



ESSENTIAL GROOVE TECHNIQUES

THE 2 PILLARS OF GROOVE

Starting point:
01:28

F MINOR 7 ARPEGGIO

"As I always say, you need to learn these arpeggios in different positions"

Fm7

02:30

EX.1 SYNCOPATED RIFF: LONG NOTES

03:08

SHORT NOTES

Fmin7 vamp

Fmaj7
RIT.

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

04:07 F MINOR 7 CHORD TONES (ARPEGGIOS) PLAYED ALL OVER THE FINGERBOARD

EX.2

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

FINGERING 3 1 4 4 4 2 1 4

04:31 EX.3 F DORIAN SCALE

FINGERING 1 3 4 1 1 3 4 1

"Because the drums on this example are a steady beat it's going to give me a lot more room to play around."

05:52

EX.4 ADDING IN MORE FILLS

The exercise is written in bass clef with a key signature of three flats (B-flat, E-flat, A-flat). It consists of five systems, each with a musical staff and a fretboard diagram.

- System 1:** Musical staff starts with a whole rest, followed by eighth notes, a triplet of eighth notes, and a trill marked with a sharp sign and a wavy line. Fretboard diagram shows fingerings: 4 4 3 X 1, 1 3 3, 3 1 3, 4 1/4 3 X 1, 8 6 8 6 8 X 4.
- System 2:** Musical staff features a trill marked with a flat sign and a wavy line, followed by eighth notes, a triplet of eighth notes, and a trill marked with a sharp sign and a wavy line. Fretboard diagram shows fingerings: 4 6 5 3 6 1, 4 3 X 1, 4 4 3 X 3 X 6 X X X, 8/10 8 10 8 11 8 6 4 3 X 1.
- System 3:** Musical staff includes eighth notes, a triplet of eighth notes, and a trill marked with a sharp sign and a wavy line. Fretboard diagram shows fingerings: 1 3 1 1 3 3 6 1/4 3 X 1, 3 3 5 6 5 3 6 5 3.
- System 4:** Musical staff features eighth notes, a triplet of eighth notes, and a trill marked with a sharp sign and a wavy line. Fretboard diagram shows fingerings: 6 5 8 6 5 8 6 4 4 3 3 X 1, 3 4 1 3 5 6 3 5 6 8/10, 8 6 10 8 6 10 4 3 X 1.
- System 5:** Musical staff includes eighth notes, a triplet of eighth notes, and a trill marked with a sharp sign and a wavy line. Fretboard diagram shows fingerings: 1 3 1 3 5 3 5 6 5, 3 6 5 8 6 4 3 4/4 3 X 1, 1.