

Basslines Chapter 2 – Practice Day 6

Welcome to day 6 as you finish the first chapter of lessons in this course.

In this workout, you sum up the material you've learned so far by applying root notes to two jazz tunes, Footprints and Autumn Leaves.

Your main goal is to be able to play root notes on the 5th and 6th strings over the chord progressions below, one in 3/4 and one in 4/4 time.

Use a metronome, go slow, sing along, and work up to the backing track as you tackle these two tunes in the woodshed.

Remember to set a timer or alarm to keep on schedule when working on these exercises.

It's easy to get caught up in a tune and before you know it you've spent all your time on one item, ignoring the rest in that day's workout.

Have fun working on this warmup and creative challenge as you test your skill set by applying root notes to two essential jazz tunes.

Warmup – 5 Minutes

To begin your practice today, take 5 minutes and play the root notes through the chord progression from Footprints to get your ears, head, and hands warmed up.

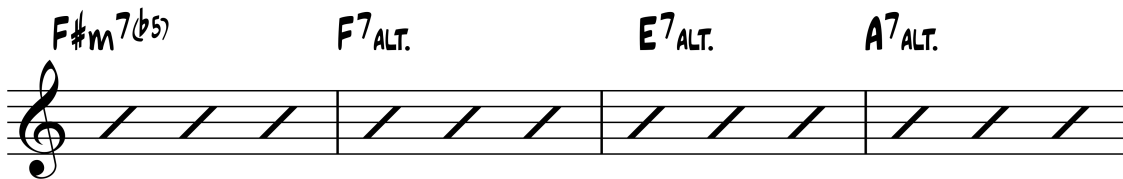
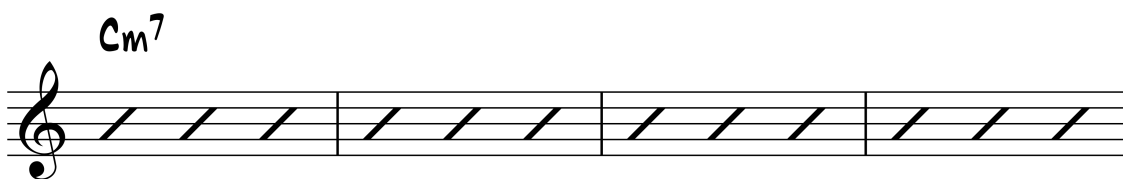
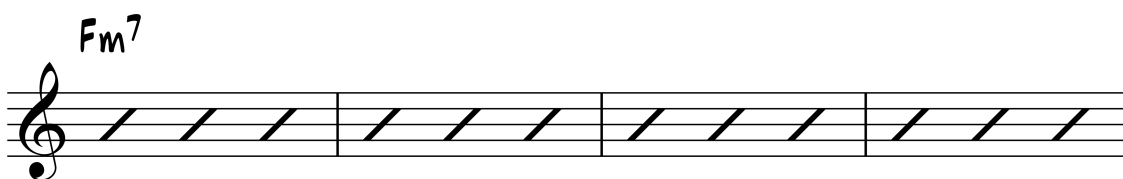
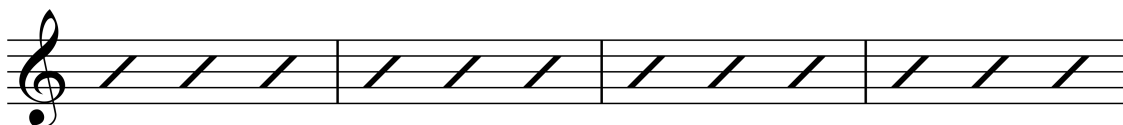
Here are important items to keep in mind with this exercise.

- Take a second to look over the chords and plan ahead.
- Visualize the root notes on the 5th and 6th strings first.
- Set your metronome to a slow tempo.
- Set a timer for 5 minutes so you don't overdo the exercise.
- Play as many root notes over the progression as possible.
- Play over the backing track if you feel ready.
- Sing along for added ear training.
- Focus on groove, accuracy, and swing feel.

Now that you know your goals and how to practice this exercise, set your timer for 5 minutes and go for it!

Remember, don't play for more than 5 minutes.

Learning any concept on guitar is cumulative, so focus on consistent practice over time rather than cramming more time in today. Lastly, have fun!



Creative Challenge – 10 Minutes

You're now ready for the longer challenge in today's practice routine, which you'll spend 10 minutes working on in your studies.

Today's challenge is based on the chords to Autumn Leaves and contains a repeat sign to watch out for.

The two lines and double dots at the end of bars 1 and 8 mean that you play bars 1-8 twice before moving on from there.

If you find that you get lost in the form with this challenge, double check to make sure you're using the repeat signs, as that's the easiest way to get lost.

Here are some pointers to help as you play the root notes over these chords.

- Take a minute to look over the chords and plan ahead.
- Map out the root notes on the 5th and 6th strings.
- Set a timer for 10 minutes.
- Work the exercise as much as you can in that time.
- Don't focus on the quantity of time, focus on the quality of practice.
- Play the bass notes with a slow metronome.
- Work with the backing track if ready.
- Sing along for added ear training.
- Enjoy!

Now that you know how to work this challenge, set your timer, grab your metronome and/or backing track, and have fun!

