

Table Of Contents

Page

| | |
|---|----|
| Preface - About This Book | i |
| Lesson 1 - Making Music While You Find Notes on the Bass | 2 |
| Lesson 2 - Exploring Rhythms on the Bass | 7 |
| Lesson 3 - Organizing Notes into Scales - The Major Scale | 11 |
| Lesson 4 - Hand Positions and Fingerings | 14 |
| Lesson 5 - Organizing Notes into Scales - The Minor Scale | 16 |
| Lesson 6 - Identifying Intervals | 19 |
| Lesson 7 - The Importance of 1 and 3 | 22 |
| Lesson 8 - Organizing Notes into Scales - The Mixolydian Mode | 24 |
| Lesson 9 - More Exploration of Rhythm | 27 |
| Lesson 10 - Finding Chord Notes (Major, Minor & Dominant) | 29 |
| Lesson 11 - Playing Through Common Song Forms | 33 |
| Lesson 12 - Connecting Roots of Chords with Scale Notes | 36 |
| Lesson 13 - Using Chromatic Notes to Connect Roots | 39 |
| Lesson 14 - Keeping Your Place Within a Song Form | 40 |
| Lesson 15 - More Interval Studies | 41 |
| Lesson 16 - Finding the Major Scale All Over the Bass | 42 |
| Lesson 17 - Some Major Scale Licks to Learn | 45 |
| Lesson 18 - A Comprehensive Rhythm Workout | 46 |
| Lesson 19 - Some Minor Scale Licks to Learn | 48 |
| Lesson 20 - Time Feel and Body Sense | 49 |
| Lesson 21 - Some Mixolydian Licks to Learn | 51 |
| Lesson 22 - Working with Emotions | 52 |
| Lesson 23 - Practicing One Tonality | 54 |
| Lesson 24 - Rhythmic Variations in One Tonality | 59 |
| Lesson 25 - Practicing Two Chords | 61 |
| Lesson 26 - Some Sample Grooves in Different Styles of Music | 64 |
| Lesson 27 - Playing the Blues | 68 |
| Lesson 28 - Finding the Minor Scale All Over the Bass | 70 |
| Lesson 29 - Finding the Mixolydian Mode All Over the Bass | 72 |
| Lesson 30 - Finding Chord Notes All Over the Bass | 74 |
| Lesson 31 - Basic Harmony 101 | 76 |
| Lesson 32 - Practicing | 78 |
| Lesson 33 - Final Words of Wisdom | 80 |
| Appendix I - How to Read Music | 81 |
| Appendix II - Major, Minor and Mixolydian Scales in All Keys | 85 |
| Glossary of Musical Terms Used | 86 |