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**A BASS
PLAYER'S
GUIDE TO
KONNAKOL**

SBL Course Workbook



A BASS PLAYER'S GUIDE TO KONNAKOL

with Michael Mauring

COURSE DESCRIPTION

In this course, Michael Manring guides you through a basic understanding of Konnakol and its application on the bass guitar.

For Western musicians who have fallen under the spell of Indian music the teachings of Konnakol can be life changing. The technique is widely regarded as one of the most efficient ways of internalising subdivisions and unlocking new rhythmic patterns and ideas.

The concepts of Konnakol can also be practiced anywhere, with or without your bass, and regardless of your ability. If you're wanting to introduce a higher degree of rhythmic understanding to your practice it's the perfect place to start.

LESSON 1

In Lesson 1, we will be working on basic exercises that will help you develop a strong sense of internal rhythm. In each exercise, we will be accenting different parts of the beat. The first Konnakol rhythmic syllable we'll use throughout lesson 1 is "Ta". This is used for a phrase or rhythmic division containing just one note.

Be aware that certain accents might feel more "natural" as others, so practice them as slowly as needed and try to attack the notes as consistently as possible.

Exercise 1: Accenting the first 16th note of the beat (11:04)



Exercise 1.1: Accenting the first 16th note of the beat with accented rest (11:25)



Exercise 2: Accenting the second 16th note of the beat (12:25)



Exercise 3: Accenting the third 16th note of the beat (12:57)



LESSON I

Exercise 4: Accenting the fourth 16th note of the beat (13:39)



Exercise 5: Accenting different parts of the beat Part I (15:18)



Exercise 6: Accenting different parts of the beat Part II (16:23)



LESSON 2

In Lesson 2, we will accent two sixteenth notes of each beat. In Konnakol, two strikes is referred to as "Taka". Be mindful of the note duration, rests, and play the exercises as cleanly as possible.

Exercise 1: Accenting the first and second 16th notes of the beat (13:22)



Exercise 1 musical notation. The top staff is in bass clef with a 4/4 time signature. It contains four measures, each with two accented sixteenth notes (Ta ka) followed by two unaccented sixteenth notes. The bottom staff is in treble clef with a 4/4 time signature, showing the corresponding rhythmic pattern with eighth notes and rests.

Exercise 2: Accenting the second and third 16th notes of the beat (14:06)



Exercise 2 musical notation. The top staff is in bass clef with a 4/4 time signature. It contains four measures, each with two accented sixteenth notes (Ta ka) followed by two unaccented sixteenth notes. The bottom staff is in treble clef with a 4/4 time signature, showing the corresponding rhythmic pattern with eighth notes and rests.

Exercise 3: Accenting the third and fourth 16th notes of the beat (14:36)



Exercise 3 musical notation. The top staff is in bass clef with a 4/4 time signature. It contains four measures, each with two accented sixteenth notes (Ta ka) followed by two unaccented sixteenth notes. The bottom staff is in treble clef with a 4/4 time signature, showing the corresponding rhythmic pattern with eighth notes and rests.

Exercise 4: Accenting the fourth and first 16th notes of the beat (15:10)



Exercise 4 musical notation. The top staff is in bass clef with a 4/4 time signature. It contains four measures, each with two accented sixteenth notes (Ta ka) followed by two unaccented sixteenth notes. The bottom staff is in treble clef with a 4/4 time signature, showing the corresponding rhythmic pattern with eighth notes and rests.



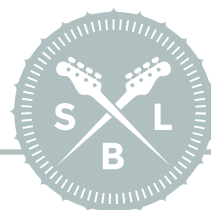
LESSON 2

Exercise 5: Accenting different parts of the beat using two sixteenth notes Part I (16:20)

Exercise 5 Part I musical notation. The top staff is in bass clef with a 4/4 time signature. It contains two measures of music. The first measure has four eighth notes with lyrics 'Ta ka Ta ka'. The second measure has four eighth notes with lyrics 'Ta ka Ta ka (new Ta)'. The bottom staff is in treble clef with a 4/4 time signature. It contains two measures of music, each with four eighth notes, corresponding to the top staff.

Exercise 6: Accenting different parts of the beat using two sixteenth notes Part II (17:06)

Exercise 6 Part II musical notation. The top staff is in bass clef with a 4/4 time signature. It contains two measures of music. The first measure has four eighth notes with lyrics 'Ta ka Ta ka'. The second measure has four eighth notes with lyrics 'Ta ka Ta ka'. The bottom staff is in treble clef with a 4/4 time signature. It contains two measures of music, each with four eighth notes, corresponding to the top staff.



LESSON 3

In Lesson 3, we will play three sixteenth notes on each beat. In Konnakol, a grouping of three notes is referred to as "Takita". As in the previous lessons, we will move the Takita a sixteenth note and also play exercises that move the phrase to different places within the bar.

Exercise 1: Starting the Takita on the first sixteenth note of the bar (05:30)

Exercise 1: Starting the Takita on the first sixteenth note of the bar (05:30)

Exercise 2: Starting the Takita on the second sixteenth note of the bar (05:56)

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Exercise 3: Starting the Takita on the third sixteenth note of the bar (06:19)

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Exercise 4: Starting the Takita on the fourth sixteenth note of the bar (06:56)

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LESSON 3

Exercise 5: Accenting different parts of the beat using Takita, Part I (07:44)

Exercise 6: Accenting different parts of the beat using Takita, Part II (09:51)

Exercise 7: Accenting different parts of the beat using Takita with rests (10:55)

Exercise 8: Takita as a rhythmic cadence, Part I (13:57)



LESSON 3

Exercise 9: Takita as a rhythmic cadence, Part II (15:00)

Musical score for "Ta ki ta" in 4/4 time. The score consists of two staves. The top staff is a bass line with a treble clef and a key signature of one flat (B-flat). It features a series of eighth notes and a final quarter note. The bottom staff is a piano accompaniment with a bass clef and a key signature of one flat. It features a series of eighth notes and a final quarter note. The lyrics "Ta ki ta" are written below the top staff.

Exercise 10: Takita as a rhythmic cadence, Part III (16:08)



LESSON 4

In Lesson 4, we'll play four consecutive strokes starting on different parts of the beat. This four-note sequence is also known as "Takadimi". As you repeat these exercises over time, new rhythmic patterns will emerge in your playing.

Exercise 1: Starting the Takadimi on the first sixteenth note of the beat (07:23)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 2: Starting the Takadimi on the second sixteenth note of the beat (07:55)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 3: Starting the Takadimi on the third sixteenth note of the beat (08:17)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 4: Starting the Takadimi on the fourth sixteenth note of the beat (08:41)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi



LESSON 4

Exercise 5: Takadimi on the first sixteenth note of the beat with quarter note rest (10:07)

Exercise 5 musical notation. The top staff is in bass clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The first two measures are labeled 'Ta ka di mi' and the next two are labeled 'Ta ka di mi'. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The bottom staff is in tenor clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The notes are beamed together in groups of four.

Exercise 6: Takadimi on the second sixteenth note of the beat with quarter note rest (10:32)

Exercise 6 musical notation. The top staff is in bass clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The first two measures are labeled 'Ta ka di mi' and the next two are labeled 'Ta ka di mi'. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The bottom staff is in tenor clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The notes are beamed together in groups of four.

Exercise 7: Takadimi on the third sixteenth note of the beat with quarter note rest (10:48)

Exercise 7 musical notation. The top staff is in bass clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The first two measures are labeled 'Ta ka di mi' and the next two are labeled 'Ta ka di mi'. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The bottom staff is in tenor clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The notes are beamed together in groups of four.

Exercise 8: Takadimi on the fourth sixteenth note of the beat with quarter note rest (11:02)

Exercise 8 musical notation. The top staff is in bass clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The first two measures are labeled 'Ta ka di mi' and the next two are labeled 'Ta ka di mi'. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The bottom staff is in tenor clef, 4/4 time, with a key signature of one flat (Bb). It contains four measures of music. The notes are: Measure 1: Bb4, A4, G4, F4; Measure 2: E4, D4, C4, Bb3; Measure 3: Bb4, A4, G4, F4; Measure 4: E4, D4, C4, Bb3. The notes are beamed together in groups of four.



LESSON 4

Exercise 9: Starting the Takadimi in different beats of the bar, Part I (11:46)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 10: Starting the Takadimi in different beats of the bar, Part II (12:54)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 11: Takadimi as a rhythmic cadence, Part I (14:00)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi

Exercise 12: Takadimi as a rhythmic cadence, Part II (14:52)

Ta ka di mi Ta ka di mi Ta ka di mi Ta ka di mi



LESSON 5

In Lesson 5 we are going to explore melodic applications of the rhythms learned in previous lessons. To demonstrate the melodic possibilities of these rhythms, we'll start by using a G major pentatonic scale with the "Takita" rhythm. Then on Exercises 9 and onward, we'll use a G major arpeggio combined with the "Ta".

G major pentatonic scale (01:54)

G (Root) A (2nd) B (3rd) D (5th) E (6th) G (Octave)

T 4/4 10 12 9 12 9 12

Exercise 1: Takita on the first sixteenth note of the beat - G major pentatonic (03:22)

T 4/4 10 12 9 12 9 12 12 9 12 9 12 9 12 10

Exercise 2: Takita on the second sixteenth note of the beat - G major pentatonic (04:18)

T 4/4 10 12 9 12 9 12 12 9 12 9 12 9 12 10

Exercise 3: Takita on the third sixteenth note of the beat - G major pentatonic (04:48)

T 4/4 10 12 9 12 9 12 12 9 12 9 12 9 12 10

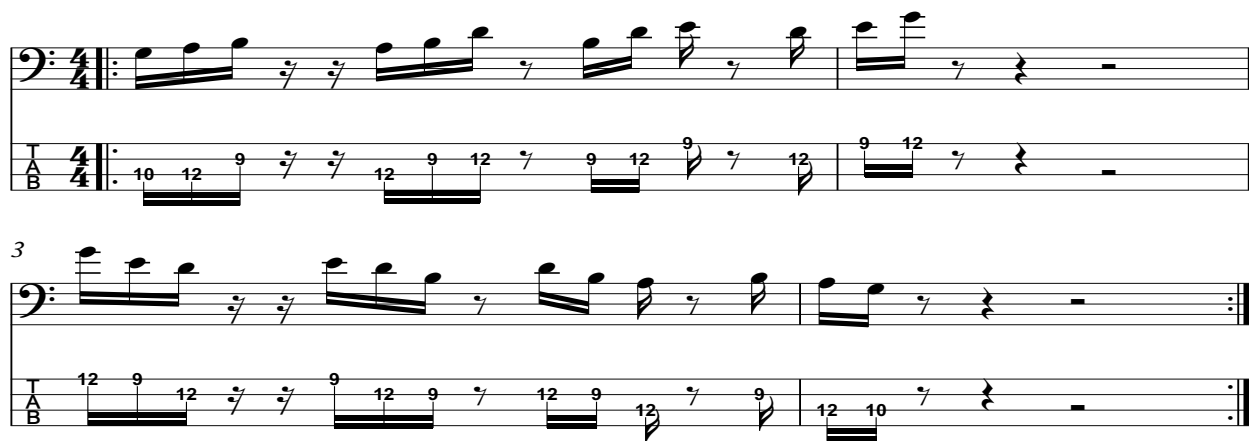


LESSON 5

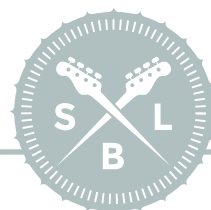
Exercise 4: Takita on the fourth sixteenth note of the beat - G major pentatonic (05:22)



Exercise 5: Takita on different beats of the bar, Part I - G major pentatonic (07:00)

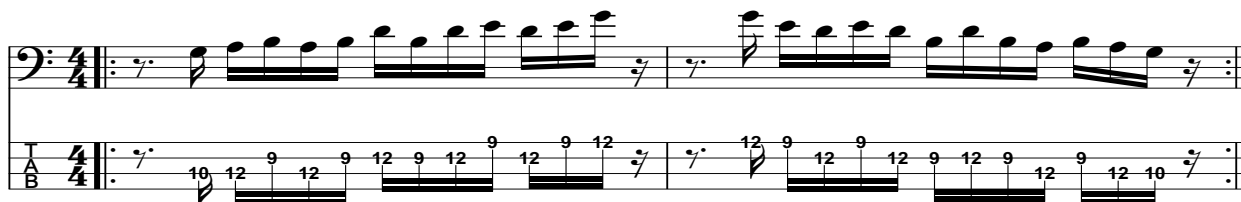


Exercise 6: Takita on different beats of the bar, Part II - G major pentatonic (08:12)



LESSON 5

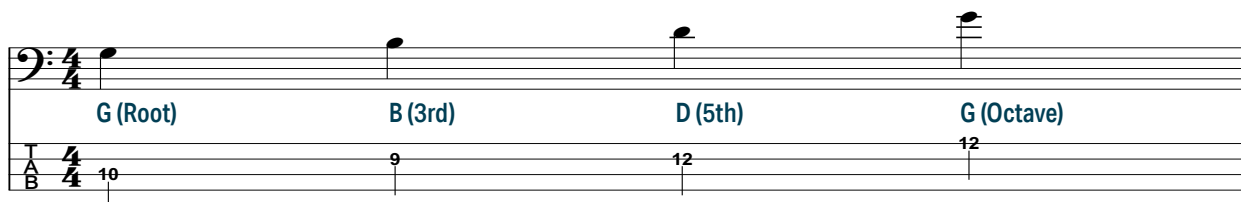
Exercise 7: Takita on different beats of the bar, Part III - G major pentatonic (09:24)



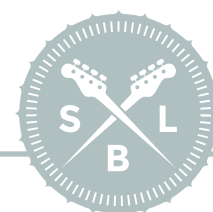
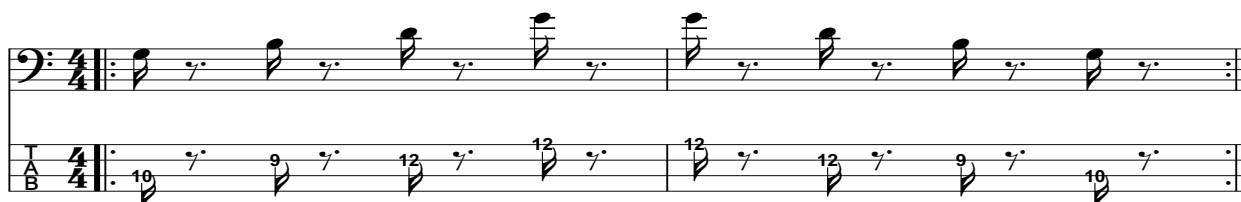
Exercise 8: Takita on different beats of the bar, Part IV - G major pentatonic (10:40)



G major arpeggio (12:45)



Exercise 9: Ta on the first sixteenth note of the beat - G major arpeggio (13:05)



LESSON 5

Exercise 10: Ta on the second sixteenth note of the beat - G major arpeggio (13:28)



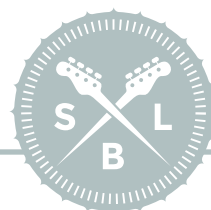
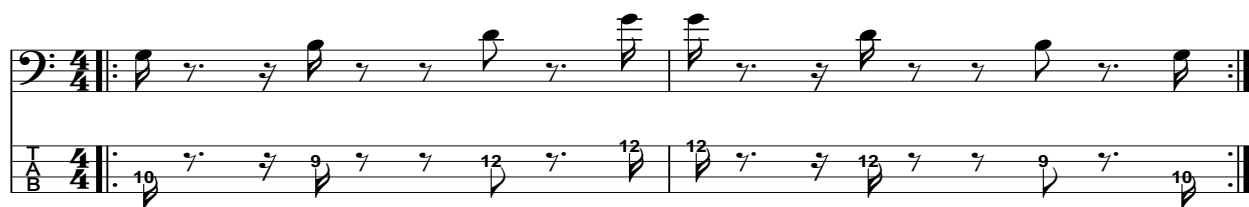
Exercise 11: Ta on the third sixteenth note of the beat - G major arpeggio (13:48)



Exercise 12: Ta on the fourth sixteenth note of the beat - G major arpeggio (14:10)



Exercise 13: Ta on different beats of the bar Part I - G major arpeggio (16:10)



LESSON 5

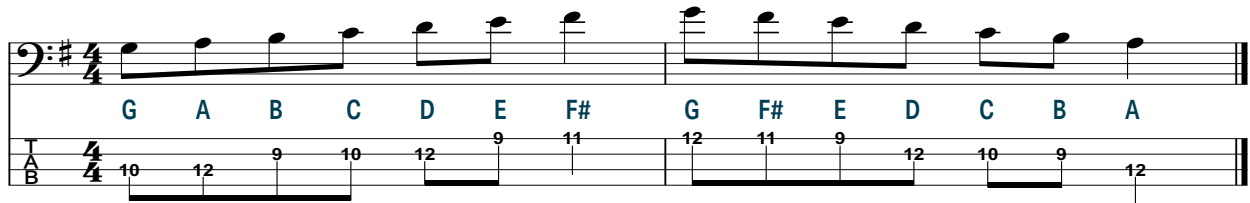
Exercise 12: Ta on different beats of the bar Part II - G major arpeggio (16:40)



LESSON 6

In Lesson 6, we are going to explore the melodic applications of the "Taka" and "Takadimi" rhythms learned in lessons 2 & 4. Exercises 1 through 7 will focus on the "Taka" rhythm. Exercises 8 and onward will focus on the "Takadimi" rhythm. Remember that it's useful to clap and sing the rhythm if you're struggling to play the exercise.

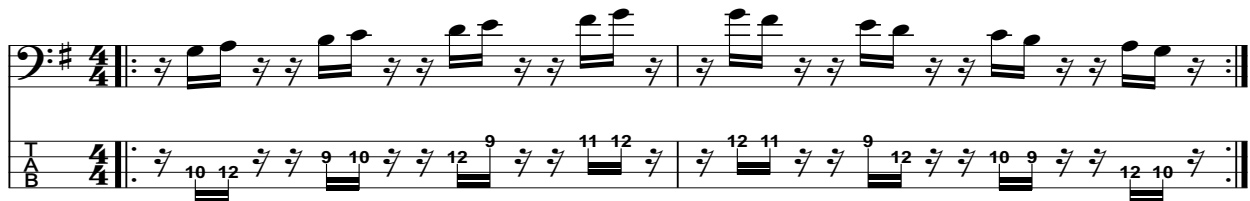
G major scale (00:32)



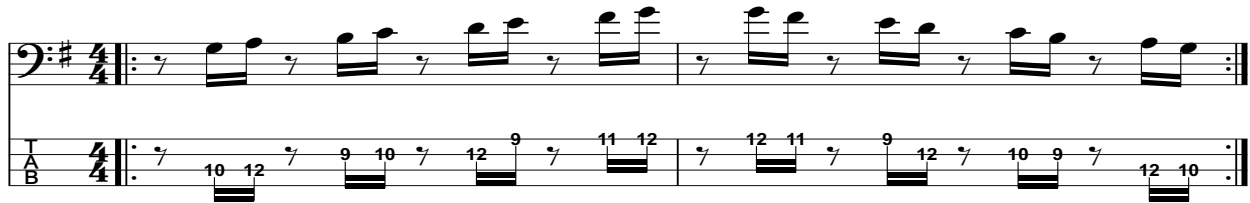
Exercise 1: Taka on the first sixteenth note of the beat - G major scale (00:59)



Exercise 2: Taka on the second sixteenth note of the beat - G major scale (01:37)

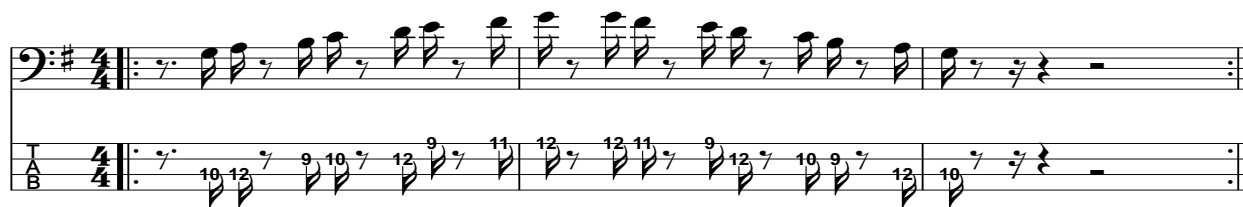


Exercise 3: Taka on the third sixteenth note of the beat - G major scale (02:01)



LESSON 6

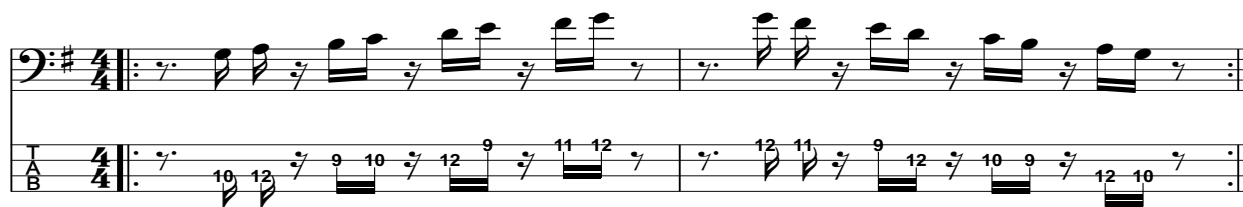
Exercise 4: Taka on the fourth sixteenth note of the beat - G major scale (02:24)



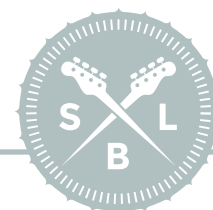
Exercise 5: Taka on different beats of the bar Part I - G major scale (03:22)



Exercise 6: Taka on different beats of the bar Part II - G major scale (05:05)



Exercise 7: Taka as a rhythmic cadence - G major scale (06:02)



LESSON 6

Exercise 8: Takadimi on the first sixteenth note of the beat - G major scale (09:14)

The musical notation for 'The Rose Tree' is presented in bass clef with a 4/4 time signature. The melody is written on a single staff, and the guitar accompaniment is shown as a tablature below it. The melody consists of eighth and sixteenth notes, with a repeat sign at the end. The guitar tablature uses numbers 9, 10, 11, and 12 to indicate fret positions, with a 'T' (thumb) and 'B' (bar) symbol at the beginning.

Exercise 9: Takadimi on the second sixteenth note of the beat - G major scale (10:00)

[illegible]

3

Exercise 10: Takadimi on the third sixteenth note of the beat - G major scale (10:00)

The bass line for "The Rose Tree" in G major, 4/4 time, is shown in the bottom staff. It begins with a treble clef and a key signature of one sharp (F#). The time signature is 4/4. The melody consists of eighth and sixteenth notes, with fingerings indicated by numbers 1 through 4. The final measure includes a fermata.

3

11 9 12 10 9 12 10 9 12 10 9 12 10



LESSON 6

Exercise 11: Takadimi on the fourth sixteenth note of the beat - G major scale (10:48)

3



LESSON 7

In Lesson 7 we will start mixing the rhythmic patterns to create melodic bass lines. We will continue to use the G major scale, although these exercises can be applied to any scale, arpeggio, phrase, etc., in any key.

Exercise 1: Takadimi on different beats of the bar Part I - G major scale (01:08)

Exercise 1 Part I is a bass line exercise in G major, 4/4 time. It consists of two systems of notation. The first system has a bass staff and a guitar staff. The bass staff contains a melodic line starting on G2, moving up stepwise to D3, then down stepwise to G2, with a final quarter rest. The guitar staff contains a corresponding line with fret numbers 12, 9, 10, 12, 9, 10, 12, 9, 11, 12, 9, 11, 12, and a final quarter rest. The second system is marked with a '3' and contains a similar melodic line in the bass staff and a corresponding guitar staff with fret numbers 11, 9, 12, 10, 9, 12, 10, 9, 12, 10, 9, 12, 10, and a final quarter rest.

Exercise 2: Takadimi on different beats of the bar Part II - G major scale (02:04)

Exercise 2 Part II is a bass line exercise in G major, 4/4 time. It consists of two systems of notation. The first system has a bass staff and a guitar staff. The bass staff contains a melodic line starting on G2, moving up stepwise to D3, then down stepwise to G2, with a final quarter rest. The guitar staff contains a corresponding line with fret numbers 12, 9, 10, 12, 9, 10, 12, 9, 11, 12, 9, 11, 12, and a final quarter rest. The second system is marked with a '4' and contains a similar melodic line in the bass staff and a corresponding guitar staff with fret numbers 12, 10, 9, 12, 10, 9, 12, 10, 9, 12, 10, 9, 12, and a final quarter rest.



LESSON 7

Exercise 3: Takadimi on different beats of the bar Part III - G major scale (03:12)

Exercise 3, Part III musical notation. The first system shows a bass line and a tenor/bass line. The second system continues the piece with a triplet of eighth notes in the bass line and a corresponding tenor/bass line. The notation includes various musical symbols like notes, rests, and fingerings (9, 10, 12, 11, 13).

Exercise 4: Takadimi on different beats of the bar Part IV - G major scale (03:56)

Exercise 4, Part IV musical notation. The first system shows a bass line and a tenor/bass line. The second system continues the piece with a triplet of eighth notes in the bass line and a corresponding tenor/bass line. The notation includes various musical symbols like notes, rests, and fingerings (9, 10, 12, 11, 13).

Exercise 5: Mixing Takadimi and Takita Part I - G major scale (07:35)

Exercise 5, Part I musical notation. The first system shows a bass line and a tenor/bass line. The second system continues the piece with a triplet of eighth notes in the bass line and a corresponding tenor/bass line. The notation includes various musical symbols like notes, rests, and fingerings (9, 10, 12, 11, 13).

LESSON 7

Exercise 6: Mixing Takadimi and Takita Part II - G major scale (08:44)

Ta ka di mi Ta ki ta Ta ka di mi Ta ki ta Ta ka di mi Ta ki ta Ta ka di

mi Ta ka di mi Ta ki ta Ta ka di mi Ta ki ta Ta ka di mi



LESSON 8

In Lesson 8 we will explore a new rhythmic pattern called “Taal” (Tala). Although we are using the “Taal” to create exercises, note that it’s not the traditional Indian way of applying it.

We'll focus on a particular eight beat rhythmic cycle called "Adi-Taal", which is one of the most common ones. For these exercises, use your index, middle, ring, and pinky fingers to accent the downbeats.

Exercise 1: Adi-Taal cycle using Ta, Taka, Takita, and Takadimi, Part I (09:40)

Musical score for the song "Ta ka di mi". The score is written for two parts: Bass (bottom staff) and Tenor (top staff). The key signature is one flat (B-flat), and the time signature is 4/4. The melody is simple, consisting of quarter and eighth notes. The lyrics are: Ta ka di mi.

Bass staff: Ta ka di mi
 Tenor staff: Ta ka di mi

Exercise 2: Adi-Taal cycle using Ta, Taka, Takita, and Takadimi, Part II (10:30)

If you wish to explore these concepts further, Michael recommends to search on Youtube for lessons, find a trained instructor, and also download the iTabla app to practice your bass lines with a virtual tabla player. You can also apply these concepts to different bass techniques such as slap bass.

