

TECHNICAL EXERCISES

Electric Bass

BASIC TECHNIQUE CHECKLIST



General

- ✓ Proper sitting posture (straight back, 90° leg)
- ✓ Strap adjusted to keep same bass height as when sitting
- ✓ Natural position
- ✓ Relaxed hands and body
- ✓ Economy of movement

Fretting hand

- ✓ Minimal amount of pressure
- ✓ Perpendicular thumb hidden behind neck
- ✓ Thumb flat on the back of the neck (roughly aligned with middle finger)
- ✓ Traditional (straight) vs slanted hand position
- ✓ Straight wrist
- ✓ Fretting hand muting
- ✓ Curved fingers (avoid collapsing knuckles)
- ✓ Fingertips on the string
- ✓ Spaced fingers (virtually on the fret)
- ✓ Three (1-2-4) and four-finger technique (1-2-3-4)
- ✓ Flexibility (pivot as needed)
- ✓ Experiment with forearm, hand, and neck angles
- ✓ Adaptability in different regions of the neck

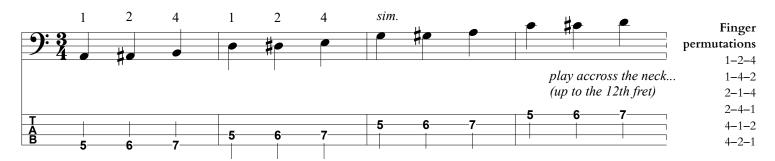
Plucking hand

- ✓ Forearm rested on the bass body
- ✓ Natural hand position on the strings (between 45–90° angle)
- ✓ Straight wrist (rather than bent)
- ✓ Alternate plucking (even sound)
- ✓ Raking
- ✓ Plucking hand muting
- ✓ Fleshy part of the fingertips
- ✓ Rest stroke vs free stroke
- ✓ Fixed anchor vs movable anchor vs floating thumb
- ✓ Full-sounding tone (solid but not rasp)
- ✓ Location placement awareness (fretboard vs bridge)

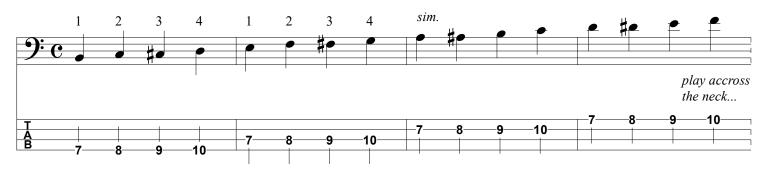
TECHNICAL EXERCISES

Electric Bass

1. Three-finger Technique



2. Four-finger Technique

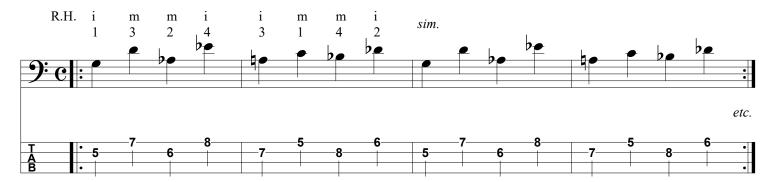


Finger permutations

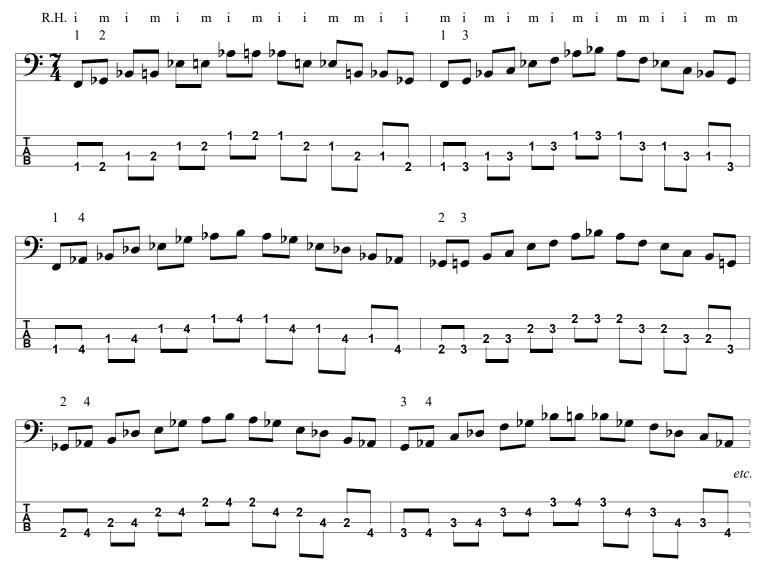
1-2-3-4	2-1-3-4	3-1-2-4	4-1-2-3
1-2-4-3	2-1-4-3	3-1-4-2	4-1-3-2
1-3-2-4	2-3-1-4	3-2-1-4	4-2-1-3
1-3-4-2	2-3-4-1	3-2-4-1	4-2-3-1
1-4-2-3	2-4-1-3	3-4-1-2	4-3-1-2
1-4-3-2	2-4-3-1	3-4-2-1	4-3-2-1

Consider experimenting with string permutations, as well as with different articulations.

3. Patitucci's "Spider"

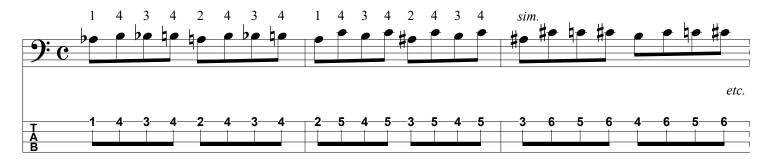


4. Nathan East's Calisthenics

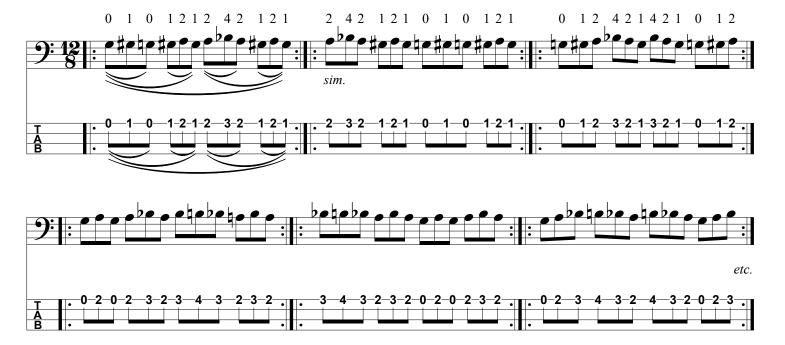


Consider trying out "mirrored" fingerings as well, 4-3, 4-2, 4-1, 3-2, 3-1, 2-1. Add articulation with slurs as variation (hammer-ons and pull-offs).

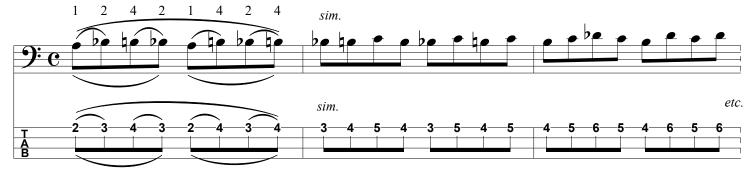
5. Nathan East's Exercise on One String



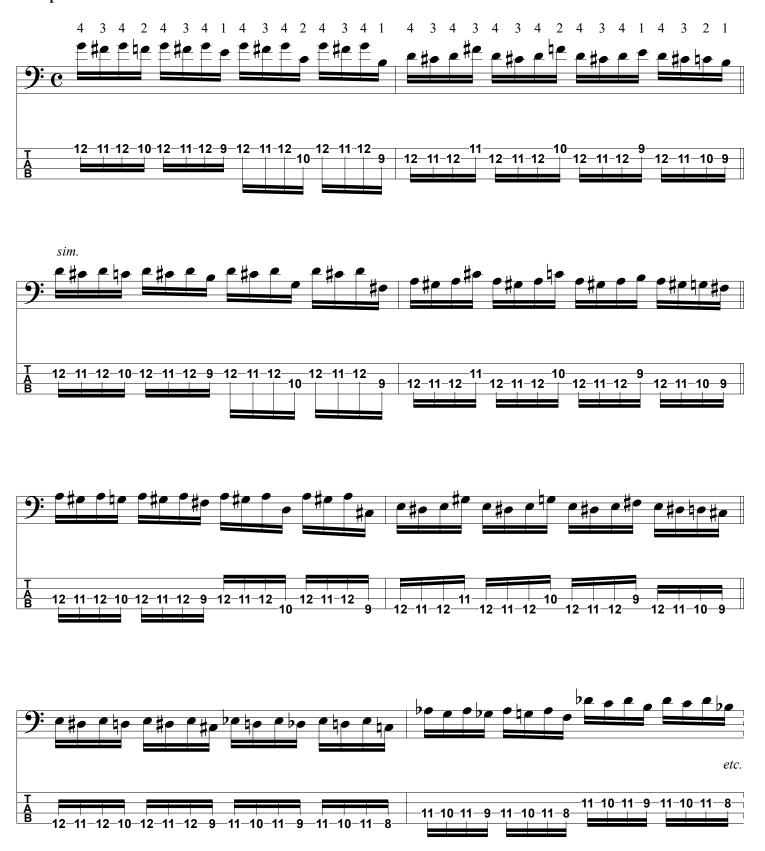
6. Three-finger Daily Warm-Up (Tao of Bass)



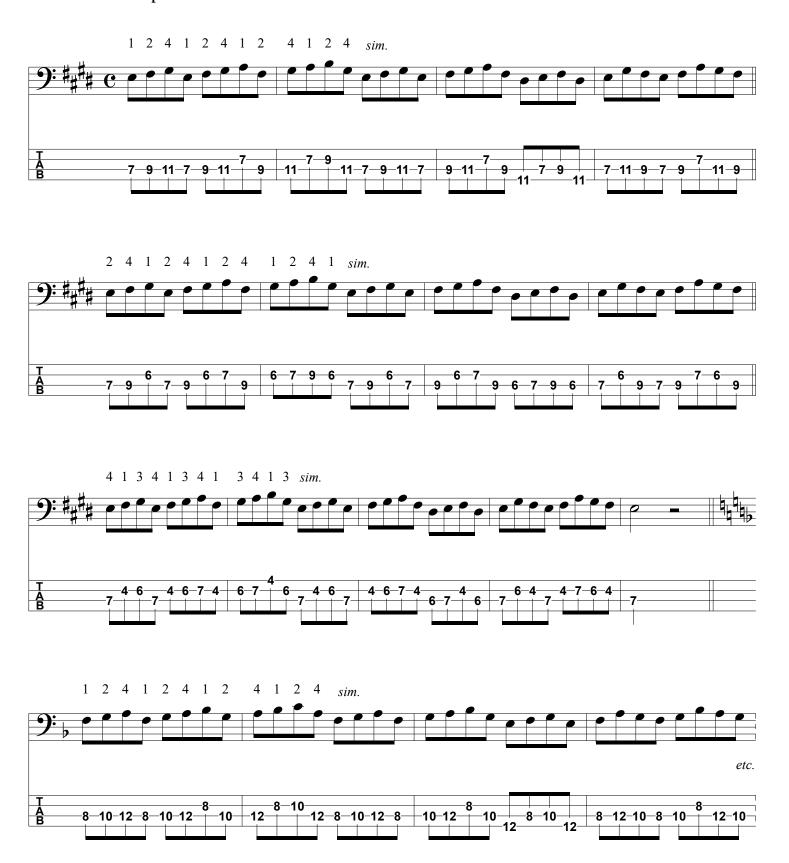
7. Max's Magic



8. "Spanish" Exercise

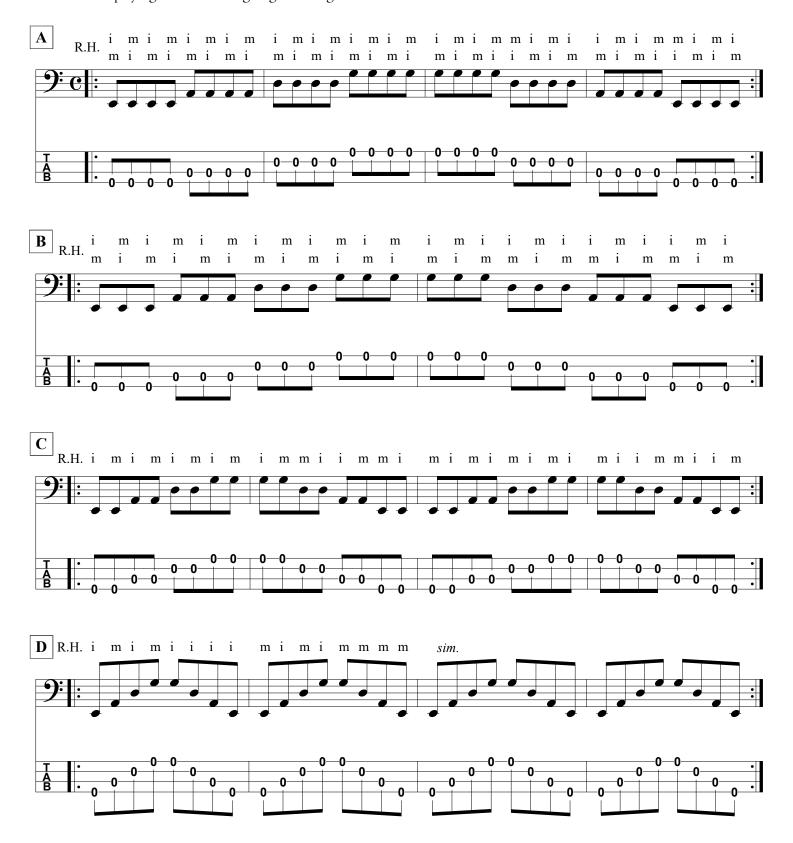


9. Clarke's Trumpet Drill

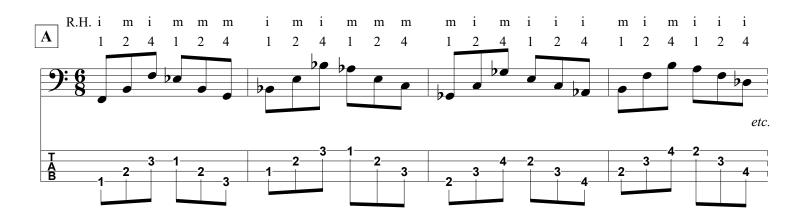


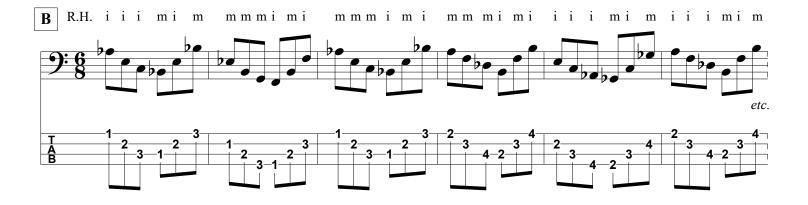
10. Plucking Hand Exercises

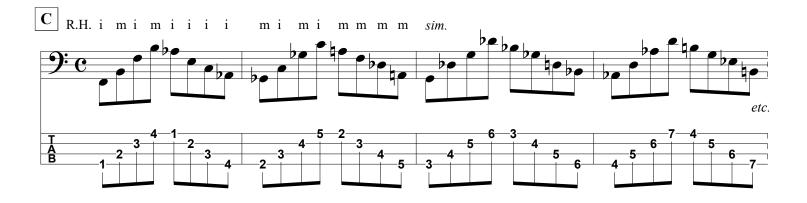
Mute the open strings with the left hand to be able to focus only on the mechanics of the plucking hand. As the movement becomes more natural, add a logical sequence of notes to the left hand (e.g. exercise 2 for A). Consider also playing with alternating fingers throughout.



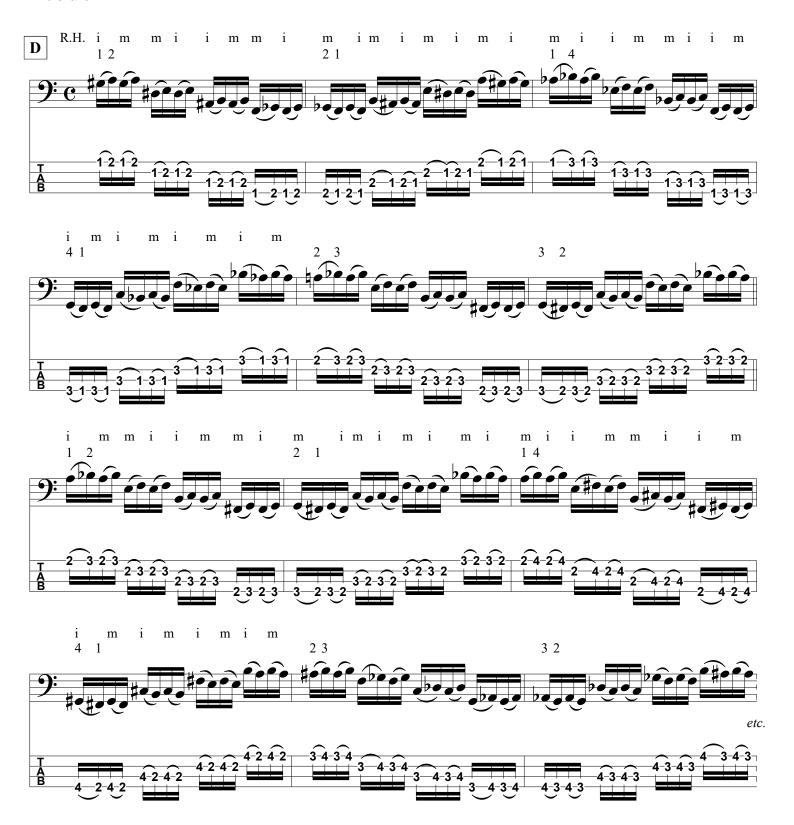
11. Pyramid

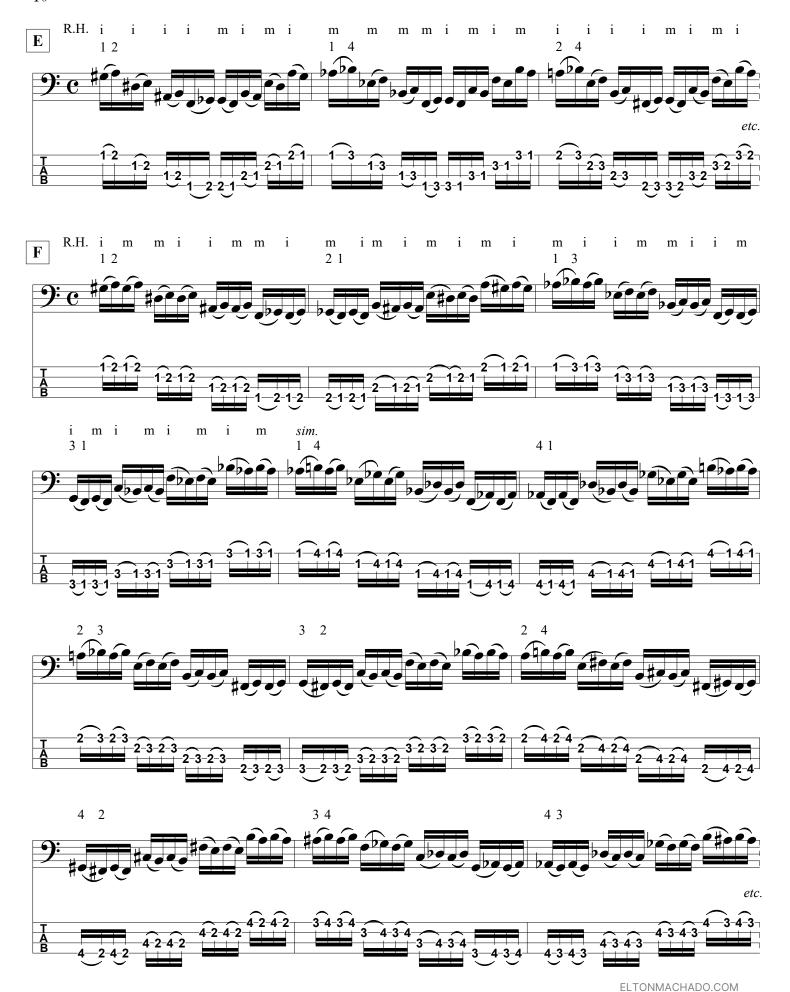


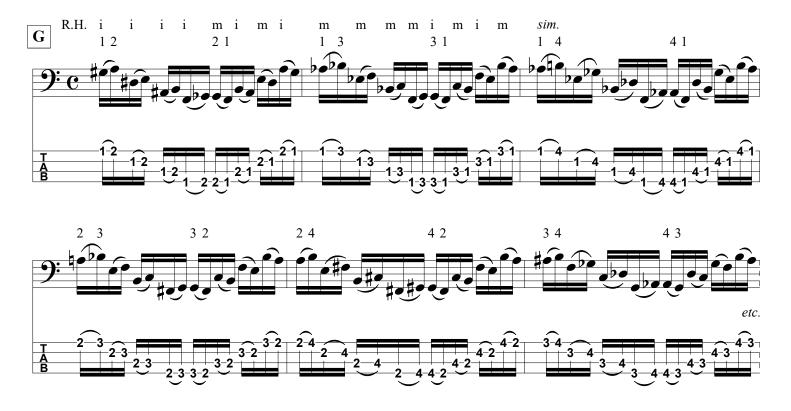


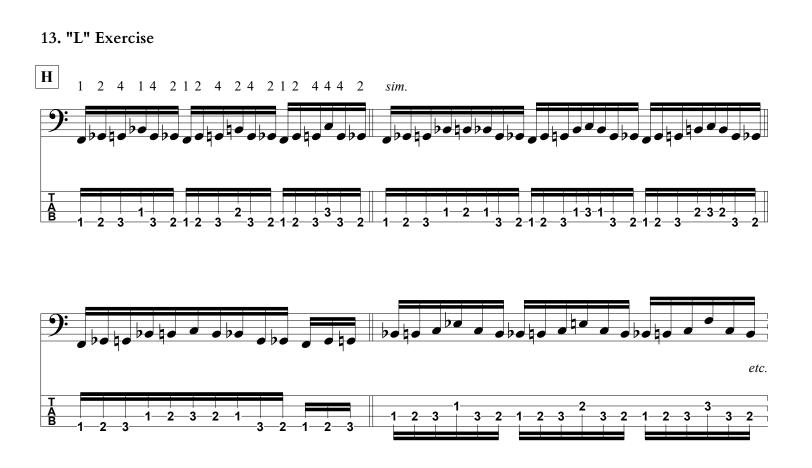


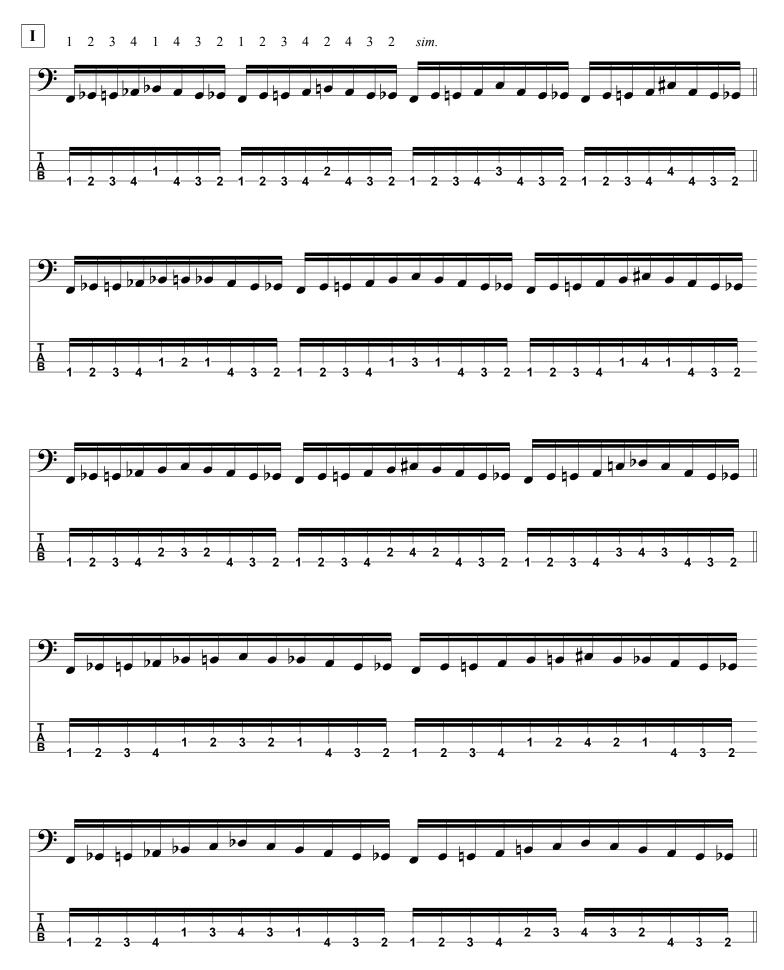
12. Slurs





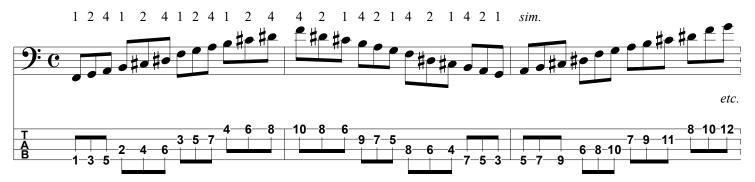








14. Whole-tone Scale



15. Diminished Scale

