

**Assouplissements:**

**Table des matières**

Introduction:.....	2
Exercice 01:.....	3
Exercice 02:.....	4
Exercice 03:.....	5
Exercice 04:.....	6
Exercice 05:.....	7
Exercice 06:.....	8
Exercice 07:.....	9
Exercice 08:.....	10
Exercice 09:.....	11
Exercice 10:.....	12
Exercice 11:.....	13
Exercice 12:.....	14
Contact:.....	15

### **Introduction:**

Dans ce dossier vous allez découvrir une série de 12 exercices pour assouplir et fortifier la main qui est sur le manche de votre basse (la gauche pour les droitiers et la droite pour les gauchers).

Ces exercices n'ont pas pour but d'être mélodique du coup il n'y a pas de playbacks dans ce dossier.

**Attention à ne pas abuser de ce genre d'exercices la basse est un instrument très physique et des blessures comme des tendinites par exemple arrivent plus vite qu'on le pense.**

## Exercice 01:

### Assouplissement exercice 01

Servez-vous seulement des 3  
premiers doigts à la main gauche !

Ecriture: Emmanuel Somenzi

The musical score is written for bass clef, 4/4 time. It consists of four systems, each with two measures. The top staff of each system contains musical notation with eighth notes and triplets. The bottom staff contains fingerings (0-11) and brackets for triplets. The first measure of each system contains a sequence of eighth notes with triplets, and the second measure contains a sequence of eighth notes with triplets. The fingerings are indicated by numbers 0-11 and brackets for triplets.

System 1:

Measure 1:  $\text{C}_4$  (0),  $\text{D}_4$  (1),  $\text{E}_4$  (2),  $\text{F}_4$  (3),  $\text{G}_4$  (4),  $\text{A}_4$  (5),  $\text{B}_4$  (6),  $\text{C}_5$  (7),  $\text{D}_5$  (8),  $\text{E}_5$  (9),  $\text{F}_5$  (10),  $\text{G}_5$  (11). Triplets: (0,1,2), (3,4,5), (6,7,8), (9,10,11).

Measure 2:  $\text{F}_4$  (12),  $\text{E}_4$  (11),  $\text{D}_4$  (10),  $\text{C}_4$  (9),  $\text{B}_3$  (8),  $\text{A}_3$  (7),  $\text{G}_3$  (6),  $\text{F}_3$  (5),  $\text{E}_3$  (4),  $\text{D}_3$  (3),  $\text{C}_3$  (2),  $\text{B}_2$  (1). Triplets: (12,11,10), (9,8,7), (6,5,4), (3,2,1).

System 2:

Measure 1:  $\text{C}_4$  (0),  $\text{D}_4$  (1),  $\text{E}_4$  (2),  $\text{F}_4$  (3),  $\text{G}_4$  (4),  $\text{A}_4$  (5),  $\text{B}_4$  (6),  $\text{C}_5$  (7),  $\text{D}_5$  (8),  $\text{E}_5$  (9),  $\text{F}_5$  (10),  $\text{G}_5$  (11). Triplets: (0,1,2), (3,4,5), (6,7,8), (9,10,11).

Measure 2:  $\text{F}_4$  (12),  $\text{E}_4$  (11),  $\text{D}_4$  (10),  $\text{C}_4$  (9),  $\text{B}_3$  (8),  $\text{A}_3$  (7),  $\text{G}_3$  (6),  $\text{F}_3$  (5),  $\text{E}_3$  (4),  $\text{D}_3$  (3),  $\text{C}_3$  (2),  $\text{B}_2$  (1). Triplets: (12,11,10), (9,8,7), (6,5,4), (3,2,1).

System 3:

Measure 1:  $\text{C}_4$  (0),  $\text{D}_4$  (1),  $\text{E}_4$  (2),  $\text{F}_4$  (3),  $\text{G}_4$  (4),  $\text{A}_4$  (5),  $\text{B}_4$  (6),  $\text{C}_5$  (7),  $\text{D}_5$  (8),  $\text{E}_5$  (9),  $\text{F}_5$  (10),  $\text{G}_5$  (11). Triplets: (0,1,2), (3,4,5), (6,7,8), (9,10,11).

Measure 2:  $\text{F}_4$  (12),  $\text{E}_4$  (11),  $\text{D}_4$  (10),  $\text{C}_4$  (9),  $\text{B}_3$  (8),  $\text{A}_3$  (7),  $\text{G}_3$  (6),  $\text{F}_3$  (5),  $\text{E}_3$  (4),  $\text{D}_3$  (3),  $\text{C}_3$  (2),  $\text{B}_2$  (1). Triplets: (12,11,10), (9,8,7), (6,5,4), (3,2,1).

System 4:

Measure 1:  $\text{C}_4$  (0),  $\text{D}_4$  (1),  $\text{E}_4$  (2),  $\text{F}_4$  (3),  $\text{G}_4$  (4),  $\text{A}_4$  (5),  $\text{B}_4$  (6),  $\text{C}_5$  (7),  $\text{D}_5$  (8),  $\text{E}_5$  (9),  $\text{F}_5$  (10),  $\text{G}_5$  (11). Triplets: (0,1,2), (3,4,5), (6,7,8), (9,10,11).

Measure 2:  $\text{F}_4$  (12),  $\text{E}_4$  (11),  $\text{D}_4$  (10),  $\text{C}_4$  (9),  $\text{B}_3$  (8),  $\text{A}_3$  (7),  $\text{G}_3$  (6),  $\text{F}_3$  (5),  $\text{E}_3$  (4),  $\text{D}_3$  (3),  $\text{C}_3$  (2),  $\text{B}_2$  (1). Triplets: (12,11,10), (9,8,7), (6,5,4), (3,2,1).

## Exercice 02:

### Assouplissement exercice 02

Servez-vous des 3 premiers doigts de la main gauche et anticipez le déplacement de la main !

Ecriture: Emmanuel Somenzi

ALLER ETC...

RETOUR ETC...

### Exercise 03:

## Assouplissement exercice 03

Assouplissement en escalier !

Ecriture: Emmanuel Somenzi

First system of musical notation (measures 1-2). The top staff is in bass clef, 4/4 time, with a key signature of one sharp (F#). The bottom staff shows fingerings: 1 2 3 4 2 3 4 5 for measures 1 and 2.

Second system of musical notation (measures 3-4). The top staff continues the melodic line. The bottom staff shows fingerings: 5 6 7 8 6 7 8 9 for measure 3, and 7 8 9 10 8 9 10 11 for measure 4.

Third system of musical notation (measures 5-6). The top staff continues the melodic line. The bottom staff shows fingerings: 9 10 11 12 10 11 12 13 for measure 5, and 13 12 11 10 12 11 10 9 for measure 6.

Fourth system of musical notation (measures 7-8). The top staff continues the melodic line. The bottom staff shows fingerings: 11 10 9 8 10 9 8 7 for measure 7, and 9 8 7 6 8 7 6 5 for measure 8.

Fifth system of musical notation (measures 9-10). The top staff continues the melodic line. The bottom staff shows fingerings: 7 6 5 4 6 5 4 3 for measure 9, and 5 4 3 2 4 3 2 1 for measure 10. The system ends with a double bar line and repeat dots.

### Exercice 04:

## Assouplissement exercice 04

Idem sur les cordes Re / La / Mi

Ecriture: Emmanuel Somenzi

First system of musical notation (measures 1-3). The staff is in bass clef with a 4/4 time signature. The melody consists of eighth notes: G2, A2, B2, C3, D3, E3, F3, G3. The bass line consists of quarter notes with fingerings: 0, 2, 0, 4, 5, 4, 5, 4. The first measure contains the first four notes of the bass line (0, 2, 0, 4). The second measure contains the next four (5, 4, 5, 4). The third measure contains the next four (0, 2, 0, 5).

Second system of musical notation (measures 4-6). The melody continues with eighth notes: A2, B2, C3, D3, E3, F3, G3, A3. The bass line continues with quarter notes and fingerings: 0, 2, 0, 5, 7, 5, 7, 5. The fourth measure contains the first four notes (0, 2, 0, 5). The fifth measure contains the next four (7, 5, 7, 5). The sixth measure contains the next four (0, 2, 0, 11).

Third system of musical notation (measures 7-9). The melody continues with eighth notes: B2, C3, D3, E3, F3, G3, A3, B3. The bass line continues with quarter notes and fingerings: 11, 9, 11, 9, 12, 11, 12, 11. The seventh measure contains the first four notes (11, 9, 11, 9). The eighth measure contains the next four (12, 11, 12, 11). The ninth measure contains the next four (0, 2, 0, 12).

Fourth system of musical notation (measures 10-11). The melody continues with eighth notes: C3, D3, E3, F3, G3, A3, B3, C4. The bass line continues with quarter notes and fingerings: 12, 14, 12, 14, 12. The tenth measure contains the first four notes (12, 14, 12, 14). The eleventh measure contains the next four (12, 14, 12, 14).

## Exercice 05:

### Assouplissement exercice 05

Laissez les doigts posés sur les cordes pendant que vous déplacez la main gauche pour jouer les notes muettes !

Ecriture: Emmanuel Somenzi

ALLER

ETC...

RETOUR

ETC...

### Exercice 06:

## Assouplissement exercice 06

exercice conçu par Laurent Cokelaere  
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ALLER

ETC...

RETOUR

ETC...



## Exercice 07:

### Assouplissement exercice 07

exercice conçu par Laurent Cokelaere  
diffusé sur ce site avec son aimable autorisation

ALLER ETC...

RETOUR ETC...

## Exercice 08:

### Assouplissement exercice 08

exercice conçu par Laurent Cokelaere  
diffusé sur ce site avec son aimable autorisation

ALLER ETC...

RETOUR ETC...

## Exercice 09:

### Assouplissement exercice 09

Idem sur les cordes LA / RE / SOL !

exercice conçu par Laurent Cokelaere  
diffusé sur ce site avec son aimable autorisation

ALLER

1 2 1 3 1 4 1 5

1 4 1 3 1 2 1 1

ETC...

2 3 2 4 2 5 2 6

2 5 2 4 2 3 2 2

RETOUR

13 14 13 15 13 16 13 17

13 16 13 15 13 14 13 13

ETC...

12 13 12 14 12 15 12 16

12 15 12 14 12 13 12 12

## Exercice 10:

### Assouplissement exercice 10

exercice conçu par Laurent Cokelaere  
diffusé sur ce site avec son aimable autorisation

ALLER

1 2 3 2 1 2 3 2 4

ETC.

3 2 3 3 3 4 3 5

RETOUR

15 14 15 15 15 16 15 17

ETC.

14 13 14 14 14 15 14 16

## Exercice 11:

### Assouplissement exercice 11

exercice conçu par Laurent Cokelaere  
diffusé sur ce site avec son aimable autorisation

ALLER

Two staves of music in 4/4 time. The top staff is in bass clef with a key signature of one flat (B-flat). The bottom staff is in alto clef with a key signature of one flat. The first staff contains eighth notes: G2, A2, B-flat2, C3, D3, E3, F3, G3. The second staff contains eighth notes: G3, F3, E3, D3, C3, B-flat2, A2, G2. The bottom staff contains fingerings: 1, 2, 4, 5, 4, 5, 6, 5, 5, 5, 3.

ETC.

Two staves of music in 4/4 time. The top staff is in bass clef with a key signature of one flat. The bottom staff is in alto clef with a key signature of one flat. The first staff contains eighth notes: G#2, A2, B2, C#2, D#2, E#2, F#2, G#2. The second staff contains eighth notes: G#2, F#2, E#2, D#2, C#2, B2, A2, G#2. The bottom staff contains fingerings: 1, 2, 6, 5, 6, 7, 6, 6, 6, 4.

RETOUR

Two staves of music in 4/4 time. The top staff is in bass clef with a key signature of one flat. The bottom staff is in alto clef with a key signature of one flat. The first staff contains eighth notes: G#2, A2, B2, C#2, D#2, E#2, F#2, G#2. The second staff contains eighth notes: G#2, F#2, E#2, D#2, C#2, B2, A2, G#2. The bottom staff contains fingerings: 15, 14, 15, 16, 15, 15, 15, 13.

ETC.

Two staves of music in 4/4 time. The top staff is in bass clef with a key signature of one flat. The bottom staff is in alto clef with a key signature of one flat. The first staff contains eighth notes: G#2, A2, B2, C#2, D#2, E#2, F#2, G#2. The second staff contains eighth notes: G#2, F#2, E#2, D#2, C#2, B2, A2, G#2. The bottom staff contains fingerings: 14, 13, 14, 15, 14, 14, 14, 12.

## Exercice 12:

### Assouplissement exercice 12

exercice conçu par Laurent Cokelaere  
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ALLER

First system of musical notation for the 'ALLER' section. It consists of a bass staff and a fingerings staff. The bass staff is in 4/4 time and contains two measures. The first measure has a half note G2, a quarter note A2, a quarter note B2, and a quarter note C3. The second measure has a half note D3, a quarter note E3, a quarter note F3, and a quarter note G3. The fingerings staff shows the following fingerings: 5, 6, 5, 3, 5, 5, 5, 6, 5, 4, 5, 3, 3.

Second system of musical notation for the 'ALLER' section. It consists of a bass staff and a fingerings staff. The bass staff is in 4/4 time and contains two measures. The first measure has a half note G2, a quarter note A2, a quarter note B2, and a quarter note C3. The second measure has a half note D3, a quarter note E3, a quarter note F3, and a quarter note G3. The fingerings staff shows the following fingerings: 6, 7, 6, 4, 6, 6, 6, 7, 6, 5, 6, 4, 4.

ETC.

RETOUR

First system of musical notation for the 'RETOUR' section. It consists of a bass staff and a fingerings staff. The bass staff is in 4/4 time and contains two measures. The first measure has a half note G2, a quarter note A2, a quarter note B2, and a quarter note C3. The second measure has a half note D3, a quarter note E3, a quarter note F3, and a quarter note G3. The fingerings staff shows the following fingerings: 14, 15, 14, 12, 14, 14, 14, 15, 14, 13, 14, 12, 12.

Second system of musical notation for the 'RETOUR' section. It consists of a bass staff and a fingerings staff. The bass staff is in 4/4 time and contains two measures. The first measure has a half note G2, a quarter note A2, a quarter note B2, and a quarter note C3. The second measure has a half note D3, a quarter note E3, a quarter note F3, and a quarter note G3. The fingerings staff shows the following fingerings: 13, 14, 13, 11, 13, 13, 13, 14, 13, 12, 13, 11, 11.

ETC.

**Contact:**

Si vous souhaitez faire des commentaires sur ce dossier vous pouvez me contacter en cliquant sur le lien suivant:

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