

# Exercice

# Remise à niveau



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# Exercice remise à niveau

Johann Berby

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el.bs.

1 2

12 15 12 15 12 15 13 12 12 15 12 15 12 15 13 12

3 4

11 14 11 14 12 11 11 14 11 14 12 11 11 14 11 14 12 11

# Exercice remise à niveau

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The exercise is presented in two systems, each consisting of a musical staff and a fretboard diagram.

**System 1:**

- Musical Staff:** Starts with a bass clef and a key signature of one sharp (F#). The first measure (labeled 5) contains a quarter note on the 10th fret, a quarter note on the 13th fret, a quarter note on the 10th fret, and a quarter note on the 13th fret. The second measure (labeled 6) contains a quarter note on the 10th fret, a quarter note on the 13th fret, a quarter note on the 10th fret, and a quarter note on the 13th fret. The third measure (labeled 6) contains a quarter note on the 10th fret, a quarter note on the 13th fret, a quarter note on the 10th fret, and a quarter note on the 13th fret. The fourth measure (labeled 6) contains a quarter note on the 10th fret, a quarter note on the 13th fret, a quarter note on the 10th fret, and a quarter note on the 13th fret.
- Fretboard Diagram:** Shows the fret positions for the notes in the musical staff. The first measure (labeled 5) shows frets 10 and 13. The second measure (labeled 6) shows frets 10 and 13. The third measure (labeled 6) shows frets 10 and 13. The fourth measure (labeled 6) shows frets 10 and 13.

**System 2:**

- Musical Staff:** Starts with a bass clef and a key signature of one sharp (F#). The first measure (labeled 7) contains a quarter note on the 9th fret, a quarter note on the 12th fret, a quarter note on the 9th fret, and a quarter note on the 12th fret. The second measure (labeled 8) contains a quarter note on the 9th fret, a quarter note on the 12th fret, a quarter note on the 9th fret, and a quarter note on the 12th fret. The third measure (labeled 8) contains a quarter note on the 9th fret, a quarter note on the 12th fret, a quarter note on the 9th fret, and a quarter note on the 12th fret. The fourth measure (labeled 8) contains a quarter note on the 9th fret, a quarter note on the 12th fret, a quarter note on the 9th fret, and a quarter note on the 12th fret.
- Fretboard Diagram:** Shows the fret positions for the notes in the musical staff. The first measure (labeled 7) shows frets 9 and 12. The second measure (labeled 8) shows frets 9 and 12. The third measure (labeled 8) shows frets 9 and 12. The fourth measure (labeled 8) shows frets 9 and 12.

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The image displays three systems of musical notation for a guitar exercise. Each system consists of a bass staff and a TAB staff. The first system starts at measure 9, the second at measure 11, and the third at measure 13. The TAB staves show fret numbers for each note.

**System 1 (Measures 9-10):**

- Measure 9: Bass staff has notes G#2, A#2, B2, C3, D3, E3. TAB: 8 11 8 11 9 8.
- Measure 10: Bass staff has notes F#3, G#3, A#3, B3, C4, D4. TAB: 8 11 8 11 8 11 8 11 9 8.

**System 2 (Measures 11-12):**

- Measure 11: Bass staff has notes E3, F#3, G#3, A#3, B3, C4. TAB: 7 10 7 10 7 10 8 7.
- Measure 12: Bass staff has notes D4, E4, F#4, G#4, A4, B4. TAB: 7 10 7 10 7 10 8 7 7 10 7 10 7 10 8 7.

**System 3 (Measures 13-14):**

- Measure 13: Bass staff has notes C4, D4, E4, F#4, G#4, A4. TAB: 6 9 6 9 6 9 7 6.
- Measure 14: Bass staff has notes B4, C5, D5, E5, F#5, G5. TAB: 6 9 6 9 6 9 7 6 6 9 6 9 6 9 7 6.

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The exercise is written in bass clef, 4/4 time. It consists of three systems of measures, each with a musical staff and a corresponding fretboard diagram below it. The fretboard diagram shows the fret number and the finger used for each note.

**System 1 (Measures 15-16):**

- Measure 15: Notes G2 (5th fret), A2 (8th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret), D2 (4th fret). Fingering: 5, 8, 5, 8, 5, 6, 5.
- Measure 16: Notes D2 (4th fret), E2 (5th fret), F#2 (6th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret). Fingering: 5, 8, 5, 8, 5, 8, 6, 5.

**System 2 (Measures 17-18):**

- Measure 17: Notes D2 (4th fret), E2 (5th fret), F#2 (6th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret). Fingering: 4, 7, 4, 7, 4, 7, 5, 4.
- Measure 18: Notes D2 (4th fret), E2 (5th fret), F#2 (6th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret). Fingering: 4, 7, 4, 7, 4, 7, 5, 4.

**System 3 (Measures 19-20):**

- Measure 19: Notes D2 (4th fret), E2 (5th fret), F#2 (6th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret). Fingering: 3, 6, 3, 6, 3, 6, 4, 3.
- Measure 20: Notes D2 (4th fret), E2 (5th fret), F#2 (6th fret), G2 (5th fret), A2 (8th fret), G2 (5th fret), F#2 (6th fret), E2 (5th fret). Fingering: 3, 6, 3, 6, 3, 6, 4, 3.

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21 2 5 2 5 3 2 22 2 5 2 5 2 5 3 2 2 5 2 5 2 5 3 2

23 1 4 1 4 1 4 2 1 24 1 4 1 4 1 4 2 1 1 4 1 4 1 4 2 1

25 0 3 0 3 0 3 1 0 26 0 3 0 3 0 3 1 0 0 3 0 3 0 3 1 0

# Exercice remise à niveau

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Tu veux pratiquer cet exercice en boucle ?

Tu es libre de télécharger le logiciel Guitar Pro en utilisant le code promo : **uglap** qui te donnera -10%.

Tu pourras changer la vitesse (jouer plus vite ou plus lentement) et surtout t'amuser davantage, car nous offrons toujours les fichiers GuitarPro dans nos cours. 😊

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# Exercice remise à niveau

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J'espère de tout cœur que tu vas appliquer cet exercice pour muscler davantage ta main gauche.

Cet exercice n'est en soi pas difficile, sauf si on a un niveau débutant.

[L'étape suivante et logique est de rejoindre le Kit de démarrage en cliquant ici.](#)

# Exercice remise à niveau

Johann Berby

Amuse-toi et au play-jouir de t'accompagner davantage dans le succès que tu mérites avec ta basse.

Prends plaisir à t'amuser quoi qu'il arrive !

C'est ça le secret pour tenir sur le long terme 😊

*Johann Berby*

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