

## **Exercices pour pour fortifier et assouplir la main gauche (l'araignée):**

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### **Introduction:**

Dans ce dossier vous allez assouplir et fortifier les doigts de **la main qui est sur le manche de la basse (la gauche pour les droitiers ou la droite pour les gauchers).**

Dans Ce type d'exercice nous donnons un numéro à chaque doigt de la main comme ceci:

1 = index  
2 = majeur  
3 = annulaire  
4 = auriculaire

Vous enchaînez les doigts de la main qui joue les notes sur le manche de votre basse par groupes de 4, vous commencez par jouer 4 notes sur la corde de Mi, puis vous alternez 2 notes sur la corde de Mi et 2 notes sur la corde de La, puis 2 notes sur la corde de Mi et 2 notes sur la corde de Ré et enfin 2 notes sur la corde de Mi et 2 notes sur la corde de Sol, ensuite vous jouez l'exercice dans le sens inverse (exemple pour le premier exercice vous jouez le doigté 1234 pendant 2 mesures puis vous jouez le doigté 4321 les 2 mesures suivantes).

J'ai écrit toutes les combinaisons de doigtés possibles mais vous n'êtes pas obligé de jouer tous les exercices à chaque fois, travaillez quelques exercices puis attendez votre prochaine séance de travail pour en travailler d'autres. D'autre part ce n'est pas la vitesse qui compte dans ce genre d'exercices. mais il faut **acquérir une certaine souplesse des doigts et se concentrer sur la bonne exécution des notes quelque soit la corde que vous êtes en train de jouer.**

**Attention pour les débutants, n'abusez pas de ce genre d'exercices pour ne pas risquer d'avoir des problèmes musculaires ou des tendinites.**

Bon courage à tous!

**Vous commencez par l'index:**

**Doigté 1234:**

1 2 3 4 1 2 3 4 1 2 3 4 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 8 6 8 6 5 8 7 6 5 8 7 6 5

This musical exercise is in bass clef, 4/4 time, and D major. It consists of four measures. The first measure contains the notes D2, E2, F#2, G2, A2, B2, C3, D3. The second measure contains D3, E3, F#3, G3, A3, B3, C4, D4. The third measure contains D4, E4, F#4, G4, A4, B4, C5, D5. The fourth measure contains D5, E5, F#5, G5, A5, B5, C6, D6. The fingering sequence is 1 2 3 4 1 2 3 4 1 2 3 4 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1. The bass line is 1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 8 6 8 6 5 8 7 6 5 8 7 6 5.

**Doigté 1243:**

1 2 4 3 1 2 4 3 1 2 4 3 3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1

1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 7 6 5 7 8 6 5 7 8 6 5

This musical exercise is in bass clef, 4/4 time, and D major. It consists of four measures. The first measure contains the notes D2, E2, F#2, G2, A2, B2, C3, D3. The second measure contains D3, E3, F#3, G3, A3, B3, C4, D4. The third measure contains D4, E4, F#4, G4, A4, B4, C5, D5. The fourth measure contains D5, E5, F#5, G5, A5, B5, C6, D6. The fingering sequence is 1 2 4 3 1 2 4 3 1 2 4 3 3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4 2 1. The bass line is 1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 7 6 5 7 8 6 5 7 8 6 5.

**Doigté 1324:**

1 3 2 4 1 3 2 4 1 3 2 4 4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1

1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 8 7 6 8 7 5 8 6 7 5

This musical exercise is in bass clef, 4/4 time, and D minor. It consists of four measures. The first measure contains the notes D2, E2, F2, G2, A2, B2, C3, D3. The second measure contains D3, E3, F3, G3, A3, B3, C4, D4. The third measure contains D4, E4, F4, G4, A4, B4, C5, D5. The fourth measure contains D5, E5, F5, G5, A5, B5, C6, D6. The fingering sequence is 1 3 2 4 1 3 2 4 1 3 2 4 4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1 4 2 3 1. The bass line is 1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 8 7 6 8 7 5 8 6 7 5.

**Doigté 1342:**

1 3 4 2 1 3 4 2 1 3 4 2 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3 1

1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 6 7 6 8 5 6 8 7 5 6 8 7 5

This musical exercise is in bass clef, 4/4 time, and D major. It consists of four measures. The first measure contains the notes D2, E2, F#2, G2, A2, B2, C3, D3. The second measure contains D3, E3, F#3, G3, A3, B3, C4, D4. The third measure contains D4, E4, F#4, G4, A4, B4, C5, D5. The fourth measure contains D5, E5, F#5, G5, A5, B5, C6, D6. The fingering sequence is 1 3 4 2 1 3 4 2 1 3 4 2 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2 4 3 1. The bass line is 1 2 3 4 5 6 7 8 5 6 7 8 5 6 7 8 6 7 6 8 5 6 8 7 5 6 8 7 5.

**Doigté 1423:**

**Doigté 1432:**

[illegible]

**Vous commencez par le majeur:**

**Doigté 2134:**

2 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4 4 3 1 2 4 3 1 2 4 3 1 2 4 3 1 2

6 5 7 8 6 5 7 8 6 5 7 8 6 5 7 8 8 5 7 6 8 7 5 6 8 7 5 6

**Doigté 2143:**

2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2

6 5 8 7 6 5 8 7 6 5 8 7 6 5 8 7 8 6 7 8 6 7 8 6 7 8 5 6 7 8 5 6

**Doigté 2314:**

2 3 1 4 2 3 1 4 2 3 1 4 2 3 1 4 4 1 3 2 4 1 3 2 4 1 3 2 4 1 3 2

6 7 5 8 6 7 5 8 6 7 5 8 6 7 5 8 8 7 6 8 5 7 6 8 5 7 6 8 5 7 6

**Doigté 2341:**

2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2

6 7 8 5 6 7 8 5 6 7 8 5 6 7 8 5 5 7 8 6 5 8 7 6 5 8 7 6 5 8 7 6

**Doigté 2413:**

2 4 1 3 2 4 1 3 2 4 1 3 3 1 4 2 3 1 4 2 3 1 4 2

1 4 6 8 5 7 6 8 5 7 6 8 5 7 7 8 7 8 7 8 7 8 7 8 6 7 5 8 6

Detailed description: This musical exercise is in bass clef, 4/4 time, and B-flat major. It consists of four measures. The first measure contains a descending eighth-note scale from G2 to D3. The second and third measures contain a descending eighth-note scale from F2 to B1, with a whole note G1 at the end of each measure. The fourth measure contains an ascending eighth-note scale from D3 to G2. Fingerings are indicated by blue numbers 1-4 above the notes. The bass line is written on a five-line staff with a 4/4 time signature, using a 1-2-3-4 fingering system. The notes are: 6, 8, 5, 7, 6, 8, 5, 7, 6, 8, 5, 7, 7, 8, 7, 8, 7, 8, 7, 8, 7, 8, 6, 7, 5, 8, 6.

**Doigté 2431:**

2 4 3 1 2 4 3 1 2 4 3 1 1 3 4 2 1 3 4 2 1 3 4 2 1 3 4 2

1 4 6 8 7 5 6 8 7 5 6 8 7 5 5 8 5 8 5 8 5 8 5 8 6 5 7 8 6

Detailed description: This musical exercise is in bass clef, 4/4 time, and D major. It consists of four measures. The first measure contains a descending eighth-note scale from G2 to D3. The second and third measures contain a descending eighth-note scale from F2 to B1, with a whole note G1 at the end of each measure. The fourth measure contains an ascending eighth-note scale from D3 to G2. Fingerings are indicated by blue numbers 1-4 above the notes. The bass line is written on a five-line staff with a 4/4 time signature, using a 1-2-3-4 fingering system. The notes are: 6, 8, 7, 5, 6, 8, 7, 5, 6, 8, 7, 5, 5, 8, 5, 8, 5, 8, 5, 8, 5, 8, 6, 5, 7, 8, 6.

**Vous commencez par l'annulaire:**

**Doigté 3124:**

3 1 2 4 3 1 2 4    3 1 2 4 3 1 2 4    4 2 1 3 4 2 1 3    4 2 1 3 4 2 1 3

1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8

4 7 5 6 8 7 5 6 8    4 7 5 6 8 7 5 6 8    4 7 5 6 8 7 5 6 8    4 7 5 6 8 7 5 6 8

**Doigté 3142:**

3 1 4 2 3 1 4 2    3 1 4 2 3 1 4 2    2 4 1 3 2 4 1 3    2 4 1 3 2 4 1 3

1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8

4 7 5 8 6 7 5 8 6    4 7 5 8 6 7 5 8 6    4 7 5 8 6 7 5 8 6    4 7 5 8 6 7 5 8 6

**Doigté 3214:**

3 2 1 4 3 2 1 4    3 2 1 4 3 2 1 4    4 1 2 3 4 1 2 3    4 1 2 3 4 1 2 3

1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8

4 7 6 5 8 7 6 5 8    4 7 6 5 8 7 6 5 8    4 7 6 5 8 7 6 5 8    4 7 6 5 8 7 6 5 8

**Doigté 3241:**

3 2 4 1 3 2 4 1    3 2 4 1 3 2 4 1    1 4 2 3 1 4 2 3    1 4 2 3 1 4 2 3

1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8    1 2 3 4 5 6 7 8

4 7 6 8 5 7 6 8 5    4 7 6 8 5 7 6 8 5    4 7 6 8 5 7 6 8 5    4 7 6 8 5 7 6 8 5

**Doigté 3412:**

3 4 1 2 3 4 1 2    3 4 1 2 3 4 1 2    2 1 4 3 2 1 4 3    2 1 4 3 2 1 4 3

**Doigté 3421:**

3 4 2 1 3 4 2 1    3 4 2 1 3 4 2 1    1 2 4 3 1 2 4 3    1 2 4 3 1 2 4 3



**Vous commencez par l'auriculaire:**

**Doigté 4123:**

4 1 2 3 4 1 2 3 4 1 2 3 3 2 1 4 3 2 1 4 3 2 1 4

1 2 3 4 8 5 6 7 8 5 6 7 8 5 7 7 6 5 8 7 6 5 8

Detailed description: This musical exercise is in bass clef, 4/4 time. It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains F3, E3, D3, C3, B2, A2, G2, F2. The third measure contains E3, D3, C3, B2, A2, G2, F2, E2. The fourth measure contains D3, C3, B2, A2, G2, F2, E2, D2. Fingering numbers (4, 1, 2, 3) are written above the notes in the first two measures, and (3, 2, 1, 4) in the last two. The bottom staff shows the corresponding fingerings for the right hand: 1, 2, 3, 4, 8, 5, 6, 7, 8, 5, 6, 7, 8, 5, 7, 7, 6, 5, 8, 7, 6, 5, 8.

**Doigté 4132:**

4 1 3 2 4 1 3 2 4 1 3 2 2 3 1 4 2 3 1 4 2 3 1 4

1 2 3 4 8 5 7 6 8 5 7 6 8 5 6 6 5 8 6 7 5 8 6 7 5 8

Detailed description: This musical exercise is in bass clef, 4/4 time. It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains F3, E3, D3, C3, B2, A2, G2, F2. The third measure contains E3, D3, C3, B2, A2, G2, F2, E2. The fourth measure contains D3, C3, B2, A2, G2, F2, E2, D2. Fingering numbers (4, 1, 3, 2) are written above the notes in the first two measures, and (2, 3, 1, 4) in the last two. The bottom staff shows the corresponding fingerings for the right hand: 1, 2, 3, 4, 8, 5, 7, 6, 8, 5, 7, 6, 8, 5, 6, 6, 5, 8, 6, 7, 5, 8, 6, 7, 5, 8.

**Doigté 4213:**

4 2 1 3 4 2 1 3 4 2 1 3 3 1 2 4 3 1 2 4 3 1 2 4

1 2 3 4 8 6 5 7 8 6 5 7 8 5 6 7 7 6 8 7 5 6 8 7 5 6 8

Detailed description: This musical exercise is in bass clef, 4/4 time. It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains F3, E3, D3, C3, B2, A2, G2, F2. The third measure contains E3, D3, C3, B2, A2, G2, F2, E2. The fourth measure contains D3, C3, B2, A2, G2, F2, E2, D2. Fingering numbers (4, 2, 1, 3) are written above the notes in the first two measures, and (3, 1, 2, 4) in the last two. The bottom staff shows the corresponding fingerings for the right hand: 1, 2, 3, 4, 8, 6, 5, 7, 8, 6, 5, 7, 8, 5, 6, 7, 7, 6, 8, 7, 5, 6, 8, 7, 5, 6, 8.

**Doigté 4231:**

4 2 3 1 4 2 3 1 4 2 3 1 1 3 2 4 1 3 2 4 1 3 2 4

1 2 3 4 8 6 7 5 8 6 7 5 8 6 5 5 6 8 5 7 6 8 5 7 6 8

Detailed description: This musical exercise is in bass clef, 4/4 time. It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains F3, E3, D3, C3, B2, A2, G2, F2. The third measure contains E3, D3, C3, B2, A2, G2, F2, E2. The fourth measure contains D3, C3, B2, A2, G2, F2, E2, D2. Fingering numbers (4, 2, 3, 1) are written above the notes in the first two measures, and (1, 3, 2, 4) in the last two. The bottom staff shows the corresponding fingerings for the right hand: 1, 2, 3, 4, 8, 6, 7, 5, 8, 6, 7, 5, 8, 6, 5, 5, 6, 8, 5, 7, 6, 8, 5, 7, 6, 8.

**Doigté 4312:**

Handwritten musical notation for the exercise "Doigté 4312". The notation is written on a single staff in 4/4 time, with a key signature of one sharp (F#). The exercise consists of four measures, each containing a sequence of eighth notes. The first measure contains the notes G4, A4, B4, C5, B4, A4, G4, F#4. The second measure contains the notes F#4, E4, D4, C4, B3, A3, G3, F#3. The third measure contains the notes F#3, E3, D3, C3, B2, A2, G2, F#2. The fourth measure contains the notes F#2, E2, D2, C2, B1, A1, G1, F#1. Below the staff, the fingerings are indicated by numbers 1 through 4. The first measure has the fingering 4 3 1 2 4 3 1 2. The second measure has the fingering 4 3 1 2 4 3 1 2. The third measure has the fingering 2 1 3 4 2 1 3 4. The fourth measure has the fingering 2 1 3 4 2 1 3 4. The notation is written in a cursive, handwritten style.

**Doigté 4321:**

Handwritten musical notation for the exercise "Doigté 4321". The notation is written on a single staff in 4/4 time, with a key signature of one flat (Bb). The exercise consists of four measures, each containing a sequence of eighth notes. The first measure contains the notes G4, F#4, E4, D4, C4, B3, A3, G3. The second measure contains the notes F#3, E3, D3, C3, B2, A2, G2, F#2. The third measure contains the notes F#2, E2, D2, C2, B1, A1, G1, F#1. The fourth measure contains the notes F#1, E1, D1, C1, B0, A0, G0, F#0. Below the staff, the fingerings are indicated by numbers 1 through 4. The first measure has the fingering 4 3 2 1 4 3 2 1. The second measure has the fingering 4 3 2 1 4 3 2 1. The third measure has the fingering 1 2 3 4 1 2 3 4. The fourth measure has the fingering 1 2 3 4 1 2 3 4. The notation is written in a cursive, handwritten style.

### **Conclusion:**

Ce type d'exercice est souvent délaissé par les musiciens à cause de son côté rébarbatif mais c'est une étape obligatoire pour devenir un bon bassiste.

Si vous souhaitez améliorer votre main gauche ou votre main droite si vous êtes gaucher, voici quelques méthodes vendues sur internet que je vous conseille:

[http://www.play-music.com/fr/product/technique\\_basse\\_dvd.html](http://www.play-music.com/fr/product/technique_basse_dvd.html)

[http://www.play-music.com/fr/product/basse\\_gym.html](http://www.play-music.com/fr/product/basse_gym.html)

[http://www.play-music.com/fr/product/independance\\_doigts\\_basse\\_h2p.html](http://www.play-music.com/fr/product/independance_doigts_basse_h2p.html)

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<http://www.manucoursdebasse.com/contacts.html>