

Double Bass - Lesson Three

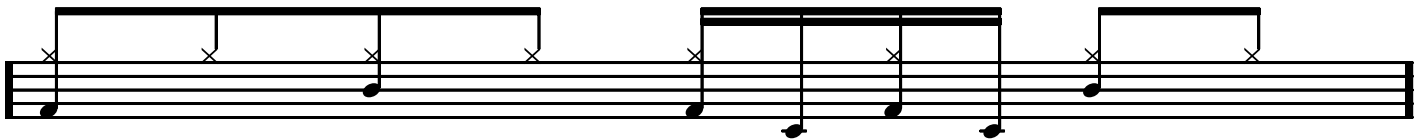
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This lesson is similar to the last one. Here you will learn slightly more complex beats that make use of even more double bass playing. Some of the beats have parts that lead off the left foot (no right stroke played before it). This can be a little tricky at first, so you'll want to work your way through them slowly when first learning. Above all - remember that the key to playing double bass is getting even strokes from both feet.

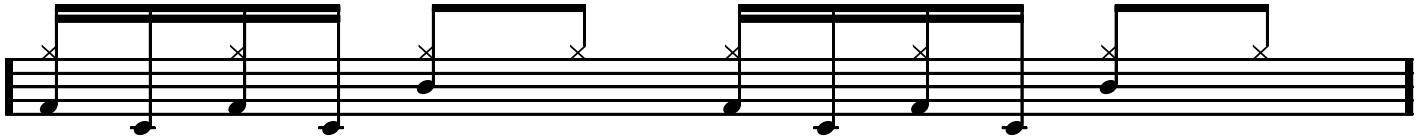
Key things to remember include:

- 1) Practice the beats with a click track to train yourself to play in perfect time.
- 2) Count out loud - one, two, three four - and repeat each beat until you can play it perfectly 3x in a row.
- 2) Start out slow and slowly progress faster. Do not rush to a faster speed right away. Take your time.
- 4) Stay loose and relaxed while you play. Don't forget to breath in and out while you practice
- 5) Have fun and play some of these beats along with your favorite rock tunes.

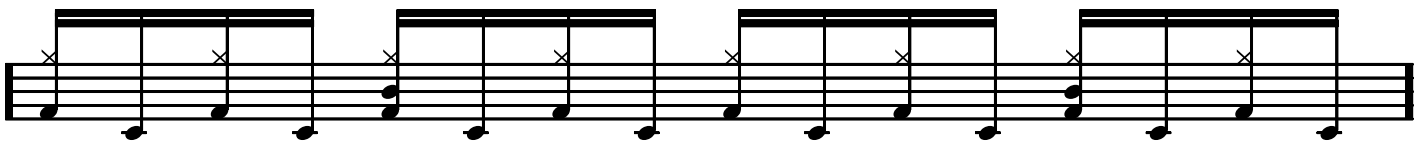
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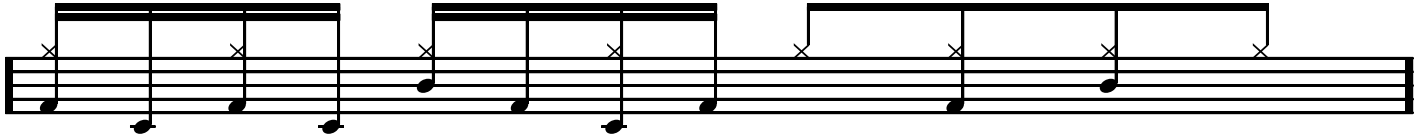
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