

# THE BEAST

## 3 NOTE-PER-STRING SCALE EXERCISE FOR BASS

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Along with doing two-octave scales, this is the main exercise I recommend to my students for getting a thorough knowledge of the neck of the bass. I named it THE BEAST because it takes a while to get through the exercise, AND you can practice in every key, with every (7-note) scale you know. Even modes of the same key (C major, D dorian, and A minor, for example) can all be practiced, because by shifting your mental "root note," it will change the exercise for your brain.

If you find yourself getting lost when you change positions, take a moment to find your root notes in that position, and it will be easier to frame the rest of the notes around that. Don't be afraid of all the high notes - it's just your bass!

Below is the exercise just in the key of C Major. This is also the same notes for all the modes of C - D Dorian, E Phrygian, etc. You could actually practice just what's written here 7 times in a row, changing in your mind where the root note is.

If you want to see it written out in every key, along with two related beastly arpeggio exercises, check out my new eBook where I've written everything out in full, in 60+ pages of glory, at [joshfossgreen.com/books](http://joshfossgreen.com/books)

The musical score is presented in four systems, each consisting of a bass staff and a tablature staff. The first system begins at measure 1, the second at measure 4, the third at measure 7, and the fourth at measure 10. Each system contains two measures of music. The bass staff shows the notes with triplet markings, and the tablature staff shows the corresponding fret numbers for each string (T, A, B).

check out the 60+ page every-key version of this PDF at [joshfossgreen.com/books](http://joshfossgreen.com/books)

13

3 3 3 3 3 3 3 3 3 3 3 3

T A B 20 22 24 20 22 24 21 22 24 21 22 24 24 22 21 24 22 21 24 22 20 24 22 20 19 20 22 19 21 22 19 21 22

16

3 3 3 3 3 3 3 3 3 3 3 3

T A B 21 19 17 21 19 17 20 19 17 20 19 17 15 17 19 15 17 19 16 17 19 17 16 14 17 15 14 17 15 14 17 15 13

19

3 3 3 3 3 3 3 3 3 3 3 3

T A B 12 13 15 12 14 15 12 14 15 12 14 16 14 12 10 14 12 10 14 12 10 14 12 10 13 12 10 8 10 12 8 10 12 9 10 12 9 10 12

22

3 3 3 3 3 3 3 3 3 3 3 3

T A B 10 9 7 10 9 7 10 8 7 10 8 7 5 7 8 5 7 8 5 7 9 5 7 9 7 5 4 7 5 3 7 5 3 7 5 3

25

3 3 3 3 3 3 3 3

T A B 1 3 5 2 3 5 2 3 5 2 4 5 4 2 0 3 2 0 3 2 0 3 1 0