



READING & FRETBOARD CHALLENGE

NATURAL NOTES

Electric Bass

START HERE

Welcome to “Reading & Fretboard Challenge,” a set of exercises designed to deepen your understanding of music notation and the fretboard. Here is the practice order I suggest so that you can get the most out of this material:

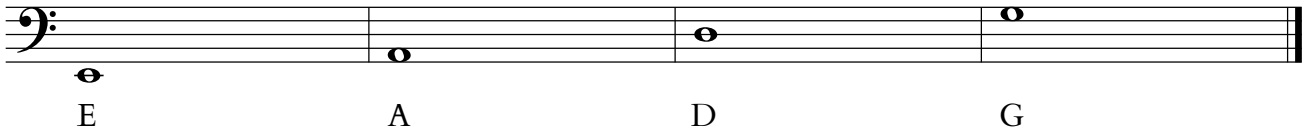
1. **“Contemplative” Practice.** Begin by approaching each exercise with a sense of calm and relaxation. Play very slowly, focusing solely on the notes you’re playing. Sing along the names of the notes and let the pitches sink in. This stage of practice allows you to be familiar with the notes in a free tempo.
2. **Focused Repetition.** Set your metronome to a comfortable tempo, perhaps starting at 60 bpm or slower. Play each note precisely with a single established fingering, matching the tempo with your voice as you sing the note names. As you progress, gradually increase the tempo, challenging yourself to maintain accuracy and clarity. Aim to reach a solid tempo of 120 bpm, adjusting as needed to keep control and precision. At this stage, you may choose to focus only on playing without singing, refining your reading reflexes and internalizing the patterns on the fretboard.

Remember, progress is a journey, not a destination. Embrace the sounds, stay patient with yourself, and enjoy the process.

Happy practicing!

OPEN STRINGS

Open
Strings



Exercise 1



Exercise 2



NATURAL NOTES

Natural Notes

E string ————— A string —————

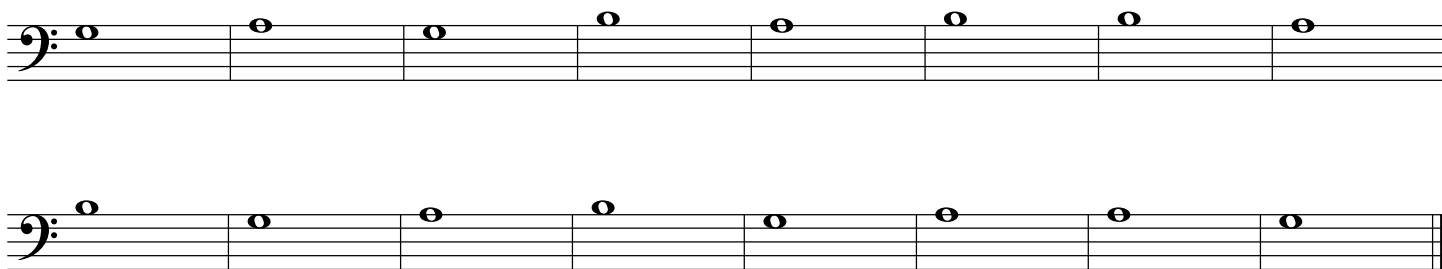
D string ————— G string —————

Exercise – E String

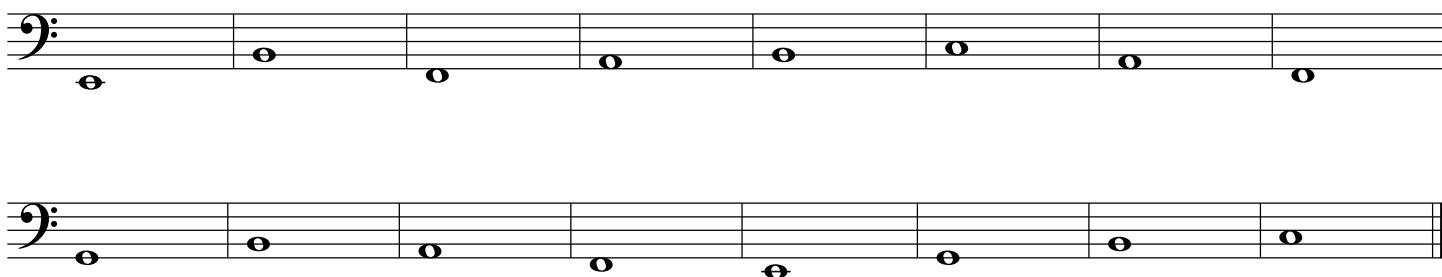
Exercise – A String

Exercise – D String

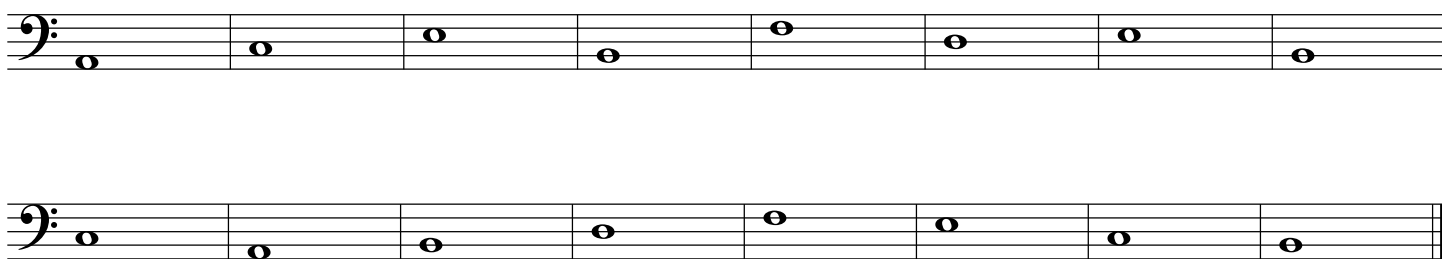
Exercise – G String



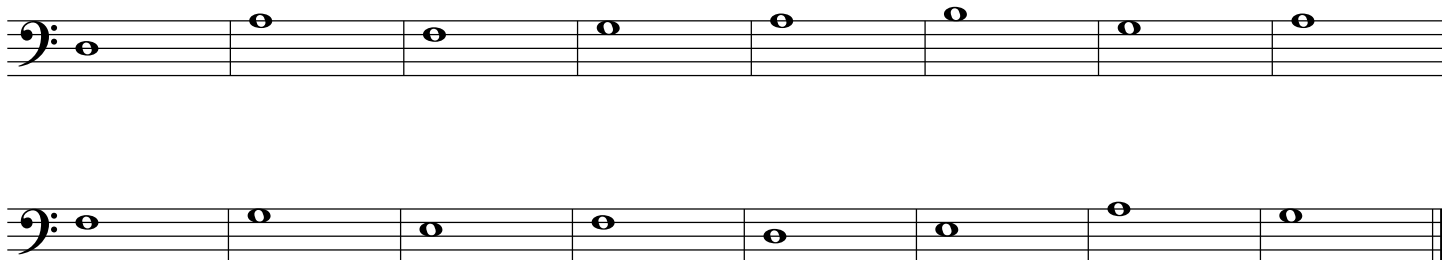
Exercise – E & A Strings



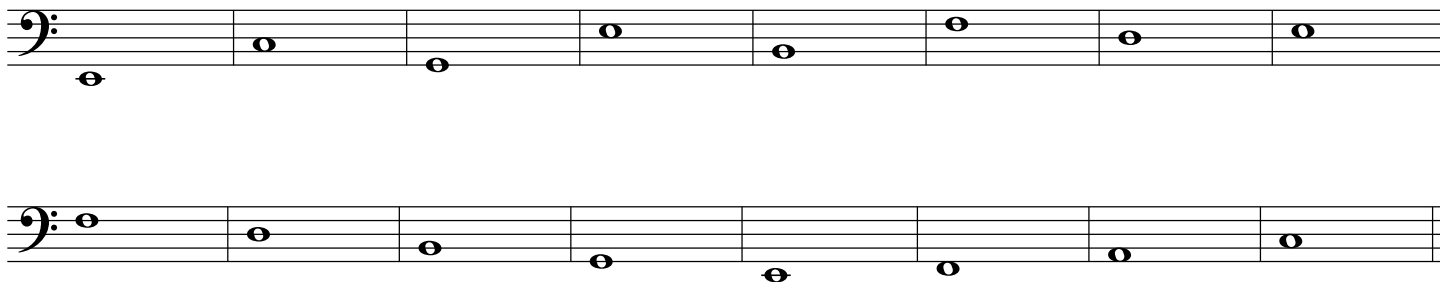
Exercise – A & D Strings



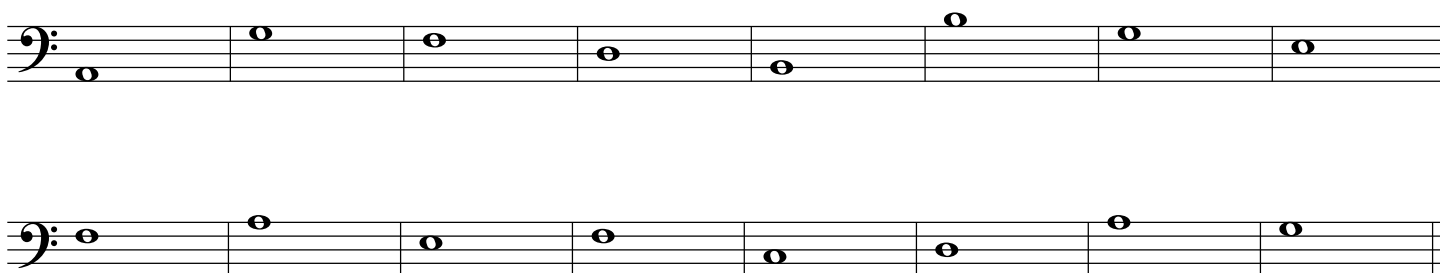
Exercise – D & G Strings



Exercise – E, A & D Strings



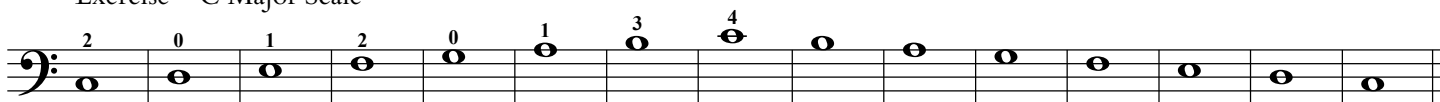
Exercise – A, D & G Strings



Exercise – All Four Strings



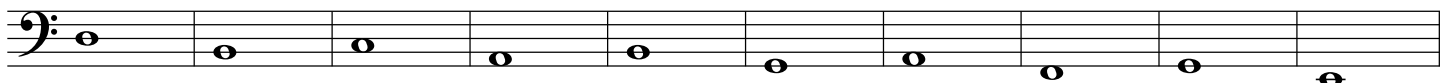
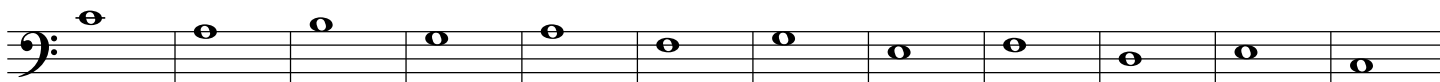
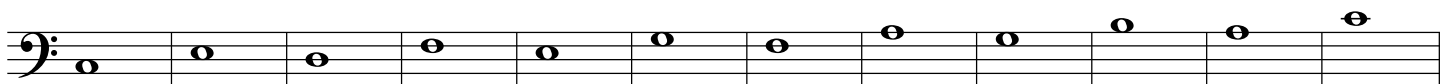
Exercise – C Major Scale



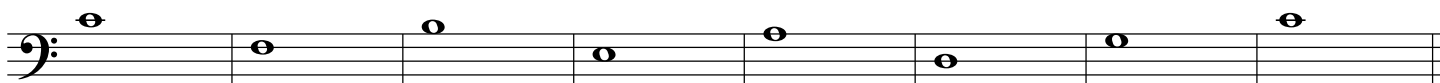
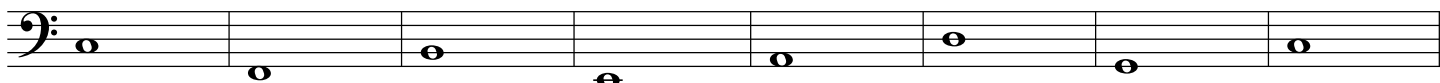
Exercise – C Major Scale (full range)



Exercise – C Major Scale (thirds)



Exercise – C Major Scale (fourths)





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