



# ESSENTIAL GROOVE TECHNIQUES

## THE 2 PILLARS OF GROOVE

04:27

### F7 ARPEGGIO

1 0 4 1 4 1 4 0

1 0 3 1 3 1 3 0

04:49

### EX.1 "Remember you have these notes all over the fingerboard"

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

1 0 3 1 3 1 5 3 6 8 8 7 10 8 10 8

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

12 10 8 10 13 12 10 13 10 12 15 13 15

05:16

### EX.2 C MINOR 7 ARPEGGIO

1 4 3 1 4 1 3 4

3 6 5 3 5 3 5 6

**05:30 C MINOR 7 ARPEGGIO PLAYED ALL OVER THE FINGERBOARD**
**EX.3**

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

3 6 5 8 6 5 8 5 6 10 8 10 8 11 10 8 10

*"You need to learn the arpeggios with different fingerings so you can utilise them across the fingerboard".*

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

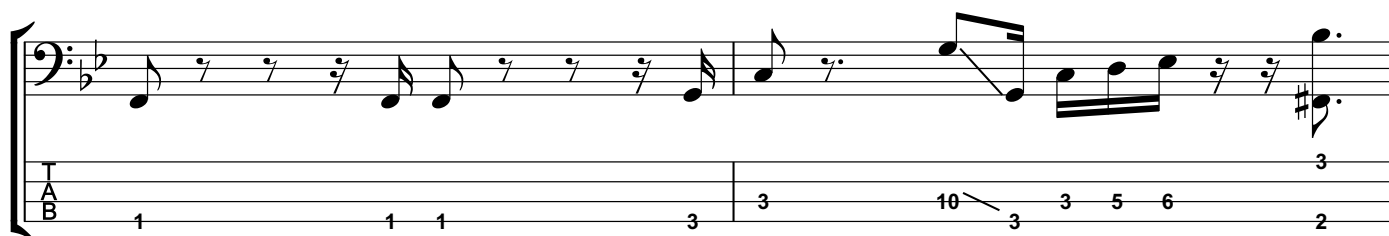
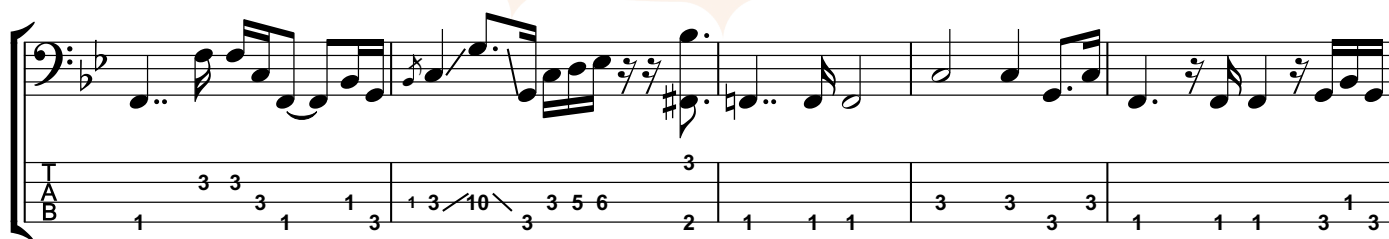
15 13 12 15 15 18 17 15 17 19 20 17 18

**07:10 TRIADS OVER CHORD PROGRESSION**
**EX.4**

15 3 3 5 6 2 1 1 1 3 3 3 1 1 1 3 3 1 3 3 3

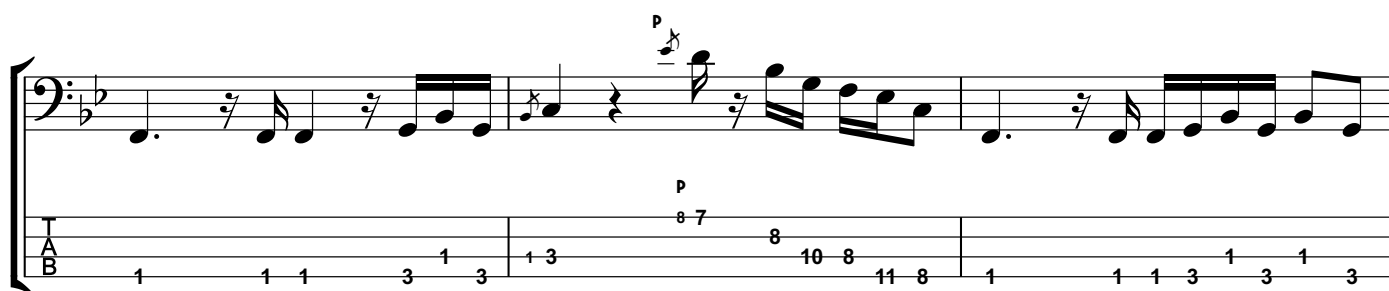
1 1 1 3 3 3 3 3 1 1 1 3 15 3 3 5 6 2 1 1 1

3 5 5 3 1 3 3 1 1 3 3 5 3 1 1 3 1 3 3 3 3



*"Just the Kick drum now".*





11:06

**EX.5 SYNCOPATED RHYTHM ON THE BASS DRUM**

The exercise is written in bass clef with a key signature of one flat (Bb). It consists of four systems, each with a melodic line and a bass drum line. The bass drum line uses a simplified notation with numbers 1-5 and 0 for rests, and slurs for triplets. The first system includes dynamic markings 'p' and 't' above the first two notes of the melodic line. The second system continues the melodic pattern. The third system includes 'p' markings above the 11th and 12th notes of the melodic line. The fourth system includes a 'tr~' (trill) marking above the 5th note of the melodic line. The exercise ends with 'ETC'.