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RIGHT-HAND TECHNIQUE

The right hand should be as relaxed as possible, and most players use the index and middle fingers to pluck the strings. A commonly used technique is *rest stroke*, executed by planting the finger on the string, pulling sharply across and landing on the adjacent string. Some rock bass players use a pick.

Here are the symbols we will use for plucking the string:

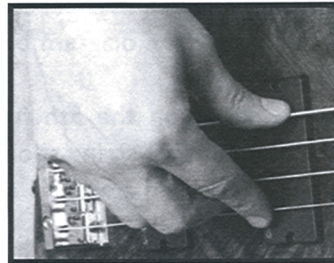
☐ = Pluck with the index finger or pluck down with the pick.

∇ = Pluck with the middle finger or pluck up with the pick.

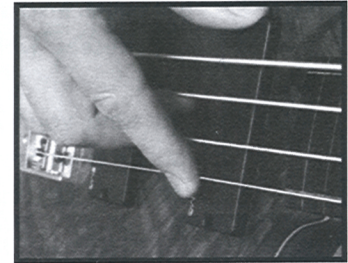
The thumb can be anchored on the pickup when playing the 4th string (E).



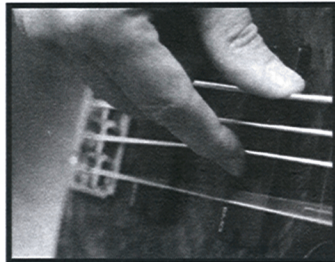
It can be rested on the 4th string when playing the 3rd, 2nd or 1st strings.



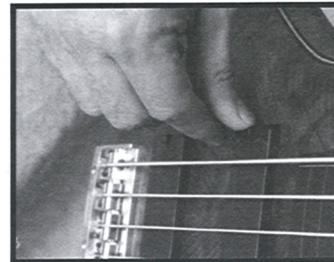
Here is the index finger preparing to pluck the 1st string.



Here is the index finger after plucking the 1st string.



Here is the index finger after plucking the 4th string. Notice the difference because there is no string to rest on.



LEFT-HAND TECHNIQUE

The left hand should be held as shown in the picture on the right. Notice that the thumb is held flat on the back of the neck, right behind the 2nd finger. The wrist is gently arched to allow for a natural curled shaping of the fingers, which are placed as close to the frets as possible when pressing the strings.



Practice your left-hand position and right-hand plucking technique with this chromatic scale exercise. Play very slowly at first.

☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇ ☐ ∇

T
A
B

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

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