

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 consists of six staves of double bass notation. The first staff is in 4/4 time and features a sequence of notes with 'x' marks above them. The subsequent five staves (labeled 3, 5, 7, 9, 11) show increasing rhythmic complexity, with triplets and 32nd notes. The exercise is designed to be repeated 10 times, climbing up and then descending.

Repeat in reverse BUT starting with your dominate foot