

# Picking Exercise for Bass Players

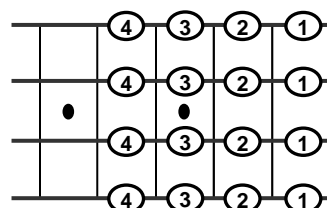
Bass players want to play fast and accurate, but most beginning bass players do not take the time to learn proper picking techniques. Yes, your "Fret" hand has to be fast, but if your "Pick" hand cannot keep up with your fret hand, then your "speed and accuracy" will suffer. Use this "basic" picking exercise to get your right and left hands conditioned (in sync). Don't neglect the picking hand! \*

Exercise can be picked with the fingers or with a pick - your preference...

## Picking Exercise #1: "Alternating Picking"

Let's start with an exercise that uses "alternating picking" and all the fingers on your "fret hand." The proper fret hand fingers to use are shown to the right - see the exploded view in the bottom right hand side diagram.

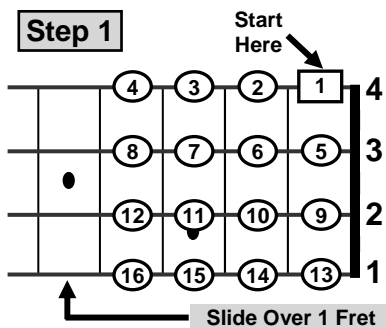
### Fret Hand Fingering #1



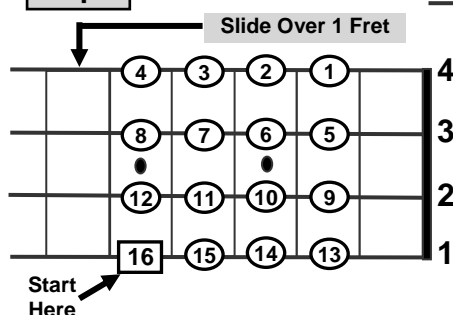
On your Fret hand simply use the finger that corresponds to the number shown on the diagram.

1 = 1<sup>st</sup> finger  
2 = 2<sup>nd</sup> finger  
3 = 3<sup>rd</sup> or middle finger  
4 = 4<sup>th</sup> or pinky finger

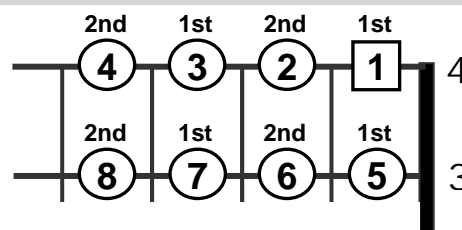
### Step 1



### Step 2



### Pick Fingers - Picking Sequence



**Step 1** - Start on the first fret of the 4th string (1). Pick note (1) with the 1st finger, pick note (2) with the 2nd finger, pick note (3) with the 1st finger, pick note (4) with the 2nd finger, pick note (5) with the 1st finger, pick note (6) with the 2nd finger, pick note (7) with the 1st finger, pick note (8) with the 2nd finger, pick note (9) with the 1st finger, and so on - all the way to note sixteen (16). Slide over one fret, and go back the other way...see Step 2.

**Step 2** - Start on the fifth fret of the 1st string (16). Pick note (16) with the 1st finger, pick note (15) with the 2nd finger, pick note (14) with the 1st finger, pick note (13) with the 2nd finger, pick note (12) with the 1st finger, pick note (11) with the 2nd finger, pick note (10) with the 1st finger, pick note (9) with the 2nd finger, pick note (8) with the 1st finger, and so on - all the way to note one (1). Slide over one fret, and perform **Step 1** all over again (starting on the sixth fret)...

**Note:** Keep the exercise going all the way down to the 12th fret and back up to the 1st fret. Make sure you get a good, clear sound from each note - start slowly, the speed will come...

Remember - You can't play it Fast, if you can't play it Slow!

As shown above (Pick Fingers) - Pick the first note (1) with the 1st finger, the second note (2) with the 2nd finger, the third note (3) with the 1st finger, the fourth note (4) with the 2nd finger, and so on...

Check out our Music Store for our publication "The 5 Lesson Bass Guitar Method" (Booklet and CD that has Video clips, handouts, pictures, etc). Feel free to share this picking exercise with other bass players, and let them know about AVCSS Guitar World Website at [www.avcssguitarworld.com](http://www.avcssguitarworld.com)