

Double Bass - Lesson Four

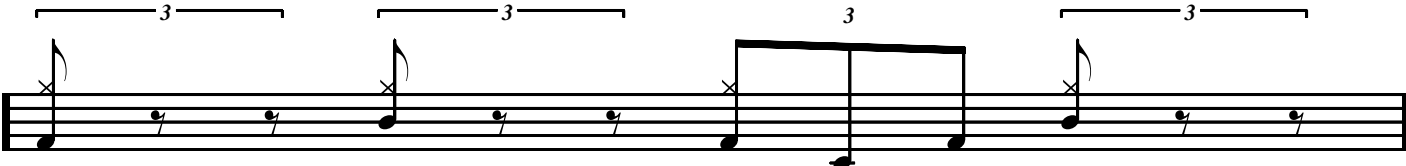
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This lesson introduces the concept of playing eighth note triplet patterns that incorporate double bass playing. This will make things a little trickier for beginners - especially if they don't have experience playing triplet beats. It can be challenging because the left foot will actually be leading the two and four counts. This is where the strength you have built-up in your left foot (in the first three lessons) begins to pay off.

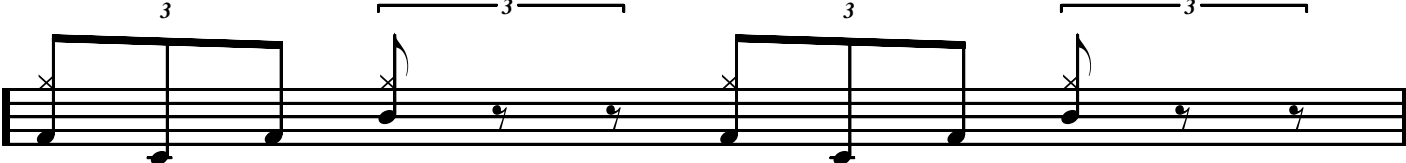
Key things to remember include:

- 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.

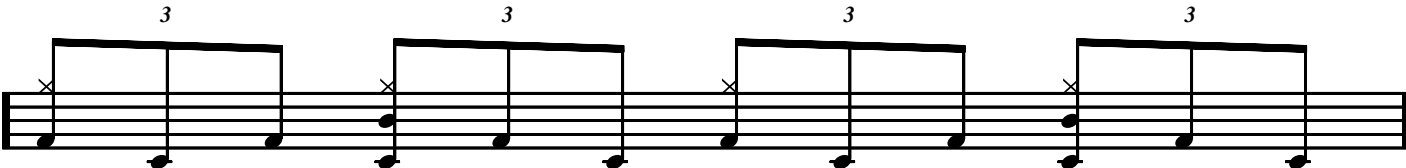
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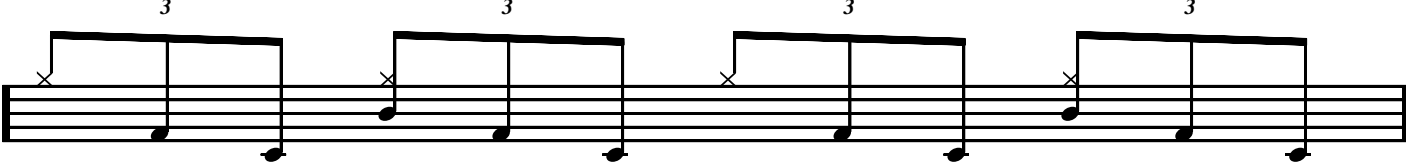
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