

CONTENTS



About the Author	Working in Threes	. 22
Introduction4	Hammer-Ons and Pull-Offs	. 24
How to Sit on a Couch and a Few Safety Tips 5	Take a Trill Ride	. 25
·	Now in Triple Strength Formula	. 25
Music Notation Review :	D 6 1 (45:1 61: 1)	~
Tablature (TAB)	Bass Scales (A Fishy Subject)	. 26
Standard Music Notation	An Arpeggio Is Not a String of Islands	. 28
"Seriously, Why Do You Keep Twitching	Diatonic Triads	
Like That?"—A Lesson in Finger Mechanics8	More Arpeggio Fingerings and Diatonic Triads	
Flexors and Extensors8		
Twitchy, Twitchy, Twitchy8	Slapping and Popping: When It Absolutely,	2.
Finger Mechanics Maximizers (or, How to Practice	Positively Has to Be Funky	. 34
Without Driving Your Couchmate Bananas)10	Do the Slap	
Stealth Exercise No. 1:	Do the Pop Your Friend the Octave	
The Telegraph Operator	Ghost Notes	
Stealth Exercise No. 2:	Slap-Hammer-Deadslap-Pop	
The Miniature Chorus Line	Siap-rianimei - Deadsiap-r op	
Stealth Exercise No. 3: The Amateur Dance Team	Get Up and Mow the Lawn! Just Kidding, More	
Stealth Exercise No. 4: The Pendulum	Mindless Finger-Twisters	34
Stealth Exercise No. 5:	The Chromatic Scale, Because You Never Know	
The Venus Flytrap and the Leaping Tarantula11	When You're Going to Need All 12 Notes	35
, , , , ,		
Stretching Is Good for You	The Greatest Bass Scales Ever: The Major	
Stretch No. 1	and Minor Pentatonic Scales	
Stretch No. 2	Major Pentatonic Scale	
Stretch No. 312	Minor Pentatonic Scale	. პზ
Headroom Is Everything13	Auto-Pilot Bass Lines: Patterns You Should	
	Be Able to Play in Your Sleep	
The Mother of All Mindless Fretboard Exercises14	The Gospel Shout Run	
What Ascends Must Descend15	Code Sixteen Twenty-Five	
The On/Off Switch: Working Your Flexors	Running in Place	
and Extensors	Disco Octaves	
Working the 2nd Finger Flexor and Extensor 16	Fun with the Root, 5th, and 6th	
Working the 3rd and 4th Finger	More Attitude with the Root, 5th, and 7th	
Flexors and Extensors	Turning It Up to Ten(ths)	. 43
Tonight's Midnight Movie: The Many Fingers	Working with a G Major Scale Harmonized in 10ths	43
of Dr. Bassisto (or, There's More Than	ridi monized in 10113	. 40
One Way to Bust a Groove)	Special Effects that Benefit from Mindless	
Rest Strokes and Two-Finger Alternate Picking 18	Couch Practice	
How to Make Fingerpicking More Economical 18	Vibrato	
Playing with a Pick19	Ghost Notes	. 45
Thumbstyle19	The Couch Potato Funbook: Ideas for	
Slapping and Popping19	Interactive Practice	. 46
While We're at It, What if Your	Compose an Instant Soundtrack	
Bass Has More Strings?19	"Hi Bob"—The Bass Edition	
The Rogue Finger: Adding String Crossing to the	Imitation Games	
Mother of All Mindless Frethoard Exercises 20	Conclusion	



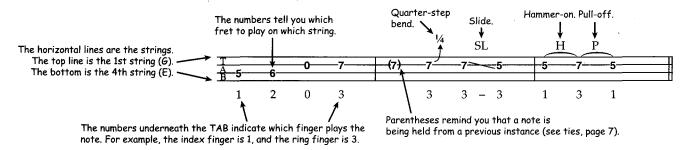
MUSIC NOTATION REVIEW



If you see something you don't understand in an example in this book, check the following two pages.

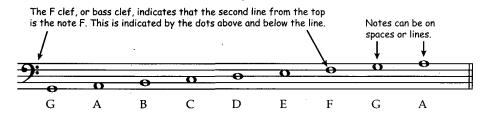
TABLATURE (TAB)

TAB (short for tablature) is the easiest way to read bass music, though it leaves out some information about rhythm and expression. Here's what you might see on some TAB.

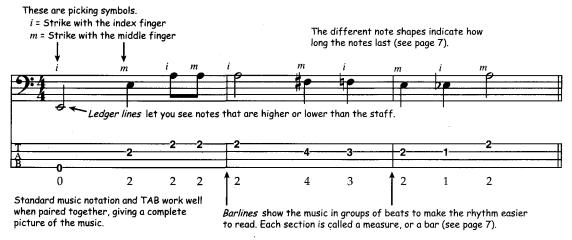


STANDARD MUSIC NOTATION

Standard music notation uses a staff of five horizontal lines to indicate pitch (the highness or lowness of a tone). Lower lines represent lower pitches. Notes are shown by oval noteheads o placed on lines, or in spaces between lines. Below are the basic notes on the staff. Notes are named "A" through "G."



In this book, standard music notation is directly above the TAB staff.



ACCIDENTALS

Accidentals are symbols used to change the pitch of a note.

is a *sharp.* It raises a note one *half step* (one fret).

b is a flat. It lowers a note one half step.

6 The Couch Potato Bass Workout