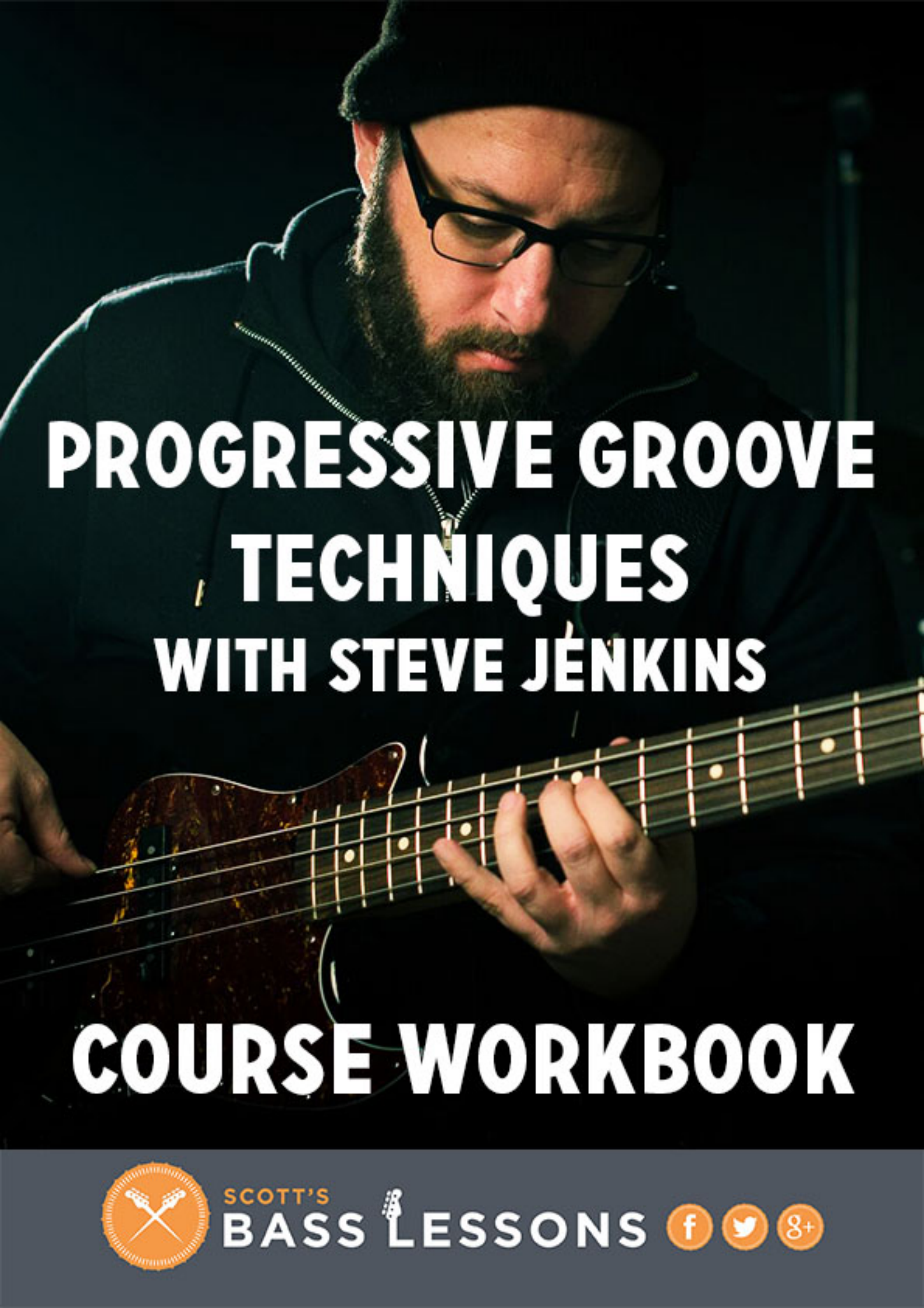


A close-up, high-contrast photograph of a man with a beard and glasses, wearing a dark beanie and a dark jacket, playing a dark-colored electric bass guitar. The lighting is dramatic, highlighting his face and the instrument against a dark background.

PROGRESSIVE GROOVE TECHNIQUES WITH STEVE JENKINS

COURSE WORKBOOK



SCOTT'S

BASS LESSONS





PROGRESSIVE GROOVE TECHNIQUES - STEVE JENKINS

LESSON 1 : RHYTHMIC SUBDIVISIONS

8 Bar Groove

8 Bar Groove

1 (e) & a 2 e & (a) 3 e & a 4 (e) & a 1 e & (a)

TAB

5 5 5 5

2

2

5 5 5 5

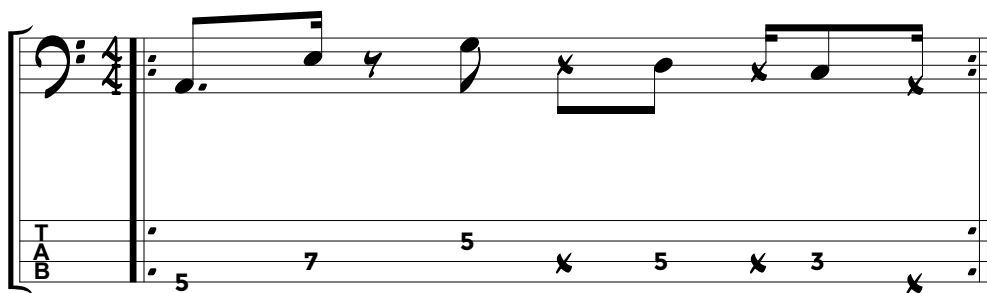
5 3 6 4 7 5 4 7 6 4 3 6 5 3 5 3



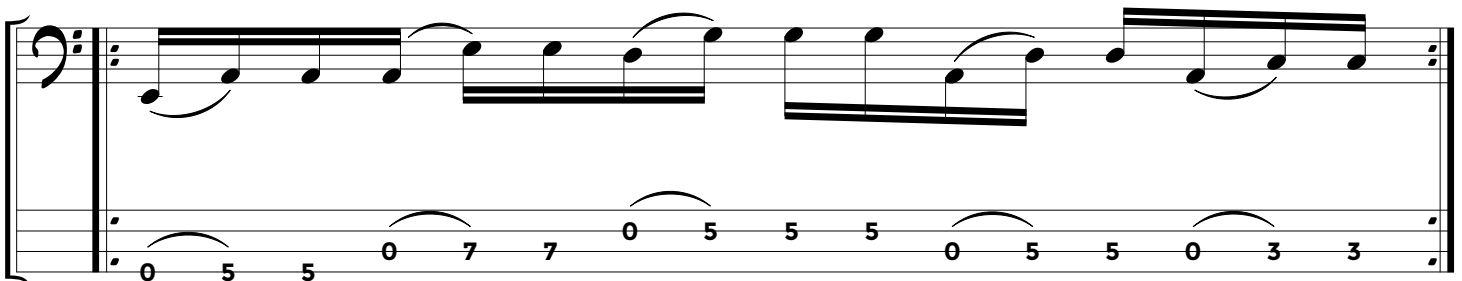
PROGRESSIVE GROOVE TECHNIQUES - STEVE JENKINS

LESSON 2 : COMBINING SLAP BASS WITH MUTED GROOVES

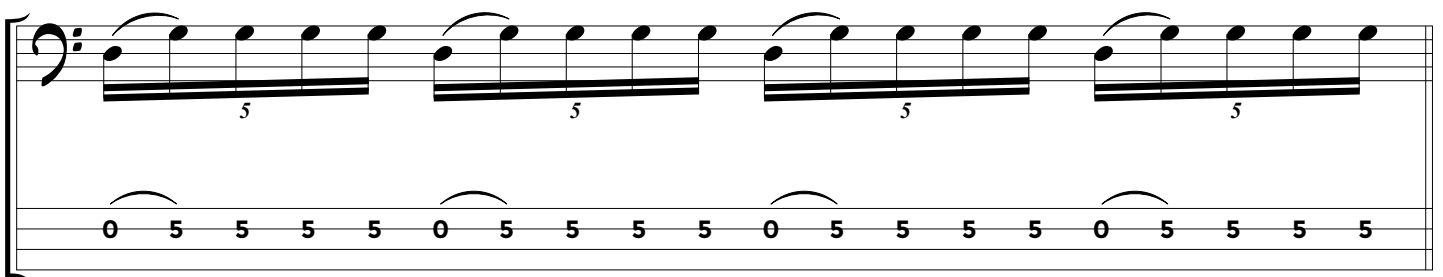
4:33 Groove #1 (Pre-Articulation)



6:04 Groove #1 (Complete)



6:29 5 Note Double Thumb Flurry



4:56 Muted Slap Break

The sheet music is divided into four systems, each with a bass staff and a fretboard diagram. The first system is in 4/4 time and includes vocalizations. The second system is in 4/4 time. The third system is in 7/4 time. The fourth system is in 3/4 time.

System 1 (4/4): The bass staff features a sequence of eighth notes and triplets. The fretboard diagram shows fingerings: 0 4 4 4 4, 0 3 3, 0 5 5, 0 3 3, 0 5 5. Vocalizations: S Ho S S P S Ho S sim...

System 2 (4/4): The bass staff continues with eighth notes and triplets. The fretboard diagram shows fingerings: 0 5 5, 0 7 7, 0 6 6, 0 5 5, 0 7 7, 0 6 6.

System 3 (7/4): The bass staff includes a key signature change to one sharp (F#) for the final measure. The fretboard diagram shows fingerings: 0 7 7, 0 9 9, 0 11 11, 0 10 10, 0 9 9, 0 9 9.

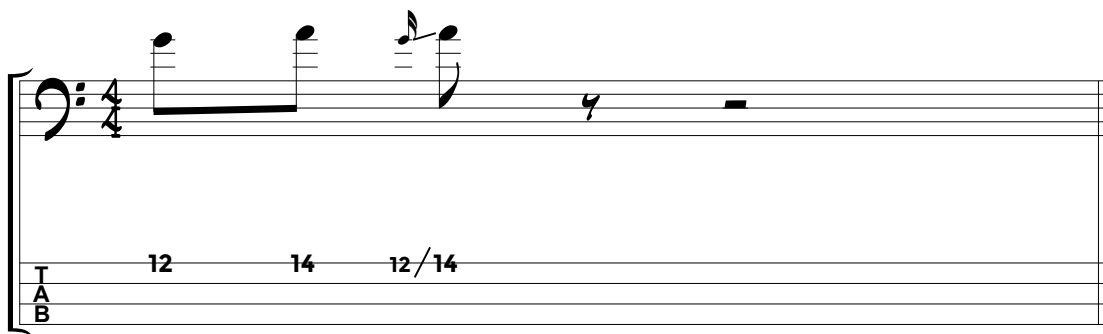
System 4 (3/4): The bass staff concludes with eighth notes and triplets. The fretboard diagram shows fingerings: 0 8 8, 0 10 10, 0 8 8.



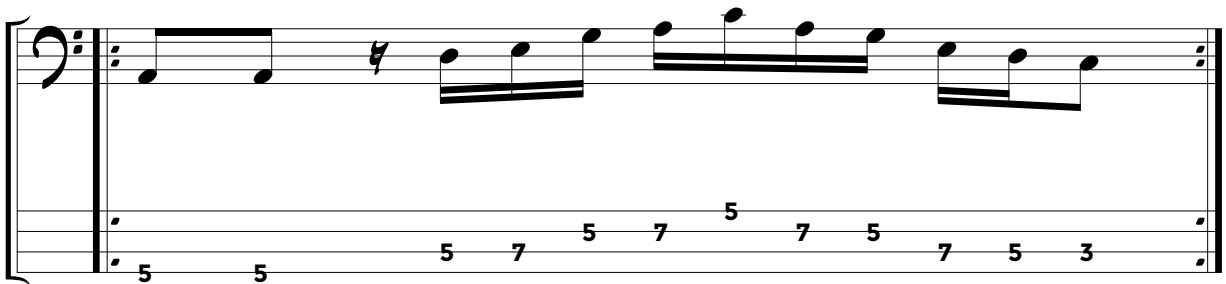
PROGRESSIVE GROOVE TECHNIQUES - STEVE JENKINS

LESSON 3 : LEFT & RIGHT HAND ARTICULATION

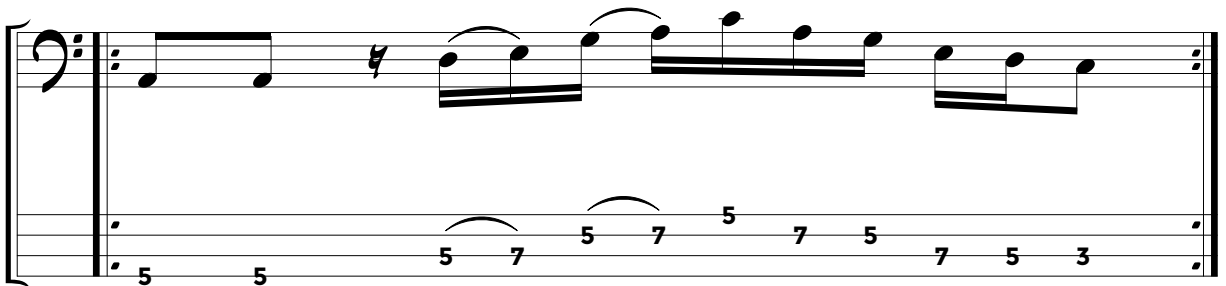
1:36 Hammer On-Slide



3:35 Groove (Normal)



3:47 Groove (Smooth)



5:37 Grace Note Pull Off

Musical notation for a Grace Note Pull Off exercise in bass clef, 2/4 time. The staff shows a sequence of notes: a half note G2 (fingering 6), a quarter note F2 (fingering 5), a quarter note E2 (fingering 8), and a quarter rest (fingering 5). The bass line below the staff shows the corresponding fingerings: 6, 5, 8, and 5.

7:26 Staccato Run

Musical notation for a Staccato Run exercise in bass clef, 2/4 time. The staff shows a sequence of notes: a half note G2 (fingering 5), a quarter note F2 (fingering 7), a quarter note E2 (fingering 7), a quarter note D2 (fingering 5), a quarter note C2 (fingering 5), a quarter note B1 (fingering 7), a quarter note A1 (fingering 3), a quarter note G1 (fingering 5), and a quarter note F1 (fingering 3). The bass line below the staff shows the corresponding fingerings: 5, 7, 7, 5, 5, 7, 3, 5, and 3.



PROGRESSIVE GROOVE TECHNIQUES - STEVE JENKINS

LESSON 4 : HOW TO VARY YOUR DYNAMIC RANGE

0:20 Funk Line

T
A
B

3 x 5 6 7 5 7 5 6 5 7 8 9 7 9 12

10 9 7 10 8 9 10 8 10 9 8 0 6 7 5 0



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LESSON 5 : STRETCHING OUT

0:17 Descending Chords

Ab(ADD9) Eb(ADD9)/G Gb(ADD9) Db(ADD9)/F

T
A
B

16 18 20 17 15 18 15 15 14 16 18 15 13 16 13 13

Continue descending sequence...



PROGRESSIVE GROOVE TECHNIQUES - STEVE JENKINS

LESSON 7 : MELODIC PHRASING & MAKING THE BASS SING

4:12 Legato Phrase

T
A
B

9 12 9 11 9 9 12 11 9 11 9 11

7:20 Hammer On/Pull Off Exercise

3 3 3 3

3 3 3 3

14 11 13 14 13 11 14 11 13 14 13 11 16 13 14 16 14 13 16 13 14 16 14 13