

MINISTRY OF
LOW FREQUENCIES
PRESENTS
BASS PLAYER NOTES

Fingering Techniques

Take some time to exercise your hands and fingers before you start practice. The information below is brought to you by <http://www.kalayaemuestate.com/exercise.html>



Move your hand in an up and down motion. Create circles using clockwise and counter clockwise movements to warm up your wrist.



Finger isolation is the key to becoming a well-rounded bassist. Take some time to allow each finger to touch your thumb. You should spend at least 5 min per hand.



High Five Method – open and close your hand with stretching motions. For more tension, add a rubber band around the tips then repeat the open hand High Five.