

BEGINNER EXERCISES 1.0:

METRONOME: 60 bpm | Time Signature: 4/4

BT-BASS | OT-OPEN / TONE

RH-RIGHT HAND | LH-LEFT HAND

EXERCISE 1:

1	2	3	4
BASS	OPEN / TONE	OPEN / TONE	BASS
RIGHT HAND	LEFT HAND	RIGHT HAND	LEFT HAND

1	2	3	4
BASS	OPEN / TONE	OPEN / TONE	BASS
LEFT HAND	RIGHT HAND	LEFT HAND	RIGHT HAND

EXERCISE 2:

(a)

1	2	3	4
BASS	OPEN / TONE OPEN / TONE	OPEN / TONE	BASS
RIGHT HAND	LEFT HAND LEFT HAND	RIGHT HAND	LEFT HAND

1	2	3	4
BASS	OPEN / TONE OPEN / TONE	OPEN / TONE	BASS
LEFT HAND	RIGHT HAND RIGHT HAND	LEFT HAND	RIGHT HAND

(b)

1	2	3	4
BASS	OPEN / TONE	OPEN / TONE OPEN / TONE	BASS
RIGHT HAND	LEFT HAND	RIGHT HAND RIGHT HAND	LEFT HAND

1	2	3	4
BASS	OPEN / TONE	OPEN / TONE OPEN / TONE	BASS
LEFT HAND	RIGHT HAND	LEFT HAND LEFT HAND	RIGHT HAND