

# Double Bass - Lesson Six

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This lesson introduces sixteenth note triplets into the mix. Here you will be using the double pedals in an all new and challenging way. It is highly recommended that you master eighth note triplet patterns before moving on to these more difficult grooves. Always remember - even though the right foot leads on all four quarter note counts - the strength and control of your left foot is key to delivering a consistent sound.

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.

1)

2)

3)

4)

5)