

# Playing the Cycle of Fourths

SAY THE NAME OF EACH NOTE AS YOU PLAY!

The image displays the Cycle of Fourths in bass clef, organized into three rows of four notes each. Each note is accompanied by a musical staff with a four-note scale and a corresponding fretboard diagram with fingerings.

- Row 1:** C, F, B $\flat$ , E $\flat$ . Fingerings: 8 8 8 8, 8 8 8 8, 6 6 6 6, 6 6 6 6.
- Row 2:** A $\flat$ , D $\flat$ , G $\flat$ , B. Fingerings: 4 4 4 4, 4 4 4 4, 2 2 2 2, 2 2 2 2.
- Row 3:** E, A, D, G. Fingerings: 7 7 7 7, 5 5 5 5, 5 5 5 5, 3 3 3 3.

Practice “mapping” out the cycle on the fingerboard in numerous ways;  
use any combination of moving UP a fourth or DOWN a fifth.

# Steps for Practicing the Cycle of Fourths

(This one goes to eleven...)

1. Play the roots only around the cycle in quarter notes. Use different fingerboard mapping, always moving up a fourth or down a fifth, saying the name of each note out loud to learn where all 12 key centers are on your bass.
2. Play the roots only, locking in with the kick drum of a groove pattern.
3. Add single or double  $\frac{1}{2}$  step approach tones to the roots with the kick drum rhythm.
4. Play Seventh chord arpeggios @ the cycle, mixing quarter notes and triplets.
5. Play Seventh chord arpeggios @ the cycle with a kick drum groove.
6. Play the cycle alternating between Minor Seventh/Dominant Seventh chords.
7. Connect from ROOT to ROOT using a linear pattern. Remember: 4 $\uparrow$  or 5 $\downarrow$
8. Connect from 3rd to 3rd using a linear pattern. Remember: 4 $\uparrow$  or 5 $\downarrow$
9. Practice the cycle using different HARMONIC RHYTHMS. Ex: Quick change.
10. Add all these steps together into one WHOLE ENCHILADA!
11. Jack up the tempo to 200!