

CLIMB THE LADDER

Double Bass Exercise In Precision & Control

BPM = 40-100

GUY GELSO
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Climb the Ladder with two measures of each with a metronome click.

Transitions to next note value must be smooth.

When you reach the top, climb back down with two more measures of each STARTING with the 32nd notes, and come all the way back down...REPEAT 10 TIMES

Total control WITH relaxation is the key to success.

The musical score is written for a double bass in 4/4 time. It consists of six staves, each representing a different note value: 1/4, 1/8, 1/16, 1/32, 1/64, and 1/128. Each staff begins with a metronome click (marked with an 'x') and a double bar line. The first measure of each staff contains a single note, and subsequent measures contain two notes. The notes are placed on the staff lines to indicate pitch. The exercise is designed to be repeated 10 times, climbing up and then descending back down.

Repeat in reverse BUT starting with your dominate foot