

BEASTLY ARPEGGIOS FOR BASS II

EXTENDED RANGE ARPEGGIOS

JOSH FOSSGREEN

Due to the popularity and awesomeness of THE BEAST scale exercise, I created a couple arpeggio exercises that follow a similar framework, but applied to arpeggios instead of scales.

These extended range arpeggios will go all the way through 9ths, 11ths, and 13ths until you find yourself back at the octave. When you look at arpeggios this way, it's really just another way of playing the scale you're using, since you end up playing the same 7 notes. For example, a G Lydian scale is G-A-B-C#-D-E-F#-G, and a full range arpeggio for a Gmaj13#11 would be G-B-D-F#-A-C#-E. Same notes, different order and shape.

You'll notice there's a double bar halfway through each exercise, which indicates "the flip," where we repeat the last position in the opposite direction (ascending/descending). This flips all the positions on the way down the neck, so not only do you practice every position on the neck, but in both directions as well.

If you want to see this written out in every key for every type of seventh chord (major, minor, dominant, half diminished, and diminished), along with THE BEAST scale exercise and another beastly arpeggio exercise, check out my new eBook where I've written everything out in full, in 60+ pages of glory, at joshfossgreen.com/books

1. Em13 (E dorian)

The musical score for the Em13 (E dorian) arpeggio exercise is presented in four systems. Each system consists of a bass staff with a treble clef and a key signature of one sharp (F#), and a fretboard diagram below it. The fretboard diagrams show the positions of the left hand (T) and right hand (B) fingers. The exercise is written in 4/4 time and is divided into four systems, each with a double bar line in the middle indicating a "flip" in direction. The first system covers frets 0-11, the second 12-16, the third 17-24, and the fourth 25-31. The notes are: G2, B2, D3, F#3, A3, C#4, E4. The fretboard diagrams show the following fingerings: System 1: T (0, 2, 4, 6, 8, 10, 11), B (3, 5, 7, 9, 11); System 2: T (12, 14, 16, 18, 20, 22, 24), B (14, 16, 18, 20, 22, 24); System 3: T (17, 19, 21, 23, 24, 21, 19, 17), B (19, 21, 23, 24, 21, 19, 17); System 4: T (18, 20, 22, 24, 21, 19, 17, 16), B (20, 22, 24, 21, 19, 17, 16, 15).

5 9 7 10 9 12 11 14 12 9 11 7 9 5 7 3 2 5 4 7 5 9 7 11 9 6 7 4 5 2 3 0 0

2. A maj7#11 (A lydian, relative to E major)

0 4 2 6 4 7 6 9 11 8 9 6 7 4 5 2 4 7 6 9 7 11 9 13 14 11 13 9 11 7 9 5

7 11 9 12 11 14 13 16 18 14 16 13 14 11 12 9 11 14 12 16 14 18 21 18 19 16 18 14 16 12

14 17 16 19 18 21 20 23 23 20 21 18 19 16 17 14 12 16 14 18 16 19 18 21 20 16 18 14 16 12 14 11

9 12 11 14 13 16 14 18 16 13 14 11 12 9 11 7 5 9 7 11 9 13 11 14 13 9 11 7 9 6 7 4

2 5 4 7 6 9 8 11 9 6 7 4 6 2 4 0 0