

Stretch's & Jumps

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Here's a very simple exercise that will make you stretch your left hand and at the same time improve your right hand jumps between strings. Since your hands are going to work differently than usual, make sure you stay relax, never force, take your time to develop new strong muscles. Make sure also you mute the open strings for clean tone. Use these exercises to practice your scales. Also, you can use those patterns in your bass lines and solos.

This example is in C Maj. (ionian). First do it with C ionian in mind, then, with D dorian, E phrygian, F lydian, G mixolydian, A aeolian and finally B locrian. This should be done in all tonalities.

Left hand fingering

Index = 1
Middle = 2
Ring = 3
Pinkie = 4

String----->	B	B	A	D	B	E	D	D	E	E	G	G	A	A	G	C
Left hand----->	1	2	4	1	4	1	2	4	2	4	1	3	1	2	4	1

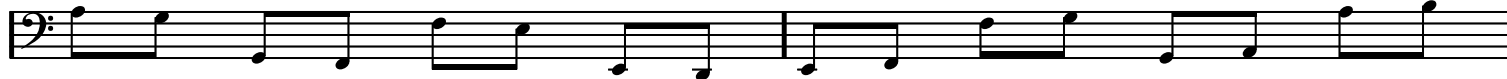
Ex: 1.1



A	D	C	C	C	C	D	A	C	G	A	A	G	G	E	E
4	1	3	4	4	2	1	4	1	4	2	1	2	1	4	2



D	D	E	B	D	A	B	B	B	B	A	D	B	E	D	D
4	2	1	3	1	4	2	1	1	2	4	1	4	1	2	4



E	E	G	G	A	A	G	C	A	D	C	C	C	C	D	A
2	3	1	2	1	2	4	1	3	1	2	4	4	2	1	4



C	G	A	A	G	G	E	E	D	D	E	B	D	A	B	B
1	4	2	1	3	1	4	2	4	3	1	4	1	4	2	1



B	B	A	D	B	E	D	D	E	E	G	G	A	A	G	C	A	D	C	C	C
1	2	4	1	4	1	2	4	2	4	1	2	1	2	4	1	4	1	3	4	4



String-----> B B A B B D B E D E E D E E G E A G A A G A A C
 Left hand-----> 1 2 4 2 4 1 4 1 3 1 2 4 2 4 1 4 1 3 1 2 4 2 4 1

Ex: .1.2

A D C D D C C D D C D A C A A G A A G A E G E E
 4 1 3 1 2 4 4 2 1 2 1 4 1 4 2 4 2 1 2 1 4 1 4 2

D E E D E B D B B A B B B B A B B D B E D E E D
 4 2 1 2 1 3 1 3 2 4 2 1 1 2 4 2 4 1 4 1 3 1 2 4

E E G E A G A A G A A C A D C D D C C D D C D A
 2 3 1 3 1 3 1 2 4 2 3 1 3 1 2 4 4 2 1 3 1 4

C A A G A A G A E G E E D E E D E B D B B A B B
 1 4 2 4 2 1 3 1 4 1 4 2 4 2 1 3 1 4 1 4 2 4 2 1

B B A B B D B E D E E D E E G E A G A A G A A C A D C D D C
 1 2 4 2 4 1 4 1 3 1 2 4 2 4 1 4 1 3 1 2 4 2 4 1 4 1 3 1 2 4

String-----> B A A B A D B D D E D D E D G E G G A G G A G C
 Left hand-----> 1 2 4 2 4 1 4 1 2 1 2 4 2 4 1 4 1 3 1 3 4 2 4 1

Ex: 1.3

A C C D C C C C D C C A C G A G G A G G E G D E
 4 1 3 1 3 4 4 2 1 2 1 4 1 4 2 4 2 1 2 1 4 1 4 2

D D E D D B D A B A A B B A A B A D B D D A D D
 4 2 1 2 1 3 1 4 2 4 2 1 1 3 4 2 4 1 4 1 3 1 2 4

A D G E G G A G G E G C A C C D C C C C D C C A
 2 4 1 3 1 2 1 2 4 2 4 1 3 1 2 1 2 4 4 2 1 3 1 4

C G A G G A G G E G D E D D E D D B D A B A A B
 1 4 2 4 3 1 3 1 4 1 4 2 4 3 1 3 1 4 1 4 2 4 2 1

B A A B A D B D D E D D E D G E G G A G G A G C A C C D C C
 1 2 4 2 4 1 4 1 2 1 2 4 2 4 1 4 1 2 1 2 4 2 4 1 4 1 3 1 3 4

As the previous examples, I suggest you do it all across the neck to cover the hole register of your instrument. You can refer to examples .1.2 and 1.3 for left hand fingering. As usual, do it in all keys.

Ascending

EX.:1.4 This musical example shows an ascending scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

Descending

This musical example shows a descending scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) over the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

Ascending

EX.:1.5 This musical example shows an ascending scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

Descending

This musical example shows a descending scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) over the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

Examples in C Maj. or A min. Pentatonic

EX.:1.6 This musical example shows an ascending pentatonic scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

EX.:1.7 This musical example shows an ascending pentatonic scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

EX.:1.8 This musical example shows an ascending pentatonic scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...

EX.:1.9 This musical example shows an ascending pentatonic scale in the bass clef. The first four measures consist of eighth notes with triplet markings (a bracket with the number 3) under the first, second, and third notes of each measure. The fifth and sixth measures continue with eighth notes, also featuring triplet markings. The final two measures show a triplet of eighth notes followed by a quarter note, with a triplet bracket over the eighth notes. The piece concludes with a double bar line and the text "Etc..."

Etc...