PRACTICE THIS DAILY

Wanna get better at EVERYTHING without having to grind scales an hour a day? You're in the right place.

Resources

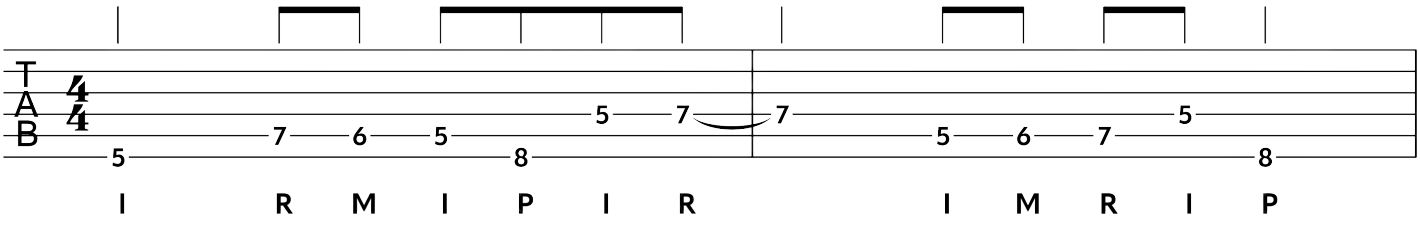
→ Playalong tracks

→ Full lesson on Youtube

LEVEL 1

This is your entry point to the exercise. Focus on using the **4x4 fretting system**, and learn it one bar at a time. If you have any trouble getting started, use the power of chunking.

Goal tempo: **90bpm**



10 Minute Routine

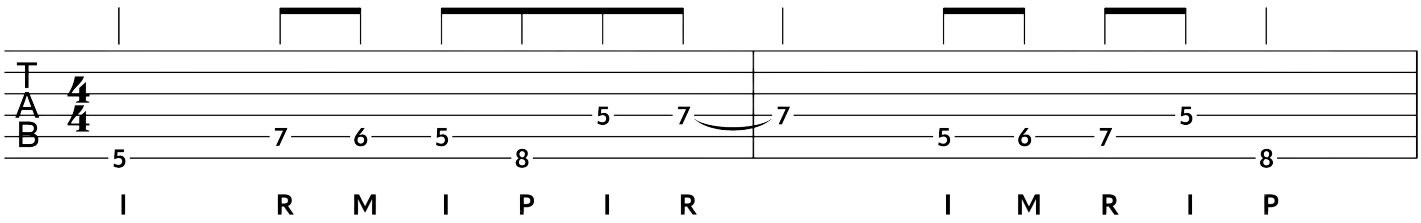
- **5 MINUTES:** Get comfortable with the fingering, note by note (no rhythm)
- **5 MINUTES:** Play along with a slow metronome, working your way up to playing the goal tempo with the playalong track

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LEVEL 2

Now that you've got the notes, focus on using the **hover hand technique** to ditch your flying fingers.

Goal tempo: **90bpm**



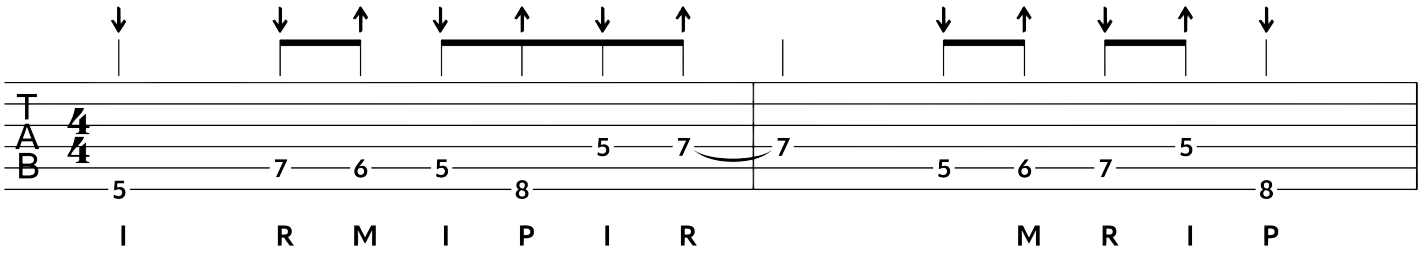
10 Minute Routine

- **5 MINUTES:** Play the exercise in slow motion, focusing on keeping your fingers closer to the neck, making smaller movements, and hovering over their assigned fret
- **5 MINUTES:** Work back into tempo, and see how much non-flying you can hold onto as you speed up the goal tempo with the playalong track

LEVEL 3

Since your picking hand has been neglected so far, you might need to drop your speed back down to nail the exercise with **alternate picking.**

Goal tempo: **90bpm**



10 Minute Routine

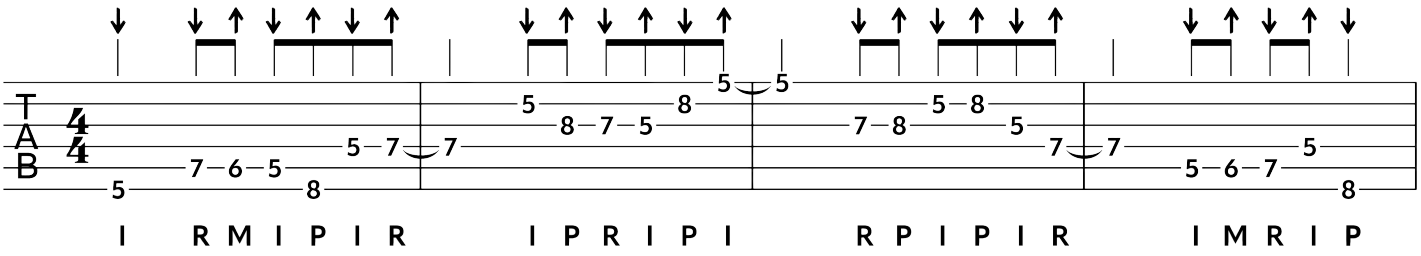
- **4 MINUTES:** Work through note by note, making sure you're plucking down on numbered beats and up on the ands
- **3 MINUTES:** Keep going super slow, now try to keep your 4x4 and hover hand progress AND your plucking pattern
- **3 MINUTES:** Bring in the metronome or the playalong track and work up your speed

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LEVEL 4

This is the **six string slinger** level - there are now 4 bars of notes instead of just 2, and the goal is to use all your new skills to play the new riff across all six strings.

Goal tempo: **90bpm**



10 Minute Routine

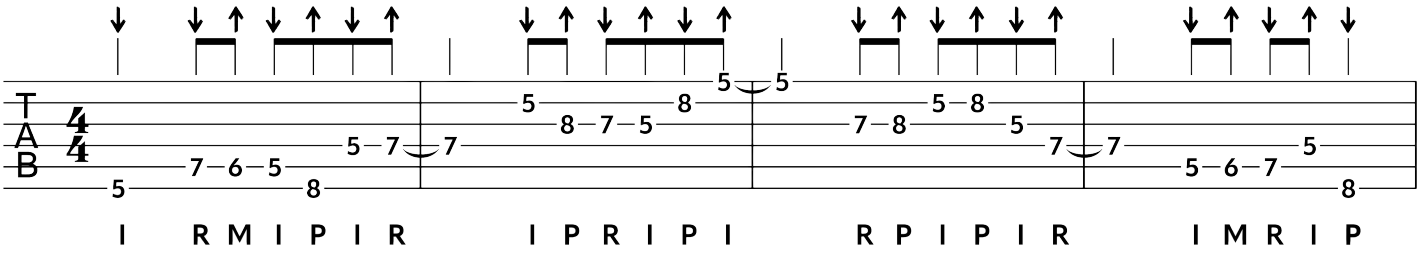
- **3 MINUTES:** get comfortable with the two new measures (measures two and three) note by note (no rhythm)
- **4 MINUTES:** Put the whole riff together at a super slow speed, keep an eye on your 4x4 fretting, hover hands, and alternate picking
- **3 MINUTES:** Bring in the metronome or the playalong track and work up your speed
- (apply that to the same stuff you did in levels 1-3)

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LEVEL 5

The final boss - the **speed ladder**

Goal tempo: **110bpm**



10 Minute Routine

- **2 MINUTES:** Get comfortable with notes with no tempo
- **4 MINUTES:** Practice with a metronome at a tempo that you can nail 90ish% of the time, while keeping your technique solid
- **4 MINUTES:** Bump up the metronome 5 (or 10) bpm until you reach the track tempo (110BPM)

Note: The track tempo for level 5 is 110BPM. If you're crushing it at that tempo, keep cranking up the metronome:

- Kickass: 110BPM
- Extra kickass: 130BPM
- Supermega kickass: 160BPM

Look, I know - it's easy to build bad technique habits like flying fingers while practicing on your own. Plus... you have to figure out what to practice in the first place.

But hey, you can solve both those problems with my step-by-step **Beginner to Kickass** course. The comprehensive curriculum is guaranteed to get you a solid bass foundation with good technique. And all **you** have to do is show up one bite-sized lesson at a time and play music with me

Click here to check it out.

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