

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