

BASS STRING CROSSING EXERCISES

ADAPTED FROM FREDERICK ZIMMERMAN / DAVE HOLLAND

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RIGHT HAND

1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1

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RIGHT HAND

1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2	1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1	2 1 2 1 2 1 2 1

THESE EXERCISES ARE DESIGNED TO INCREASE THE COORDINATION AND CONNECTION BETWEEN YOUR RIGHT AND LEFT HANDS BY HELPING YOU TO DEVELOP THE ABILITY TO PLAY ACROSS THE STRINGS IN MULTIPLE WAYS WITH CLEAN AND CLEAR ARTICULATIONS. STRICT DISCIPLINE WILL BE NECESSARY TO MASTER THIS EXERCISE.

BEGIN WITH A METRONOME SET AT 60-70 BPM AND PLAY ONE EIGHTH NOTE PER CLICK (1/8 NOTE = 60) WORK DOWN TO 40 BPM AND UP TO 200 BPM. PLAY EACH MEASURE MANY TIMES IN A ROW AND FOCUS ON STRICTLY ALTERNATING YOUR RIGHT HAND PLUCKING FINGERS (1,2,1,2 AND 2,1,2,1) WHILE DRAWING A CLEAR LONG NOTE FROM THE BASS THAT CONNECTS AS CLOSELY AS POSSIBLE TO YOUR NEXT PLUCKED NOTE. TRY TO LEAVE AS LITTLE SPACE AS POSSIBLE BETWEEN YOUR NOTES. IN ADDITION TO GAINING RIGHT HAND CONTROL THIS EXERCISE ALSO GIVES YOU A REALLY ACCURATE PICTURE OF WHERE YOU PLACE YOUR NOTES WITHIN THE BEAT. BY FOCUSING YOUR ATTENTION ON THE CLICK OF THE METRONOME AND PLACING THE ATTACK OF YOUR NOTE RIGHT ON THAT CLICK YOU ARE TRAINING YOURSELF TO PLAY IN THE CENTER OF A METRONOMIC BEAT. AS YOU GAIN MORE CONFIDENCE AT SLOWER AND FASTER TEMPOS YOU CAN EXPERIMENT WITH PLACING THE METRONOME ON BEATS 1 & 3, 2 & 4 OR ANY OTHER BEAT OR SUBDIVISION OF THE MEASURE YOU CHOOSE. ALL OF THIS REINFORCES YOUR ABILITY TO PLAY TIME EVENLY WHICH IS THE MAIN FUNCTION OF THE BASS.

WORKING FROM SLOW TO FAST TEMPOS WILL ALLOW YOU TIME TO FOCUS ON ACCURATE AND EFFICIENT MOVEMENTS ACROSS THE STRINGS. BE CAREFUL NOT TO RAKE OR DRAG YOUR FINGERS AS YOU CROSS TO THE LOWER STRINGS - ALWAYS ALTERNATE YOUR PLUCKING FINGERS. ONCE YOU HAVE MASTERED THIS TECHNIQUE YOU WILL FIND YOURSELF WITH THE ABILITY TO CHOOSE YOUR ARTICULATIONS BASED ON YOUR ABILITY TO CONTROL YOUR RIGHT HAND ATTACKS AND YOUR LEFT HAND SUSTAINS AND RELEASES.

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RIGHT HAND

1 2 1 2 1 2	1 2 1 2 1 2	1 2 1 2 1 2	1 2 1 2 1 2
2 1 2 1 2 1	2 1 2 1 2 1	2 1 2 1 2 1	2 1 2 1 2 1

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RIGHT HAND

1 2 1 2 1 2	1 2 1 2 1 2	1 2 1 2 1 2	1 2 1 2 1 2
2 1 2 1 2 1	2 1 2 1 2 1	2 1 2 1 2 1	2 1 2 1 2 1