

# Playing the Cycle of Fourths

SAY THE NAME OF EACH NOTE AS YOU PLAY!

The image shows three systems of musical notation for playing the cycle of fourths on the bass clef. Each system consists of a staff with notes and a corresponding fretboard diagram below it.

**System 1:** Notes: C, F, B $\flat$ , E $\flat$ . Fretboard diagram: 8 8 8 8, 8 8 8 8, 6 6 6 6, 6 6 6 6.

**System 2:** Notes: A $\flat$ , D $\flat$ , G $\flat$ , B. Fretboard diagram: 4 4 4 4, 4 4 4 4, 2 2 2 2, 2 2 2 2.

**System 3:** Notes: E, A, D, G. Fretboard diagram: 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, using 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. Play Major or Minor triads around the cycle, with a kick drum groove.
4. Play Dominant Seventh chord arpeggios @ the cycle, quarter notes and triplets.
5. Play Dominant 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↑ or 5↓
8. Connect from 3rd to 3rd using a linear pattern. Remember: 4↑ or 5↓
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!