

# BASS GUITAR PRACTICE CHECKLIST

Use this checklist to build the habit of practising the right things to ensure you improve quickly. You can adapt many of the specifics under each heading to what you're working on at the time.



## 1. TECHNICAL WARM UP

Use this part of your practice routine to focus on an aspect of your technique that needs work. For a very simple exercise to coordinate your left and right hands and to build speed, accuracy and fluency see 'Easy But Useful Single String Exercise'\*. Always start slow and allow your mind time to get used to the physical movements. Then build up speed. As you improve, add new techniques such as using the plectrum, slap, ghost notes, muting, hammer ons, pull offs etc.

## 2. MEMORISE

Now learn something you don't know off by heart eg: arpeggios, scales, notes on the fretboard, names of notes on the musical stave, rhythms, modes. Each time you memorise something; move on to the next thing. Refer to 'The Bass Guitar Basics You MUST Know'\*. The more you gain experience and listen to the great players and albums, the more you will know what you need to learn.

## 3. PLAY!

Tunes, riffs, solos, songs. Anything. YouTube tutorials, songs you or your band are working on. *Anything*. You can start with 'How To Play 9 Famous Bass Guitar Riffs'\* and 'How To Play A 12 Bar Blues On The Bass Guitar'\*. This is the very fun part of playing.

**You need a good grasp of what is contained in points 1-3 above to be able to play the bass effortlessly. The goal is to express yourself without technical or theoretical obstacles getting in your way. This comes from deliberate, consistent and focused practice.**