

Exercices pour travailler les gammes:

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Introduction:

Dans ce dossier vous allez étudier une série (non exhaustive) d'exercices pour travailler les gammes.

Tous les exercices sont écrits en se servant de la gamme Majeure de Do et ils sont écrits pour une basse 4 cordes.

Les chiffres de couleur bleue correspondent aux doigts de la main qui est sur le manche: 1 = index / 2 = majeur / 3 = annulaire / 4 = auriculaire.

Sous chaque exercice vous avez accès à lien URL pour ouvrir un playback audio (basse + batterie)

Vous pouvez reprendre le principe de chaque exercice pour travailler d'autres gammes Majeures et d'autres types de gammes (mineures, pentatoniques, etc..)

Vous n'êtes pas obligés de travailler tous les exercices pour toutes les gammes, que chacun prenne ce dont il a besoin et ce sera très bien comme ça.

Bon courage à tous!

Mouvements ascendants et descendants:

Sur 1 octave:

Exercise 'Sur 1 octave' in 4/4 time, bass clef. The exercise consists of two measures. The first measure contains an ascending scale from G2 to G3 (half note), with fingerings 2, 4, 1, 2, 4, 1, 3, 4. The second measure contains a descending scale from G3 to G2 (half note), with fingerings 4, 3, 1, 4, 2, 1, 4, 2. The notation includes a treble clef staff with a 4/4 time signature and a bass clef staff with a 4/4 time signature. The notes are G2, A2, B2, C3, D3, E3, F3, G3 in the first measure, and G3, F3, E3, D3, C3, B2, A2, G2 in the second measure.

[Playback](#)

Sur 2 octaves:

Exercise 'Sur 2 octaves' in 4/4 time, bass clef. The exercise consists of two measures. The first measure contains an ascending scale from G2 to G4 (half note), with fingerings 1, 3, 1, 2, 4, 1, 1, 2. The second measure contains a descending scale from G4 to G2 (half note), with fingerings 4, 1, 2, 4, 1, 3, 4. The notation includes a treble clef staff with a 4/4 time signature and a bass clef staff with a 4/4 time signature. The notes are G2, A2, B2, C3, D3, E3, F3, G3 in the first measure, and G3, F3, E3, D3, C3, B2, A2, G2 in the second measure. The exercise is marked with an 8va (two octaves) sign above the first measure and below the second measure.

[Playback](#)

Sur tout le manche:

8va

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

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

8va

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

24 22 21 19 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 0

Detailed description: The image shows two systems of musical notation for a guitar exercise. Each system consists of a treble clef staff, a guitar-specific staff with fret numbers (0-24), and a bass clef staff. The first system is marked '8va' and contains three measures. The second system is also marked '8va' and contains three measures. The exercise is titled 'Sur tout le manche' (Across the whole fretboard). The notation includes fingerings (1-4) and fret numbers for each note.

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Sur une corde:

Sur la corde de Mi:

First exercise on the E string. The notation is in 4/4 time, bass clef. The first staff shows a sequence of eighth notes: E2, F2, G2, A2, B2, C3, D3. The second staff shows a sequence of eighth notes: E3, F3, G3, A3, B3, C4, D4. Fingering numbers are written below the notes. The first staff has fingering: 1, 3, 1, 3, 4, 1, 3. The second staff has fingering: 4, 1, 3, 1, 2, 4, 4. The fret numbers are written below the second staff: 0, 1, 3, 5, 7, 8, 10, 12, 13, 15, 17, 19, 20, 22, 24.

Second exercise on the E string. The notation is in 4/4 time, bass clef. The first staff shows a sequence of eighth notes: D3, C3, B2, A2, G2, F2, E2. The second staff shows a sequence of eighth notes: D4, C4, B3, A3, G3, F3, E3. Fingering numbers are written below the notes. The first staff has fingering: 4, 4, 2, 1, 3, 1, 4, 3. The second staff has fingering: 1, 4, 3, 1, 3, 1. The fret numbers are written below the second staff: 24, 22, 20, 19, 17, 15, 13, 12, 10, 8, 7, 5, 3, 1, 0.

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Sur la corde de La:

Third exercise on the A string. The notation is in 4/4 time, bass clef. The first staff shows a sequence of eighth notes: A2, B2, C3, D3, E3, F3, G3. The second staff shows a sequence of eighth notes: A3, B3, C4, D4, E4, F4, G4. Fingering numbers are written below the notes. The first staff has fingering: 1, 2, 4, 1, 2, 4, 1. The second staff has fingering: 3, 4, 1, 3, 4, 1, 3. The fret numbers are written below the second staff: 0, 2, 3, 5, 7, 8, 10, 12, 14, 15, 17, 19, 20, 22, 24. An 8va line is indicated above the second staff.

Fourth exercise on the A string. The notation is in 4/4 time, bass clef. The first staff shows a sequence of eighth notes: G3, F3, E3, D3, C3, B2, A2. The second staff shows a sequence of eighth notes: G4, F4, E4, D4, C4, B3, A3. Fingering numbers are written below the notes. The first staff has fingering: 3, 1, 4, 3, 1, 4, 3, 1. The second staff has fingering: 4, 2, 1, 4, 2, 1. The fret numbers are written below the second staff: 24, 22, 20, 19, 17, 15, 14, 12, 10, 8, 7, 5, 3, 2, 0. An 8va line is indicated above the second staff.

[Playback](#)

Sur la corde de Ré:

8va

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

1 2 3 4 5 7 9 10 12 14 15 17 19 21 22 24

8va

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

1 2 3 4 5 7 9 10 12 14 15 17 19 21 22 24

[Playback](#)

Sur la corde de Sol:

8va

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

1 2 3 4 5 7 9 10 12 14 16 17 19 21 22 24

8va

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

1 2 3 4 5 7 9 10 12 14 16 17 19 21 22 24

[Playback](#)

En position:

Jouer en position cela signifie que vous jouez la gamme en la commençant par chaque degré, vous attaquez la gamme sur la corde de Mi et vous allez le plus loin possible sur la corde de Sol sans faire de démanchés. La position de la première note que vous jouez correspond au numéro de la position qui est annoncé dans le titre (exemple si vous commencez par la corde à vide vous êtes en position 0, si vous commencez par la case 5 vous êtes en position 5, etc..)

Position 0:

1 3 2 3 2 3 2 3 2 3 1

[Playback](#)

Position 1:

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

[Playback](#)

Position 3:

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

[Playback](#)

Position 5:

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

[Playback](#)

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

1 4 8 10 7 8 10 7 9 10 7 9 10 9 7 10 8 7 10 8

[illegible][illegible] δva^-

Position 13:

8va

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

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2

[Playback](#)

Position 15:

8va

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

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2

[Playback](#)

Position 17:

8va

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

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2

[Playback](#)

Position 19:

8va

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

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2

[Playback](#)

Position 20:

8va

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

1 4 20 22 19 20 22 19 21 22 19 21 22 21 19 22 21 19 22 20 19 22 20

[Playback](#)

Jouez des groupes de notes:

Pour jouer des groupes de notes, vous montez la gamme en jouant un certain nombre de notes en partant de chaque degré (exemple pour des groupes de 3 notes: Do Ré Mi / Ré Mi Fa / Fa Sol La / etc..) et vous redescendez la gamme sur le même principe (exemple pour des groupes de 3 notes: Do Si La / Si La Sol / La Sol Fa / etc..).

Groupes de 2 notes:

Two musical staves in bass clef, 2/4 time. The first staff shows an ascending scale with fingerings: 2 4 4 1 1 2 2 4. The second staff shows a descending scale with fingerings: 4 3 3 1 1 4 4 2. Both staves have a repeat sign at the end.

Playback

Groupes de 3 notes:

Two musical staves in bass clef, 2/4 time. The first staff shows an ascending scale with fingerings: 2 4 1 4 1 2 1 2. The second staff shows a descending scale with fingerings: 4 2 4 1 4 1 3 1. Both staves have a repeat sign at the end.

Playback

Groupe de 4 notes:

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

1 2 3 4 5 6 7 8 9 10

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

1 2 3 4 5 6 7 8 9 10

[Playback](#)

Groupe de 5 notes:

First system of musical notation. The staff is in bass clef with a 12/4 time signature. It contains three measures of music. Below the staff, blue numbers indicate fingerings: 2 4 1 2 4 4 1 2, 4 1 1 2 4 1 3 2, and 4 1 3 4 4 1 3 4. The notes are written as eighth notes, with some beamed together.

Second system of musical notation. The staff is in bass clef with a 12/4 time signature. It contains two measures of music. Below the staff, blue numbers indicate fingerings: 1 1 3 4 1 3 3 4 and 1 3 4 4. The notes are written as eighth notes, with some beamed together.

Third system of musical notation. The staff is in bass clef with a 12/4 time signature. It contains two measures of music. Below the staff, blue numbers indicate fingerings: 4 3 1 4 2 3 1 4 and 2 1 1 4 2 1 4 4. The notes are written as eighth notes, with some beamed together.

Fourth system of musical notation. The staff is in bass clef with a 12/4 time signature. It contains three measures of music. Below the staff, blue numbers indicate fingerings: 2 1 4 2 2 1 4 2, 1 1 4 2 1 4 4 2, and 1 4 2 2. The notes are written as eighth notes, with some beamed together.

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Groupe de 6 notes:

2 4 1 2 4 1 4 1

4 1 3 4 1 3 1 3

4 3 1 4 2 1 3 1

2 1 4 2 1 4 1 4

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Groupes de 7 notes:

First system of musical notation (bass clef, 4/4 time). It consists of three measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 2, 4, 1, 2, 4, 1, 3, 4. The second measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 1, 2, 4, 1, 3, 4, 1, 2. The third measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 4, 1, 3, 4, 1, 2, 4, 1.

Second system of musical notation (bass clef, 4/4 time). It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 3, 4, 1, 3, 4, 1, 3, 4. The second measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 1, 3, 4, 1, 3, 4, 1, 3. The third measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 4, 1, 3, 4, 1, 3, 2, 4. The fourth measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 1, 3.

Third system of musical notation (bass clef, 4/4 time). It consists of three measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 4, 3, 1, 4, 3, 1, 4, 3. The second measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 1, 4, 2, 1, 4, 2, 1, 4. The third measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 2, 1, 4, 2, 1, 4, 2, 1.

Fourth system of musical notation (bass clef, 4/4 time). It consists of four measures. The first measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 4, 2, 1, 4, 2, 1, 4, 2. The second measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 1, 4, 2, 1, 4, 2, 1, 4. The third measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 3, 1, 3, 2, 3, 1. The fourth measure contains the notes G2, A2, B2, C3, D3, E3, F3 with fingerings 3.

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Alternez le premier degré de la gamme avec chaque degré de la gamme:

The bass line is written on a single staff in bass clef. It consists of two measures. The first measure contains four eighth notes: G2, F2, E2, and D2. The second measure contains four eighth notes: C2, B1, A1, and G1. The notes are beamed in pairs. The key signature has one flat (Bb), and the time signature is 2/4.

Playback

Alternez l'octave de la gamme avec chaque degré de la gamme:

The bass line is written on a single staff in bass clef. It consists of two measures. The first measure contains four eighth notes: G2, F2, E2, and D2. The second measure contains four eighth notes: D2, C2, B1, and A1. The notes are beamed in pairs. The key signature has one flat (Bb), and the time signature is 4/4.

Playback

Alternez chaque degré de la gamme avec un intervalle régulier:

En secondes:

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

1 2 3 5 5 2 2 3 3 5 5 2 2 4 4 5 5

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

1 2 3 5 4 4 2 2 5 5 3 3 2 2 2 5 5 3 3

[Playback](#)

En tierces:

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

1 2 3 2 5 3 2 2 5 3 2 5 4 2 5 4 7 5

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

1 2 3 5 2 4 5 2 3 5 2 3 5 2 3 5 2 3

[Playback](#)

En quateres:

The musical score consists of two systems, each with a bass line and a guitar line.

System 1:

- Bass Line:** The first measure contains four eighth notes (G2, F2, E2, D2) with fingerings 2, 2, 4, 4. The second measure contains four eighth notes (C2, B1, A1, G1) with fingerings 1, 1, 2, 3.
- Guitar Line:** The first measure contains four eighth notes (D3, C3, B2, A2) with fingerings 4, 4, 1, 1. The second measure contains four eighth notes (G2, F2, E2, D2) with fingerings 3, 3.

System 2:

- Bass Line:** The first measure contains four eighth notes (C2, B1, A1, G1) with fingerings 8, 8, 10, 10. The second measure contains four eighth notes (F1, E1, D1, C1) with fingerings 7, 7, 8, 9.
- Guitar Line:** The first measure contains four eighth notes (A2, G2, F2, E2) with fingerings 10, 10, 7, 7. The second measure contains four eighth notes (D3, C3, B2, A2) with fingerings 9, 9, 10.

Playback

En quintes:

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

1 2 3 4 5 6 7 8 9 10 10 7 7 9 8 10 10 7 7 9 9 10 10

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

1 2 3 4 5 6 7 8 9 10 10 7 7 9 8 10 10 7 7 9 9 10 10

Playback

En sixtes:

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

1 7 9 7 10 8 7 10 9 7 10 9 12 10

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

1 5 2 4 2 3 5 2 3 5 2 3 5 1 3

Playback

En septièmes:

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

1 2 3 4 8 9 10 10 7 7 8 9 10 10 12 12 14 14 15

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

1 2 3 4 5 5 4 3 2 2 5 5 3 3 2 1 0 0 3

Playback

En octaves:

8va

1 4 1 4 1 4 1 4

3 5 7 9 10 10 12 12 14 14 16 15

8va

4 1 4 1 4 1 4 1

17 15 16 14 14 12 12 10 10 8 9 7 7 5 5

[Playback](#)

Alternez des intervalles de seconde ascendante avec des intervalles de seconde descendante:

First system of a musical exercise in bass clef, 2/4 time. The exercise consists of two measures. The first measure contains two groups of four notes: an ascending second (2, 4) and a descending second (1, 4). The second measure contains two groups of four notes: a descending second (4, 1) and an ascending second (3, 1). Fingering numbers are written below the notes: 2, 4, 1, 4 for the first group; 1, 2, 4, 2 for the second group; 4, 1, 3, 1 for the third group; and 3, 4, 4, 4 for the fourth group.

Second system of the musical exercise in bass clef, 2/4 time. The exercise consists of two measures. The first measure contains two groups of four notes: a descending second (4, 3) and an ascending second (1, 3). The second measure contains two groups of four notes: an ascending second (1, 4) and a descending second (2, 4). Fingering numbers are written below the notes: 4, 3, 1, 3 for the first group; 1, 4, 2, 4 for the second group; 2, 1, 4, 1 for the third group; and 4, 2, 2, 2 for the fourth group.

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Alternez des intervalles de tierce ascendante avec des intervalles de tierce descendante:

First system of a musical exercise in bass clef, 2/4 time. The exercise consists of two measures. The first measure contains two groups of four notes: an ascending third (2, 1) and a descending third (2, 4). The second measure contains two groups of four notes: a descending third (1, 4) and an ascending third (1, 2). Fingering numbers are written below the notes: 2, 1, 2, 4 for the first group; 1, 4, 1, 2 for the second group; 4, 3, 4, 1 for the third group; and 1, 4, 2, 2 for the fourth group.

Second system of the musical exercise in bass clef, 2/4 time. The exercise consists of two measures. The first measure contains two groups of four notes: a descending third (4, 1) and an ascending third (4, 3). The second measure contains two groups of four notes: a descending third (1, 2) and an ascending third (1, 4). Fingering numbers are written below the notes: 4, 1, 4, 3 for the first group; 1, 2, 1, 4 for the second group; 2, 4, 2, 1 for the third group; and 4, 1, 2, 2 for the fourth group.

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Alternez des intervalles de quarte ascendante avec des intervalles de quarte descendante:

Two systems of musical notation in bass clef, 12/4 time. Each system contains two measures of music with fingerings indicated by numbers 1-4 in blue. The first system shows ascending and descending quarter intervals. The second system shows ascending and descending quarter intervals with a repeat sign at the end.

System 1:

Measure 1: 2 2 4 4 1 1 3 2
Measure 2: 4 4 1 1 3 3 4

System 2:

Measure 1: 4 4 2 3 1 1 4 4
Measure 2: 2 2 1 1 4 4 2

[Playback](#)

Alternez des intervalles de quinte ascendante avec des intervalles de quinte descendante:

Two systems of musical notation in bass clef, 12/4 time. Each system contains two measures of music with fingerings indicated by numbers 1-4 in blue. The first system shows ascending and descending fifth intervals. The second system shows ascending and descending fifth intervals with a repeat sign at the end.

System 1:

Measure 1: 2 4 1 4 1 3 4 2
Measure 2: 4 1 3 1 3 4 4

System 2:

Measure 1: 4 2 1 3 1 4 2 4
Measure 2: 2 1 4 1 4 2 2

[Playback](#)

Alternez des intervalles de sixte ascendante avec des intervalles de sixte descendante:

First system: Bass clef, 12/4 time. Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 2 1 3 4, 1 4 1 2. Second system: Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 4 1 4 3, 1 2 1 4. Third system: Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 2 4 2 1, 4 1 3.

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Alternez des intervalles de septième ascendante avec des intervalles de septième descendante:

First system: Bass clef, 12/4 time. Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 2 3 4 4, 1 1 3 2. Second system: Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 4 4 2 3, 1 1 4 4. Third system: Notes: G2, A2, B2, C3 (ascending); C3, B2, A2, G2 (descending). Fingerings: 3 3 1 2, 3.

[Playback](#)

Alternez des intervalles d'octave ascendante avec des intervalles d'octave descendante:

8va

1 4 4 1 1 4 4 1 1 4 4 1 1 4 1

1 3 5 7 9 10 8 10 12 14 12 14 16 15

8va

4 1 1 4 4 1 1 4 4 1 1 4 4 1 4

1 17 15 14 16 14 12 10 12 10 8 7 9 7 5 5

[Playback](#)

Pour chaque degré, alternez les intervalles supérieurs et les intervalles inférieurs:

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

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

[Playback](#)

Pour chaque degré, alternez les intervalles inférieurs et les intervalles supérieurs:

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

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

[Playback](#)

Jouez les arpèges correspondants à chaque accord d'une gamme harmonisée:

Arpèges à 3 notes dans le sens ascendant:

Playback

Alternez un arpège à 3 notes ascendant et un arpège à 3 notes descendant:

The image displays a guitar score with two systems of chords and fingerings. The first system consists of the following chords and fingerings:

- C**: Bass line (2, 1, 4), Treble line (1, 2, 4)
- Dmin**: Bass line (1, 4, 3), Treble line (4, 1, 2)
- Emin**: Bass line (4, 3, 1), Treble line (3, 4, 1)
- F**: Bass line (3, 1, 4), Treble line (4, 1, 2)
- G**: Bass line (4, 3, 1), Treble line (3, 4, 1)
- Amin**: Bass line (3, 1, 4), Treble line (4, 1, 2)
- Bmin^{b5}**: Bass line (4, 1, 2), Treble line (4, 1, 2)
- C**: Bass line (4, 1, 2), Treble line (4, 1, 2)

The second system consists of the following chords and fingerings:

- C**: Bass line (2, 1, 4), Treble line (1, 2, 4)
- Bmin^{b5}**: Bass line (1, 4, 3), Treble line (4, 1, 2)
- Amin**: Bass line (4, 3, 1), Treble line (3, 4, 1)
- G**: Bass line (3, 1, 4), Treble line (4, 1, 2)
- F**: Bass line (4, 3, 1), Treble line (3, 4, 1)
- Emin**: Bass line (3, 1, 4), Treble line (4, 1, 2)
- Dmin**: Bass line (4, 1, 2), Treble line (4, 1, 2)
- C**: Bass line (4, 1, 2), Treble line (4, 1, 2)

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Arpèges à 4 notes dans le sens ascendant:

The musical score displays 16 ascending 4-note arpeggios in 4/4 time, organized into four rows of four. Each arpeggio is shown on a staff with a sequence of four notes and a corresponding sequence of four fret numbers below. The fret numbers are in blue.

Row 1:

- Cmaj7:** Notes: C4, E4, G4, B4. Frets: 2, 1, 4, 3.
- Dmin7:** Notes: D4, F4, A4, C5. Frets: 4, 2, 1, 4.
- Emin7:** Notes: E4, G4, B4, D5. Frets: 1, 4, 3, 1.
- Fmaj7:** Notes: F4, A4, C5, E5. Frets: 2, 1, 4, 3.

Row 2:

- G7:** Notes: G4, B4, D5, F5. Frets: 4, 3, 1, 4.
- Amin7:** Notes: A4, C5, E5, G5. Frets: 1, 4, 3, 1.
- Bmin7b5:** Notes: B4, D5, F5, A5. Frets: 3, 1, 4, 3.
- Cmaj7:** Notes: C5, E5, G5, B5. Frets: 2, 1, 4, 3.

Row 3:

- Cmaj7:** Notes: C5, E5, G5, B5. Frets: 2, 1, 4, 3.
- Bmin7b5:** Notes: B4, D5, F5, A5. Frets: 3, 1, 4, 3.
- Amin7:** Notes: A4, C5, E5, G5. Frets: 1, 4, 3, 1.
- G7:** Notes: G4, B4, D5, F5. Frets: 4, 3, 1, 4.

Row 4:

- Fmaj7:** Notes: F4, A4, C5, E5. Frets: 2, 1, 4, 3.
- Emin7:** Notes: E4, G4, B4, D5. Frets: 1, 4, 3, 1.
- Dmin7:** Notes: D4, F4, A4, C5. Frets: 4, 2, 1, 4.
- Cmaj7:** Notes: C4, E4, G4, B4. Frets: 2, 1, 4, 3.

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Alternez un arpège à 4 notes ascendant et un arpège à 4 notes descendant:

The exercise consists of 16 measures, grouped into four sets of four. Each measure contains a bass staff with a 4-note arpeggio, a sequence of blue numbers (1-4) indicating fingerings, and a second staff with fret numbers (1-17) for the notes.

Measure 1: Cmaj7. Notes: C2, E2, G2, B1. Fingering: 2, 1, 4, 3. Fret numbers: 8, 7, 10, 9.

Measure 2: Dmin7. Notes: D2, F2, A2, C3. Fingering: 4, 1, 2, 4. Fret numbers: 10, 7, 8, 10.

Measure 3: Emin7. Notes: E2, G2, B1, D3. Fingering: 1, 4, 3, 1. Fret numbers: 7, 10, 9, 7.

Measure 4: Fmaj7. Notes: F2, A2, C3, E3. Fingering: 3, 4, 1, 2. Fret numbers: 9, 10, 7, 8.

Measure 5: G7. Notes: G2, B1, D3, F3. Fingering: 4, 3, 1, 4. Fret numbers: 10, 9, 7, 10.

Measure 6: Amin7. Notes: A2, C3, E3, G3. Fingering: 1, 3, 4, 1. Fret numbers: 12, 14, 15, 12.

Measure 7: Bmin7b5. Notes: B1, D3, F3, A3. Fingering: 3, 1, 4, 3. Fret numbers: 14, 12, 15, 14.

Measure 8: Cmaj7. Notes: C3, E3, G3, B3. Fingering: 3, 4, 1, 2. Fret numbers: 16, 17, 14, 15.

Measure 9: Cmaj7. Notes: C3, E3, G3, B3. Fingering: 2, 1, 4, 3. Fret numbers: 15, 14, 17, 16.

Measure 10: Bmin7b5. Notes: B1, D3, F3, A3. Fingering: 1, 3, 4, 1. Fret numbers: 14, 16, 17, 14.

Measure 11: Amin7. Notes: A2, C3, E3, G3. Fingering: 1, 4, 3, 1. Fret numbers: 12, 15, 14, 12.

Measure 12: G7. Notes: G2, B1, D3, F3. Fingering: 2, 4, 1, 2. Fret numbers: 10, 12, 9, 10.

Measure 13: Fmaj7. Notes: F2, A2, C3, E3. Fingering: 2, 1, 4, 3. Fret numbers: 8, 7, 10, 9.

Measure 14: Emin7. Notes: E2, G2, B1, D3. Fingering: 1, 3, 4, 1. Fret numbers: 7, 9, 10, 7.

Measure 15: Dmin7. Notes: D2, F2, A2, C3. Fingering: 4, 2, 1, 4. Fret numbers: 10, 8, 7, 10.

Measure 16: Cmaj7. Notes: C3, E3, G3, B3. Fingering: 3, 4, 1, 2. Fret numbers: 9, 10, 7, 8.

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Conclusion:

Comme vous le voyez les possibilités sont nombreuses, il y a vraiment de quoi s'occuper.

Si vous souhaitez vous perfectionner dans l'étude des gammes, voici quelques méthodes vendues sur internet que je vous conseille:

[Les gammes pentatoniques à la basse méthode + CD](#)

[Théorie et solfège document pdf](#)

[La gamme majeure document pdf](#)

[La gamme de blues document pdf](#)

[La gamme pentatonique mineure document pdf](#)

[La gamme pentatonique majeure document pdf](#)

[Improvisation à la basse avec les gammes pentatoniques document pdf](#)

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