2 1 4 3 | 2 1 | 4 3 | 4 3

♩ = 60/180

UP

33

1 4 2 3 1 4 | 2 3 | 1 4 | 1 4 | 2 3 | 2 3

DOWN

1 4 2 3 1 4 | 2 3 | 1 4 | 1 4 | 2 3 | 2 3

UP

34

2 3 1 4 2 3 | 1 4 | 2 3 | 2 3 | 1 4 | 1 4

DOWN

2 3 1 4 2 3 | 1 4 | 2 3 | 2 3 | 1 4 | 1 4

UP

35

3 2 4 1 3 2 | 4 1 | 3 2 | 3 2 | 4 1 | 4 1

DOWN

3 2 4 1 3 2 | 4 1 | 3 2 | 3 2 | 4 1 | 4 1

UP

36

4 1 3 2 4 1 | 3 2 | 4 1 | 4 1 | 3 2 | 3 2

DOWN

4 1 3 2 4 1 | 3 2 | 4 1 | 4 1 | 3 2 | 3 2

Part D

Exercises with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

37

UP

DOWN

DOWN

UP

38

UP

DOWN

DOWN

UP

39

UP

DOWN

DOWN

UP

40

UP

DOWN

DOWN

♩ = 60/180

UP

41

Musical notation for exercise 41 UP. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

DOWN

Musical notation for exercise 41 DOWN. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

UP

42

Musical notation for exercise 42 UP. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

DOWN

Musical notation for exercise 42 DOWN. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

UP

43

Musical notation for exercise 43 UP. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

DOWN

Musical notation for exercise 43 DOWN. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

UP

44

Musical notation for exercise 44 UP. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 4, 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 4, 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

DOWN

Musical notation for exercise 44 DOWN. The staff shows a bass clef, a 4/4 time signature, and a sequence of eighth notes with various accidentals. Below the staff are two lines for fretting: line A and line B. Line A contains fret numbers 4, 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3. Line B contains fret numbers 4, 3, 2, 1, 4, 3, 2, 1, 4, 3, 2, 1, 4, 3.

♩ = 60/180

UP

45

T
A
B 1 4 2 3 1 4 2 3 1 4 2 1 4 2

DOWN

T
A
B 1 4 2 3 1 4 2 3 1 4 2 1 4 2

UP

46

T
A
B 2 3 1 4 2 3 1 4 2 3 1 2 3 1

DOWN

T
A
B 2 3 1 4 2 3 1 4 2 3 1 2 3 1

UP

47

T
A
B 3 2 4 1 3 2 4 1 3 2 4 3 2 4

DOWN

T
A
B 3 2 4 1 3 2 4 1 3 2 4 3 2 4

UP

48

T
A
B 4 1 3 2 4 1 3 2 4 1 3 4 1 3

DOWN

T
A
B 4 1 3 2 4 1 3 2 4 1 3 4 1 3

Part A

Variations of the exercises contained in Section 1

SECTION TWO

♩ = 60/180

UP

49

T
A
B

1 2 3 4 1 2 3 4 | 1 3 4 1 3 4 | 2 2 | 2 2

DOWN

T
A
B

1 2 3 4 1 2 3 4 | 1 3 4 1 3 4 | 2 2 | 2 2

UP

50

T
A
B

1 2 3 4 1 2 3 4 | 1 2 4 1 2 4 | 3 3 | 3 3

DOWN

T
A
B

1 2 3 4 1 2 3 4 | 1 2 4 1 2 4 | 3 3 | 3 3

UP

51

T
A
B

2 1 4 3 2 1 4 3 | 2 4 3 2 4 3 | 1 1 | 1 1

DOWN

T
A
B

2 1 4 3 2 1 4 3 | 2 4 3 2 4 3 | 1 1 | 1 1

UP

52

T
A
B

2 1 4 3 2 1 4 3 | 2 1 3 2 1 3 | 4 4 | 4 4

DOWN

T
A
B

2 1 4 3 2 1 4 3 | 2 1 3 2 1 3 | 4 4 | 4 4

♩ = 60/180

UP

53

T A B 3 4 1 2 3 4 1 2 3 1 2 3 1 2 4 4 4

DOWN

T A B 3 4 1 2 3 4 1 2 3 1 2 3 1 2 4 4 4

UP

54

T A B 3 4 1 2 3 4 1 2 3 4 1 1 1

DOWN

T A B 3 4 1 2 3 4 1 2 3 4 2 3 4 2 1 1

UP

55

T A B 4 3 2 1 4 3 2 1 4 3 3 3

DOWN

T A B 4 3 2 1 4 3 2 1 4 2 1 4 2 1 3 3

UP

56

T A B 4 3 2 1 4 3 1 4 3 2 2 2

DOWN

T A B 4 3 2 1 4 3 1 4 3 1 4 3 1 2 2

♩ = 60/180

UP

57

1 2 3 4 -1 2 3 4 | 1 4 1 4 | 2 3 2 3

DOWN

1 2 3 4 1 4 | 1 4 1 4 | 2 3 2 3

UP

58

2 1 4 3 2 1 4 3 | 2 3 2 3 | 1 4 1 4

DOWN

2 1 4 3 2 1 4 3 | 2 3 2 3 | 1 4 1 4

UP

59

3 4 1 2 3 4 1 2 | 3 2 3 2 | 4 1 4 1

DOWN

3 4 1 2 3 4 1 2 | 3 2 3 2 | 4 1 4 1

UP

60

4 3 2 1 4 3 2 1 | 4 1 4 1 | 3 2 3 2

DOWN

4 3 2 1 4 3 2 1 | 4 1 4 1 | 3 2 3 2

Part A

Exercises alternating direction, with all 4 fingers moving across the fingerboard

SECTION THREE

$\text{♩} = 60/180$

UP

61

1 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3

DOWN

1 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3

UP

62

2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4

DOWN

2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4

UP

63

3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1

DOWN

3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1

UP

64

4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2

DOWN

4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2

Part B

Exercises alternating direction, with 1 finger remaining in the same position and 3 moving across the fingerboard

♩ = 60/180

UP

65

UP

DOWN

DOWN

UP

66

UP

DOWN

DOWN

UP

67

UP

DOWN

DOWN

UP

68

UP

DOWN

DOWN

Part C

Exercises alternating direction, with 2 fingers remaining in the same position and 2 moving across the fingerboard

♩ = 60/180

UP

69

DOWN

UP

70

DOWN

UP

71

DOWN

UP

72

DOWN

Part D

Exercises alternating direction, with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

73

UP

DOWN

DOWN

UP

74

UP

DOWN

DOWN

UP

75

UP

DOWN

DOWN

UP

76

UP

DOWN

DOWN

SECTION **FOUR**

$\text{♩} = 60/180$

UP

77

DOWN

UP

78

DOWN

UP

79

DOWN

UP

80

DOWN

♩ = 60/180

UP

81

T
A
B

3 4 2 1 3 4 2 1 | 3 2 1 3 2 1 | 4 | 4 |

DOWN

T
A
B

3 4 2 1 3 4 2 1 | 3 2 1 3 2 1 | 4 | 4 |

UP

82

T
A
B

3 4 2 1 3 4 2 1 | 3 4 1 3 4 1 | 2 | 2 |

DOWN

T
A
B

3 4 2 1 3 4 2 1 | 3 4 1 3 4 1 | 2 | 2 |

UP

83

T
A
B

4 3 1 2 4 3 1 2 | 4 1 2 4 1 2 | 3 | 3 |

DOWN

T
A
B

4 3 1 2 4 3 1 2 | 4 1 2 4 1 2 | 3 | 3 |

UP

84

T
A
B

4 3 1 2 4 3 1 2 | 4 3 2 4 3 2 | 1 | 1 |

DOWN

T
A
B

4 3 1 2 4 3 1 2 | 4 3 2 4 3 2 | 1 | 1 |

♩ = 60/180

UP

85

1 2 4 3 1 2 4 3

2 4 2 4

DOWN

1 2 4 3 1 2 4 3

2 4 2 4

UP

86

2 1 3 4 2 1 3 4

1 3 1 3

DOWN

2 1 3 4 2 1 3 4

1 3 1 3

UP

87

3 4 2 1 3 4 2 1

4 2 4 2

DOWN

3 4 2 1 3 4 2 1

4 2 4 2

UP

88

4 3 1 2 4 3 1 2

3 1 3 1

DOWN

4 3 1 2 4 3 1 2

3 1 3 1

Part A

Exercises for skipping frets, with all 4 fingers moving across the fingerboard

SECTION FIVE

♩ = 60/180

UP

89

1 3 2 4 | 1 3 2 4 | 1 3 2 4 | 1 3 2 4

DOWN

1 3 2 4 | 1 3 2 4 | 1 3 2 4 | 1 3 2 4

UP

90

2 4 1 3 | 2 4 1 3 | 2 4 1 3 | 2 4 1 3

DOWN

2 4 1 3 | 2 4 1 3 | 2 4 1 3 | 2 4 1 3

UP

91

3 1 4 2 | 3 1 4 2 | 3 1 4 2 | 3 1 4 2

DOWN

3 1 4 2 | 3 1 4 2 | 3 1 4 2 | 3 1 4 2

UP

92

4 2 3 1 | 4 2 3 1 | 4 2 3 1 | 4 2 3 1

DOWN

4 2 3 1 | 4 2 3 1 | 4 2 3 1 | 4 2 3 1

Part A

Exercises for skipping frets, alternating direction, with all 4 fingers moving across the fingerboard

$\text{♩} = 60/180$

UP

105

Exercise 105 UP: Bass clef, 4/4 time. The notation shows a sequence of notes moving up the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 1 3 4 2 | 1 3 4 2 | 1 3 4 2 | 1 3 4 2.

DOWN

Exercise 105 DOWN: Bass clef, 4/4 time. The notation shows a sequence of notes moving down the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 1 3 4 2 | 1 3 4 2 | 1 3 4 2 | 1 3 4 2.

UP

106

Exercise 106 UP: Bass clef, 4/4 time. The notation shows a sequence of notes moving up the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 2 4 3 1 | 2 4 3 1 | 2 4 3 1 | 2 4 3 1.

DOWN

Exercise 106 DOWN: Bass clef, 4/4 time. The notation shows a sequence of notes moving down the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 2 4 3 1 | 2 4 3 1 | 2 4 3 1 | 2 4 3 1.

UP

107

Exercise 107 UP: Bass clef, 4/4 time. The notation shows a sequence of notes moving up the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 3 1 2 4 | 3 1 2 4 | 3 1 2 4 | 3 1 2 4.

DOWN

Exercise 107 DOWN: Bass clef, 4/4 time. The notation shows a sequence of notes moving down the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 3 1 2 4 | 3 1 2 4 | 3 1 2 4 | 3 1 2 4.

UP

108

Exercise 108 UP: Bass clef, 4/4 time. The notation shows a sequence of notes moving up the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 4 2 1 3 | 4 2 1 3 | 4 2 1 3 | 4 2 1 3.

DOWN

Exercise 108 DOWN: Bass clef, 4/4 time. The notation shows a sequence of notes moving down the fretboard. Below the staff is a guitar diagram with two strings (T and B) and fret numbers: 4 2 1 3 | 4 2 1 3 | 4 2 1 3 | 4 2 1 3.

Part B

Exercises for skipping frets, alternating direction, with 1 finger remaining in the same position and 3 moving across the fingerboard

$\text{♩} = 60/180$

UP

109

DOWN

UP

110

DOWN

UP

111

DOWN

UP

112

DOWN

Part C

Exercises for skipping frets, alternating direction, with 2 fingers remaining in the same position and 2 moving across the fingerboard

♩ = 60/180

UP

113

1 3 4 2 1 3 4 2 | 1 3 4 2 | 1 3 4 2

DOWN

1 3 4 2 1 3 4 2 | 1 3 4 2 | 1 3 4 2

UP

114

2 4 3 1 2 4 3 1 | 2 4 3 1 | 2 4 3 1

DOWN

2 4 3 1 2 4 3 1 | 2 4 3 1 | 2 4 3 1

UP

115

3 1 2 4 3 1 2 4 | 3 1 2 4 | 3 1 2 4

DOWN

3 1 2 4 3 1 2 4 | 3 1 2 4 | 3 1 2 4

UP

116

4 2 1 3 4 2 1 3 | 4 2 1 3 | 4 2 1 3

DOWN

4 2 1 3 4 2 1 3 | 4 2 1 3 | 4 2 1 3

Part D

Exercises for skipping frets, alternating direction, with 3 fingers remaining in the same position and 1 moving across the fingerboard

♩ = 60/180

UP

117

DOWN

UP

118

DOWN

UP

119

DOWN

UP

120

DOWN

Part A

Exercises for moving between strings

SECTION SEVEN

♩ = 60/180

UP

121

Exercise 121 UP: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G2, an eighth note F#2, a quarter note E2, and a quarter note D2. The second measure contains a quarter note C2, an eighth note B1, a quarter note A1, and a quarter note G1. The fretboard diagram below shows the string sequence: 1 (E), 2 (F#), 3 (G), 4 (A) for the first measure, and 1 (D), 2 (E), 3 (F#), 4 (G) for the second measure.

DOWN

Exercise 121 DOWN: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G1, an eighth note F#1, a quarter note E1, and a quarter note D1. The second measure contains a quarter note C1, an eighth note B0, a quarter note A0, and a quarter note G0. The fretboard diagram below shows the string sequence: 1 (G), 2 (F#), 3 (E), 4 (D) for the first measure, and 1 (C), 2 (B), 3 (A), 4 (G) for the second measure.

UP

122

Exercise 122 UP: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G2, an eighth note F#2, a quarter note E2, and a quarter note D2. The second measure contains a quarter note C2, an eighth note B1, a quarter note A1, and a quarter note G1. The fretboard diagram below shows the string sequence: 2 (G), 1 (F#), 4 (E), 3 (D) for the first measure, and 2 (C), 1 (B), 4 (A), 3 (G) for the second measure.

DOWN

Exercise 122 DOWN: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G1, an eighth note F#1, a quarter note E1, and a quarter note D1. The second measure contains a quarter note C1, an eighth note B0, a quarter note A0, and a quarter note G0. The fretboard diagram below shows the string sequence: 2 (G), 1 (F#), 4 (E), 3 (D) for the first measure, and 2 (C), 1 (B), 4 (A), 3 (G) for the second measure.

UP

123

Exercise 123 UP: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G2, an eighth note F#2, a quarter note E2, and a quarter note D2. The second measure contains a quarter note C2, an eighth note B1, a quarter note A1, and a quarter note G1. The fretboard diagram below shows the string sequence: 3 (G), 4 (F#), 1 (E), 2 (D) for the first measure, and 3 (C), 4 (B), 1 (A), 2 (G) for the second measure.

DOWN

Exercise 123 DOWN: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G1, an eighth note F#1, a quarter note E1, and a quarter note D1. The second measure contains a quarter note C1, an eighth note B0, a quarter note A0, and a quarter note G0. The fretboard diagram below shows the string sequence: 3 (G), 4 (F#), 1 (E), 2 (D) for the first measure, and 3 (C), 4 (B), 1 (A), 2 (G) for the second measure.

UP

124

Exercise 124 UP: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G2, an eighth note F#2, a quarter note E2, and a quarter note D2. The second measure contains a quarter note C2, an eighth note B1, a quarter note A1, and a quarter note G1. The fretboard diagram below shows the string sequence: 4 (G), 3 (F#), 2 (E), 1 (D) for the first measure, and 4 (C), 3 (B), 2 (A), 1 (G) for the second measure.

DOWN

Exercise 124 DOWN: Bass clef, 4/4 time. The exercise consists of two measures. The first measure contains a quarter note G1, an eighth note F#1, a quarter note E1, and a quarter note D1. The second measure contains a quarter note C1, an eighth note B0, a quarter note A0, and a quarter note G0. The fretboard diagram below shows the string sequence: 4 (G), 3 (F#), 2 (E), 1 (D) for the first measure, and 4 (C), 3 (B), 2 (A), 1 (G) for the second measure.

♩ = 60/180

UP

125

UP

DOWN

DOWN

UP

126

UP

DOWN

DOWN

UP

127

UP

DOWN

DOWN

UP

128

UP

DOWN

DOWN

Part B

Exercises for skipping strings

♩ = 60/180

UP

129

Exercise 129 UP: Bass clef, 4/4 time. The melody consists of eighth notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fingering is: T (1), A (2), B (3), 1, 4, 2, 3, 1, 4, 2, 3.

DOWN

Exercise 129 DOWN: Bass clef, 4/4 time. The melody consists of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2. The fingering is: T (1), A (2), B (3), 1, 4, 2, 3, 1, 4, 2, 3.

UP

130

Exercise 130 UP: Bass clef, 4/4 time. The melody consists of eighth notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fingering is: T (1), A (2), B (3), 1, 4, 2, 3, 1, 4, 2, 3.

DOWN

Exercise 130 DOWN: Bass clef, 4/4 time. The melody consists of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2. The fingering is: T (2), A (3), B (1), 4, 2, 3, 1, 4, 2, 3.

UP

131

Exercise 131 UP: Bass clef, 4/4 time. The melody consists of eighth notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fingering is: T (4), A (1), B (3), 2, 4, 1, 3, 2, 4, 1, 3, 2.

DOWN

Exercise 131 DOWN: Bass clef, 4/4 time. The melody consists of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2. The fingering is: T (3), A (2), B (4), 1, 3, 2, 4, 1, 3, 2.

UP

132

Exercise 132 UP: Bass clef, 4/4 time. The melody consists of eighth notes: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The fingering is: T (3), A (2), B (4), 1, 3, 2, 4, 1, 3, 2.

DOWN

Exercise 132 DOWN: Bass clef, 4/4 time. The melody consists of eighth notes: G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2. The fingering is: T (4), A (1), B (3), 2, 4, 1, 3, 2.

♩ = 60/180

UP

133

DOWN

UP

134

DOWN

UP

135

DOWN

UP

136

DOWN

Part A

Exercises for moving back and forth between strings

SECTION EIGHT

$\text{♩} = 60/180$

UP

137

UP

DOWN

DOWN

UP

138

UP

DOWN

DOWN

UP

139

UP

DOWN

DOWN

UP

140

UP

DOWN

DOWN

Part B

Exercises for moving back and forth between strings, alternating direction

$\text{♩} = 60/180$

UP

141

UP

DOWN

DOWN

UP

142

UP

DOWN

DOWN

UP

143

UP

DOWN

DOWN

UP

144

UP

DOWN

DOWN

Part C

Exercises for skipping back and forth between strings

$\text{♩} = 60/180$

UP

145

T A B
2 4 1 3 2 4 1 3 2 4 1 3

DOWN

T A B
1 3 2 4 1 3 2 4 1 3 2 4 1 3

UP

146

T A B
1 3 2 4 1 3 2 4 1 3 2 4 1 3

DOWN

T A B
2 4 1 3 2 4 1 3 2 4 1 3 2 4 1 3

UP

147

T A B
4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1

DOWN

T A B
3 1 4 2 3 1 4 2 3 1 4 2 3 1 4 2

UP

148

T A B
3 1 4 2 3 1 4 2 3 1 4 2 3 1 4 2

DOWN

T A B
4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1

Part D

Exercises for skipping back and forth between strings alternating direction

$\text{♩} = 60/180$

UP

149

2 3 1 4 | 2 3 1 4

DOWN

1 4 2 3 | 1 4 2 3

UP

150

1 4 2 3 | 1 4 2 3

DOWN

2 3 1 4 | 2 3 1 4

UP

151

4 1 3 2 | 4 1 3 2

DOWN

3 2 4 1 | 3 2 4 1

UP

152

3 2 4 1 | 3 2 4 1

DOWN

4 1 3 2 | 4 1 3 2

Part A

Finger independence exercises centered around finger #1 (upward motion)

SECTION NINE

♩ = 60/180

UP

153

1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 2 1 3 | 1 2 1 3

DOWN

1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 2 1 3 | 1 2 1 3

UP

154

1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 3 1 4

DOWN

1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 2 1 3 1 4 | 1 2 1 3 1 4

♩ = 60/180

UP

155

1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3

DOWN

1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3

UP

156

1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 4 1 3 1 2 | 1 4 1 3 1 2

DOWN

1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3 | 1 2 1 4 1 3

♩ = 60/180

UP

159

1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2

DOWN

1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2

UP

160

1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2

DOWN

1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2 | 1 3 1 4 1 2

♩ = 60/180

UP

161

1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 4 1 3

DOWN

1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 4 1 3

UP

162

1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2

DOWN

1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2

$\text{♩} = 60/180$

UP

163

Musical notation for exercise 163, UP direction. The staff shows a sequence of notes and accidentals in 3/4 time. The fretboard diagram below indicates fingerings: 1 4 1 2 1 3, 1 4 1 2 1 3, 1 4 1 2 1 3, and 1 4 1 2 1 3.

DOWN

Musical notation for exercise 163, DOWN direction. The staff shows a sequence of notes and accidentals in 3/4 time. The fretboard diagram below indicates fingerings: 1 4 1 2 1 3, 1 4 1 2 1 3, 1 4 1 2 1 3, and 1 4 1 2 1 3.

UP

164

Musical notation for exercise 164, UP direction. The staff shows a sequence of notes and accidentals in 3/4 time. The fretboard diagram below indicates fingerings: 1 4 1 2 1 3, 1 4 1 2 1 3, 1 4 1 2 1 3, and 1 2 1 3.

DOWN

Musical notation for exercise 164, DOWN direction. The staff shows a sequence of notes and accidentals in 3/4 time. The fretboard diagram below indicates fingerings: 1 4 1 2 1 3, 1 4 1 2 1 3, 1 4 1 2 1 3, and 1 2 1 3.

Part B

Finger independence exercises centered around finger #1 (downward motion)

♩ = 60/180

UP

165

2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 2 1 3 1

DOWN

2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 2 1 3 1

UP

166

2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1

DOWN

2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1

♩ = 60/180

UP

167

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

DOWN

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

UP

168

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

DOWN

2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1 2 1 4 1 3 1

♩ = 60/180

UP

169

Musical notation for exercise 169, UP direction. The staff shows a bass clef and a 3/4 time signature. The melody consists of eighth and quarter notes. The fretboard diagram below shows fingerings: 3 1 2 1 4 1, 3 1 2 1 4 1, 3 1 2 1 4 1, and 3 1 2 1.

DOWN

Musical notation for exercise 169, DOWN direction. The staff shows a bass clef and a 3/4 time signature. The melody consists of eighth and quarter notes. The fretboard diagram below shows fingerings: 3 1 2 1 4 1, 3 1 2 1 4 1, 3 1 2 1 4 1, and 3 1 2 1 4 1.

UP

170

Musical notation for exercise 170, UP direction. The staff shows a bass clef and a 3/4 time signature. The melody consists of eighth and quarter notes. The fretboard diagram below shows fingerings: 3 1 2 1 4 1, 3 1 2 1 4 1, 3 1 2 1 4 1, and 3 1 2 1 4 1.

DOWN

Musical notation for exercise 170, DOWN direction. The staff shows a bass clef and a 3/4 time signature. The melody consists of eighth and quarter notes. The fretboard diagram below shows fingerings: 3 1 2 1 4 1, 3 1 2 1 4 1, 3 1 2 1 4 1, and 3 1 2 1 4 1.

♩ = 60/180

UP

171

3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 3 1 4 1

DOWN

3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 3 1 4 1

UP

172

3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1

DOWN

3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1

♩ = 60/180

UP

173

Musical notation for exercise 173, UP direction. The exercise is in 3/4 time and consists of four measures. The upper staff shows a melodic line in bass clef with a key signature of one sharp (F#). The lower staff shows a bass line with fret numbers 4, 1, 3, 1, 2, 1. The fret numbers are: 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 | 4 1 3 1.

DOWN

Musical notation for exercise 173, DOWN direction. The exercise is in 3/4 time and consists of four measures. The upper staff shows a melodic line in bass clef with a key signature of one flat (Bb). The lower staff shows a bass line with fret numbers 4, 1, 3, 1, 2, 1. The fret numbers are: 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 | 4 1 3 1.

UP

174

Musical notation for exercise 174, UP direction. The exercise is in 3/4 time and consists of four measures. The upper staff shows a melodic line in bass clef with a key signature of one sharp (F#). The lower staff shows a bass line with fret numbers 4, 1, 3, 1, 2, 1. The fret numbers are: 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 2 1.

DOWN

Musical notation for exercise 174, DOWN direction. The exercise is in 3/4 time and consists of four measures. The upper staff shows a melodic line in bass clef with a key signature of one flat (Bb). The lower staff shows a bass line with fret numbers 4, 1, 3, 1, 2, 1. The fret numbers are: 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 2 1 | 4 1 3 1 2 1.

♩ = 60/180

UP

175

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1

DOWN

4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1 4 1 2 1 3 1

UP

176

4 1 2 1 3 1 4 1 2 1 3 1 2 1 3 1 2 1 3 1

DOWN

4 1 2 1 3 1 4 1 2 1 3 1 2 1 3 1 2 1 3 1

Part A

Finger independence exercises centered around
finger #4 (upward motion)

SECTION TEN

$\text{♩} = 60/180$

UP

177

T
 A
 B

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4

DOWN

T
 A
 B

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4

UP

178

T
 A
 B

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4

DOWN

T
 A
 B

1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4

♩ = 60/180

UP

179

1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4

DOWN

1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4 | 1 4 3 4 2 4 1 4

UP

180

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

DOWN

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

♩ = 60/180

UP

181

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

DOWN

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

UP

182

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

DOWN

1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4 | 1 4 2 4 3 4 1 4

♩ = 60/180

UP

183

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4

DOWN

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4

UP

184

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

DOWN

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

♩ = 60/180

UP

185

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 2 4 1 4 3 4 2 4 1 4 3 4

DOWN

1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4

UP

186

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

DOWN

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

♩ = 60/180

UP

187

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 3 4

DOWN

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 3 4

UP

188

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

DOWN

1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4

Part B

Finger independence exercises centered around finger #4 (downward motion)

$\text{♩} = 60/180$

UP

189

T
A
B

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2

DOWN

T
A
B

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2

UP

190

T
A
B

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1

DOWN

T
A
B

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 1 4 3

♩ = 60/180

UP

191

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4 1

DOWN

4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 1 4 3 4 2 4 1 4 3 4 2 4 1

UP

192

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 1 4 2 4 3

♩ = 60/180

UP

193

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 3 4 1

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 3 4 1

UP

194

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 2 4 3 4 1

DOWN

4 1 4 2 4 3 4 1 4 1 4 2 4 3 4 1 4 2 4 3 4 1

♩ = 60/180

UP

195

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 1 4 2 4 1 4 3

DOWN

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 1 4 2 4 1 4 3

UP

196

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 2 4 1 4 3 4 1 4 3

DOWN

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 2 4 1 4 3 4 1 4 3

♩ = 60/180

UP

197

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 2 4 1 4 3

DOWN

4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

UP

198

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2

♩ = 60/180

UP

199

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

UP

200

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

DOWN

4 1 4 3 4 1 4 2 4 1 4 3 4 1 4 2 4 1 4 3

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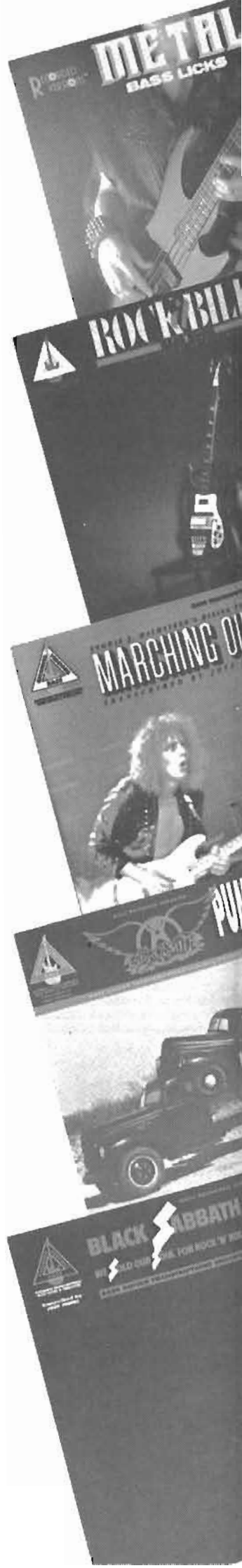
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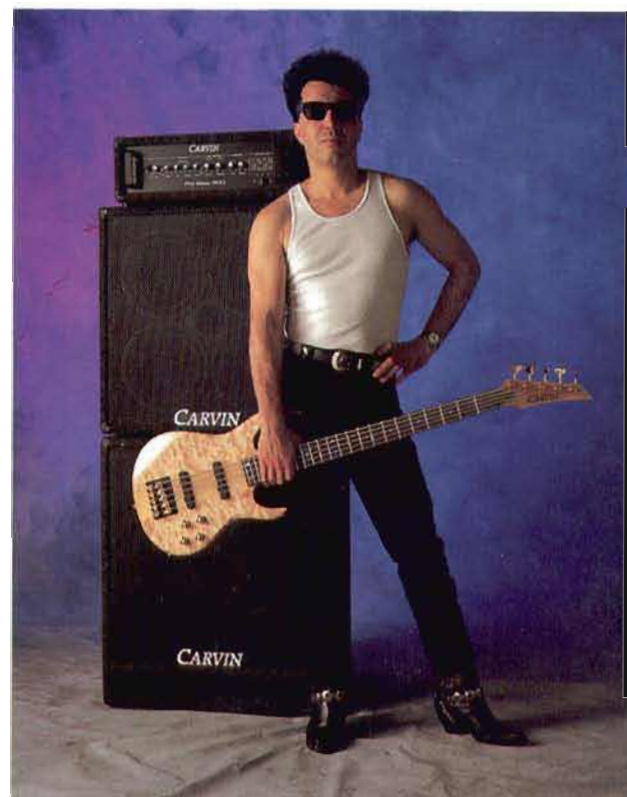
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