

BEGINNER EXERCISES 2.0:

METRONOME: 60 bpm | Time Signature: 4/4

B-BASS | T-TONE | S-SLAP | RH-RIGHT HAND | LH-LEFT HAND

EXERCISE 3: (a) & (b)

| | | | |
|----|----------|----|----|
| 1 | 2 | 3 | 4 |
| B | TTT | T | B |
| RH | LH RH LH | RH | LH |

(a)

| | | | |
|----|----------|----|----|
| 1 | 2 | 3 | 4 |
| B | TTT | T | B |
| LH | RH LH RH | LH | RH |

| | | | |
|----|----|----------|----|
| 1 | 2 | 3 | 4 |
| B | T | TTT | B |
| RH | LH | RH LH RH | LH |

(b)

| | | | |
|----|----|----------|----|
| 1 | 2 | 3 | 4 |
| B | T | TTT | B |
| LH | RH | LH RH LH | RH |

EXERCISE 4: (a) & (b)

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | T | BB | T |
| RH | LH | RH RH | LH |

(a)

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | T | BB | T |
| LH | RH | LH LH | RH |

| | | | |
|-------|----|-------|----|
| 1 | 2 | 3 | 4 |
| BB | T | BB | T |
| RH RH | LH | RH RH | LH |

(b)

| | | | |
|-------|----|-------|----|
| 1 | 2 | 3 | 4 |
| BB | T | BB | T |
| LH LH | RH | LH LH | RH |

EXERCISE 5: (a) & (b) | S-SLAP (placement just like tone, but with open fingers)

| | | | |
|----|----|----|----|
| 1 | 2 | 3 | 4 |
| B | S | B | T |
| RH | LH | RH | LH |

(a)

| | | | |
|----|----|----|----|
| 1 | 2 | 3 | 4 |
| B | S | B | T |
| LH | RH | LH | RH |

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | S | BB | T |
| RH | LH | RH RH | LH |

(b)

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | S | BB | T |
| LH | RH | LH LH | RH |

EXERCISE 6: (a) & (b)

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | S | TT | T |
| RH | LH | RH LH | LH |

(a)

| | | | |
|----|----|-------|----|
| 1 | 2 | 3 | 4 |
| B | S | TT | T |
| LH | RH | LH RH | RH |

| | | | |
|-------|----|-------|-------|
| 1 | 2 | 3 | 4 |
| BB | S | TT | TT |
| RH RH | LH | RH LH | LH LH |

(b)

| | | | |
|-------|----|-------|-------|
| 1 | 2 | 3 | 4 |
| BB | S | TT | TT |
| LH LH | RH | LH RH | RH RH |