

Main gauche exercice 01:

Table des matières

Détails concernant cet exercice:.....	2
Partition page 1:.....	3
Partition page 2:.....	4
Contact:.....	5

Détails concernant cet exercice:

Dans ce dossier qui concerne l'assouplissement et l'endurance de la main gauche vous jouez une gamme chromatique et vous vous servez uniquement des cordes à vide et des 4 premières cases du manche de votre basse, vous devez enchaîner 5 formules rythmiques différentes (n'hésitez pas à travailler chaque rythme séparément au métronome avant de vous attaquer à l'exercice complet).

Vous pouvez écouter cet exercice en cliquant sur le lien suivant:

[main gauche exercice 01 playback](#)

Vous pouvez télécharger le fichier compressé qui contient tous les playbacks avec ou sans la basse et sur 3 tempos différents en cliquant sur le lien suivant:

[main gauche exercice 01 dossier compressé](#)

Partition page 1:

Page 1

Travail main gauche exercice 01

Assouplissement et endurance de la main gauche en se
servant de la gamme chromatique

Ecriture, Programmation, Mixage: Emmanuel Somenzi

The musical score is written for the left hand in 4/4 time. It consists of four systems of music, each with a staff and a corresponding fretboard diagram below it. The exercises are as follows:

- System 1:** Features three measures. The first measure is labeled **E⁷** and contains a chromatic ascending scale (C2, C#2, D2, D#2, E2). The second measure is labeled **G#⁷** and contains a chromatic ascending scale (F#2, G2, G#2, A2, A#2, B2). The third measure is labeled **C⁷** and contains a chromatic ascending scale (B2, B#2, C3, C#3, D3, D#3, E3). The fretboard diagram shows the first three frets of the bass staff.
- System 2:** Features four measures. The first measure is labeled **E⁷** and contains a chromatic descending scale (E3, D#3, D3, C#3, C3, B#3, B3). The second measure is labeled **C⁷** and contains a chromatic descending scale (B3, A#3, A3, G#3, G3, F#3, F3). The third measure is labeled **G#⁷** and contains a chromatic descending scale (F#3, E#3, E3, D#3, D3, C#3, C3). The fourth measure is labeled **E⁷** and contains a whole note E3. The fretboard diagram shows the first four frets of the bass staff.
- System 3:** Features four measures. The first measure is labeled **E⁷** and contains a chromatic ascending scale (C3, C#3, D3, D#3, E3). The second measure is labeled **G#⁷** and contains a chromatic ascending scale (F#3, G3, G#3, A3, A#3, B3). The third measure is labeled **C⁷** and contains a chromatic ascending scale (B3, B#3, C4, C#4, D4, D#4, E4). The fourth measure is labeled **E⁷** and contains a whole note E4. The fretboard diagram shows the first four frets of the bass staff.
- System 4:** Features four measures. The first measure is labeled **E⁷** and contains a chromatic descending scale (E4, D#4, D4, C#4, C4, B#4, B4). The second measure is labeled **C⁷** and contains a chromatic descending scale (B4, A#4, A4, G#4, G4, F#4, F4). The third measure is labeled **G#⁷** and contains a chromatic descending scale (F#4, E#4, E4, D#4, D4, C#4, C4). The fourth measure is labeled **E⁷** and contains a whole note E4. The fretboard diagram shows the first four frets of the bass staff.

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Page 2

Assouplissement et endurance de la main gauche en se servant de la gamme chromatique

Ecriture, Programmation, Mixage: Emmanuel Somenzi

Three systems of guitar tablature for the song "The Sound of Silence" by Simon & Garfunkel. Each system includes a bass staff with notes and a guitar staff with fret numbers. The first system is for the first line of the song, the second for the second line, and the third for the third line. The tablature is written in 4/4 time and uses standard guitar notation with fret numbers and accidentals.

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Contact:

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