Practice THIS Daily

Fix the Top 5 Technique Fails

Resources:

→ The full lesson

→ The playalong tracks

The 10 Minute Routine

To get the most out of the exercise shown in the video, you can split up your 10 minutes something like this:

• **3 MINUTES:** For whatever level you're working on, do the "prep work" from the video to orient yourself. It's not just about playing the notes, it's about **using** the notes to fix your technique.

• **3 MINUTES:** Apply the prep work to the exercise at a ridiculous slow speed, making sure you're happy with how your hands look. Gradually find a working tempo where you can play your current level 90-100% awesomely.

• **4 MINUTES:** Start working your tempo up towards the 150BPM goal in small increments, making sure you can nail the exercise 3 times in a row before moving on to the next tempo.

• **10 SECONDS:** Pat yourself ceremoniously on the back (optional but recommended)

Learn Faster With SCIENCE

I recommend you pick ONE level to work on per day, cuz… science.

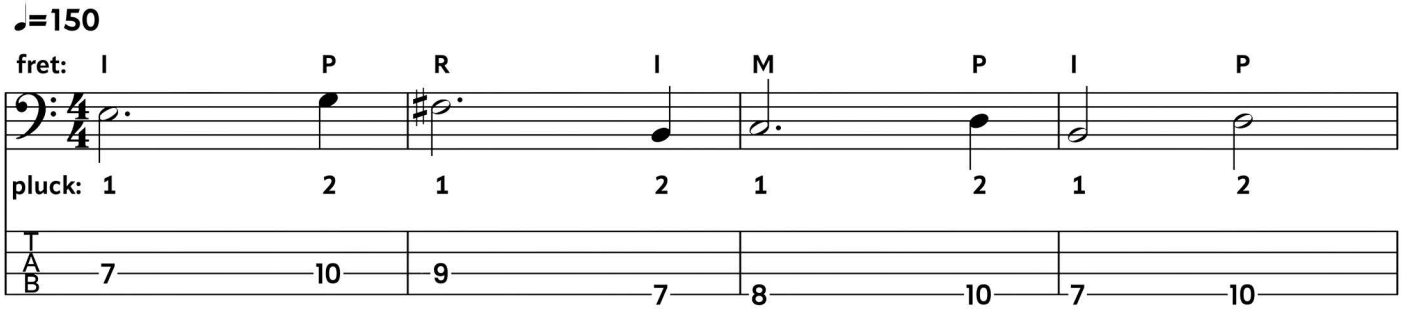
> *"The first six hours after a motor skill… is learned comprise a window of vulnerability during which the skill can be impaired or even lost by attempting to learn a second motor task."* (University of Maryland, Baltimore, Science Daily, 197, para. 2)

Translated into bass player speak, that means **if you practice multiple skills in a row, you risk confusing your brain and losing the gains on the first skills.**

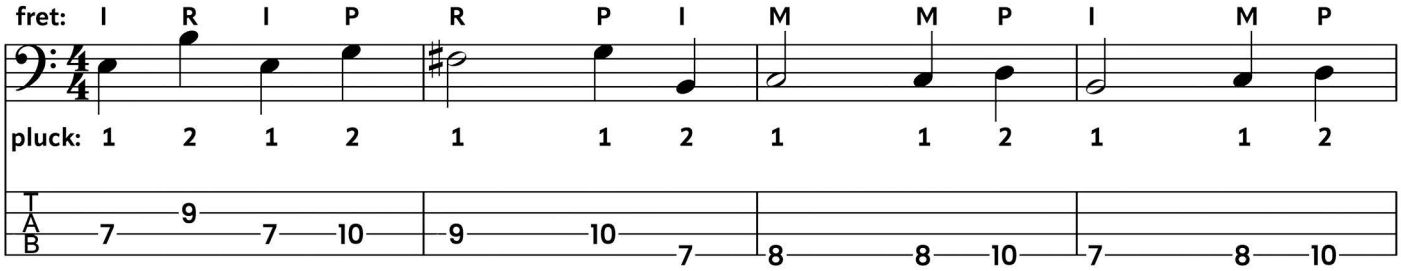
So keep it simple, be patient, and get a little better every day.

BASS BUZZ

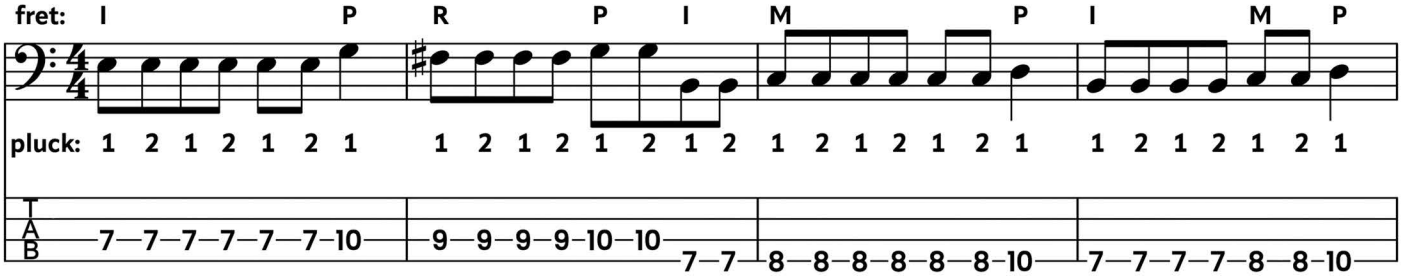
LEVEL 1



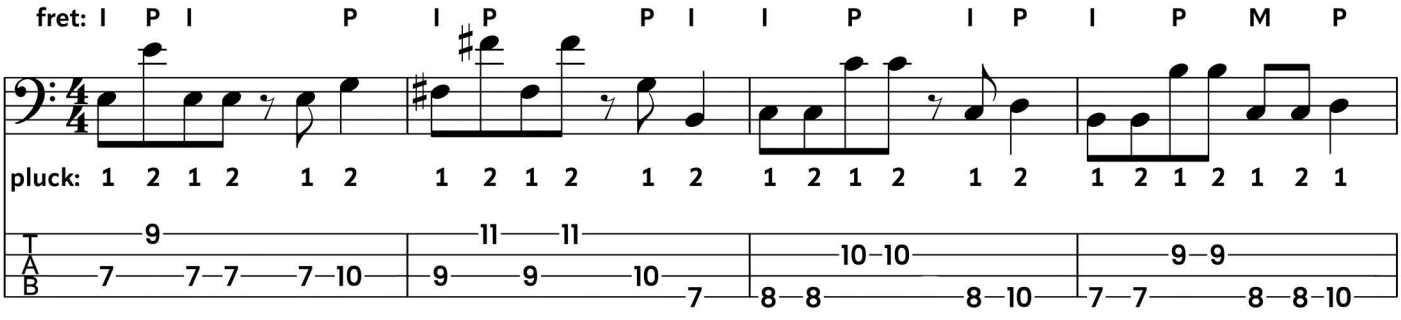
LEVEL 2



LEVEL 3

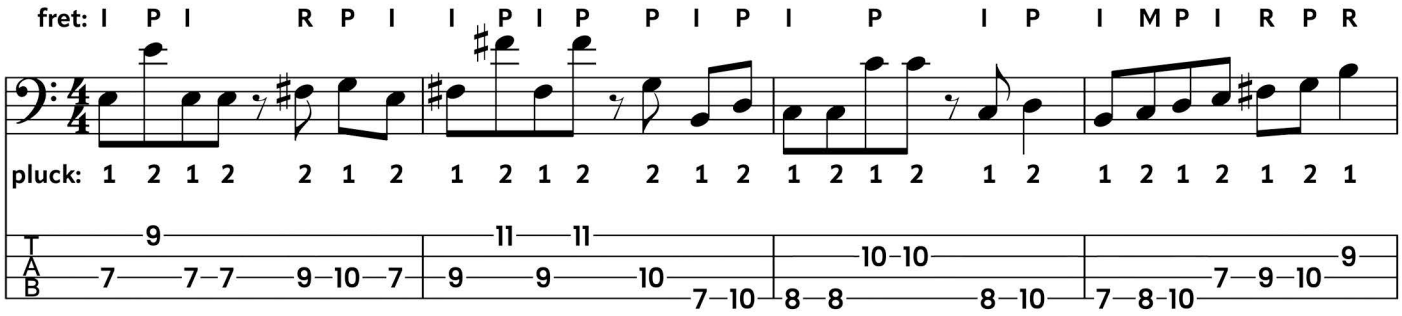


LEVEL 4



BASS BUZZ

LEVEL 5



If you **really** want to fix your technique, you need to practice over. And over. And over, while actually playing music.

My comprehensive step-by-step **Beginner to Badass** course will teach you basic technique the right way and save you from years of bad habits, all while having fun and playing music.

[Check it out here.]

BASS BUZZ