



ARIANE

CAD

GROOVE
THEORY:
MUSIC THEORY
AND
TECHNIQUE
BASICS

SBL Course Workbook



GROOVE THEORY: MUSIC THEORY & TECHNIQUE BASICS

with Ariane Cap

COURSE DESCRIPTION

If you want to become more creative with your bass playing, then you really need to increase your understanding of how music theory works. In this course, Ariane Cap gives you the necessary building blocks to get started. If you nail down these basics, then the next steps become so much easier. This gives you a real advantage, and can get you out there playing music and getting the gigs, a lot faster!

In this course you're going to learn critical intervals and different chord types, how triads and pentatonic scales work, the difference between straight and shuffle feel, how to be more creative with your practice routine, how to build new grooves from the ground up, and much more.

LESSON I

THE 5TH INTERVAL

Note: The time stamps listed with each example below correspond to their placement in the lesson videos.

In this lesson, we will focus on one of the most useful intervals for groove creation: the fifth. Ariane will show you different fingerings and positions to locate the fifth of any note on the fretboard. The following examples focus on this interval, so make sure you're able to locate the fifths on the notation and also on your fretboard.

Example #1 (06:30)

Example #1 (06:30) shows the 5th interval for four chords: C, F, Dm, and G. The notation is in bass clef, 4/4 time. The first staff shows the melody, and the second staff shows the fretboard positions with fingerings (3, 5, 5, 3, 5, 3, 5).

Example #2 (07:04)

Example #2 (07:04) shows the 5th interval for four chords: C, F, Dm, and G. The notation is in bass clef, 4/4 time. The first staff shows the melody, and the second staff shows the fretboard positions with fingerings (3, 3, 5, 5, 3, 3, 5, 3, 5, 3).

Example #3 (07:38)

Example #3 (07:38) shows the 5th interval for four chords: C, F, Dm, and G. The notation is in bass clef, 4/4 time. The first staff shows the melody, and the second staff shows the fretboard positions with fingerings (3, 3, 3, 3, 5, 3, 3, 3, 3, 5, 3, 5, 5, 5, 5, 5, 3, 3, 3, 3, 5, 5).



LESSON I

Example #4 (08:12)

Example #4 (08:12) is a musical exercise in 4/4 time, featuring a bass line and a guitar line. The exercise is divided into two systems, each with two measures.

System 1:

- Measure 1:** Bass line starts on C (middle C), followed by a descending eighth-note scale: C, B, A, G, F, E, D, C. The guitar line consists of a single note, C (middle C).
- Measure 2:** Bass line starts on F (below middle C), followed by an ascending eighth-note scale: F, G, A, B, C, D, E, F. The guitar line consists of a single note, F (below middle C).

System 2:

- Measure 3:** Bass line starts on D_M (below middle C), followed by a descending eighth-note scale: D_M, C, B, A, G, F, E, D. The guitar line consists of a single note, D_M (below middle C).
- Measure 4:** Bass line starts on G (below middle C), followed by an ascending eighth-note scale: G, A, B, C, D, E, F, G. The guitar line consists of a single note, G (below middle C).

The exercise is written in 4/4 time, with a key signature of one flat (B-flat). The bass line is written in bass clef, and the guitar line is written in treble clef.



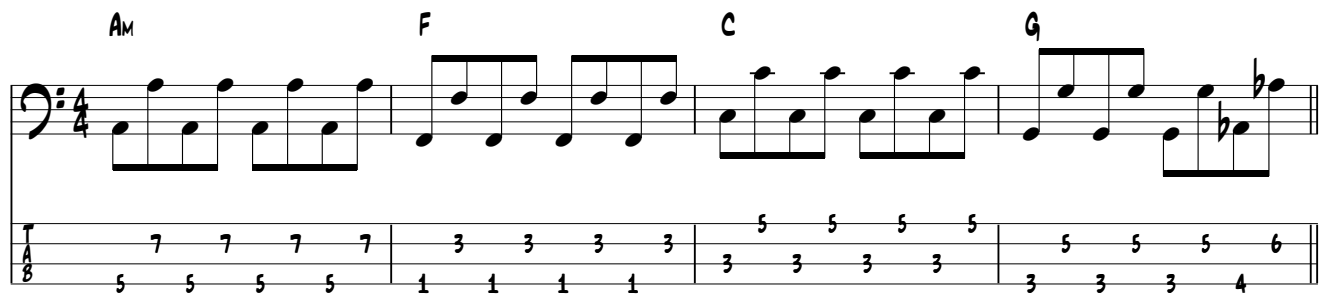
LESSON 2

THE OCTAVE

In this lesson, we will focus on one of the most funky intervals, the octave. Ariane will show you different ways of identifying an octave, and the following grooves will showcase this interval.

Spend some time playing this interval on different parts of the neck and, when you feel that you are ready, start practicing the following exercises.

Example #1 (02:53)



Example #1 is a musical exercise in 4/4 time, featuring a bass line with four measures. The notes are: A2, C2, E2, G2 (Am); F2, A2, C3, E3 (F); F3, A3, C4, E4 (C); G3, B3, D4, F4 (G). The fret numbers are: 5, 5, 5, 5; 1, 1, 1, 1; 3, 3, 3, 3; 3, 3, 3, 4.

Example #2 (03:24)



Example #2 is a musical exercise in 4/4 time, featuring a bass line with eight measures. The notes are: A2, C2, E2, G2 (Am); F2, A2, C3, E3 (F); F3, A3, C4, E4 (C); G3, B3, D4, F4 (G). The fret numbers are: 5, 5, 5, 5; 1, 1, 1, 1; 3, 3, 3, 3; 3, 3, 3, 4.



LESSON 2

Example #3 (03:57)

Am F C G

7 5 5 5 5 | 3 1 1 1 1 | 5 3 3 3 3 | 5 3 3 3 4

Example #4 (04:28)

Am F C G

7 5 5 5 5 | 3 1 1 1 1 | 5 3 3 3 3 | 5 3 3 3 3



LESSON 3

ROOT - FIFTH - OCTAVE GROOVES

In this lesson we will start combining the fifth and the octave to create more interesting and varied bass lines. Since we are adding more intervals to our grooves, there's an opportunity to mix and match the intervals in different ways. So use the following examples as a starting point and experiment with your own combinations.

Example #1 (01:54)

Example #1 (01:54) shows two measures of music in 4/4 time. The first measure is labeled with a C chord and the second with an Am chord. The notation includes a bass staff with notes and a guitar staff with fret numbers. The bass staff for measure 1 has notes C2, E2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4. The guitar staff for measure 1 has fret numbers 3, 5, 5, 5, 3, 3, 5. The bass staff for measure 2 has notes C3, E3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff for measure 2 has fret numbers 5, 7, 7, 7, 5, 5, 0.

Example #2 (02:36)

Example #2 (02:36) shows two measures of music in 4/4 time. The first measure is labeled with a C chord and the second with an Am chord. The notation includes a bass staff with notes and a guitar staff with fret numbers. The bass staff for measure 1 has notes C2, E2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4. The guitar staff for measure 1 has fret numbers 3, 3, 3, 5, 3, 3, 5. The bass staff for measure 2 has notes C3, E3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The guitar staff for measure 2 has fret numbers 5, 5, 5, 7, 0, 5, 7, 2.

LESSON 4

STRAIGHT VS. SHUFFLE

This lesson focuses on two fundamental rhythms: straight and shuffle feel. The shuffle rhythm has a triplet feel and it's present in many genres such as swing and the blues.

Sometimes the notation can be written in triplets, but most times (like in the following examples) it will be written as regular eighth notes with a text indication that the groove has a shuffle feel.

Make sure to spend time feeling the difference between these rhythmic grooves, and develop the ability to switch between the two as you play.

You will also be introduced to a new interval, the flat seventh, but we will talk more about this interval later on in Lesson 7.

Example #1 (05:41)

C^M7

The musical notation for Example #1, C^M7, is presented in two staves. The top staff is a bass line in 4/4 time, featuring a shuffle feel indicated by a '7' over the notes. The bottom staff is a guitar line, also in 4/4 time, featuring triplet eighth notes indicated by a '3' over the notes.

G⁷

The musical notation for Example #1, G⁷, is presented in two staves. The top staff is a bass line in 4/4 time, featuring a shuffle feel indicated by a '7' over the notes. The bottom staff is a guitar line, also in 4/4 time, featuring triplet eighth notes indicated by a '3' over the notes.



LESSON 4

Example #2 (06:49)

C^M7



G⁷



LESSON 5

BASIC TECHNIQUE

In this lesson, Ariane will share with you several technique and posture recommendations. The goal is to play relaxed and at ease. You might find that some tips work better than others for your particular style, but we encourage you to try them out before discounting any.

Symmetry: Ariane recommends to adjust your posture and strap height in a way that it's in the same position whether you're sitting down or standing. This will allow you to develop a stronger muscle memory that works in either playing position.

Plucking hand: gently place your plucking hand over the body of the bass for stability. You don't want to be pressing down as the muscles and nerves of your forearm will experience fatigue and pain.

Fretting hand: Be mindful of the pressure on your thumb to avoid pain in this part of the hand. There should be a balance between both hands so one doesn't compensate for the other.

Plucking Technique: Ariane recommends alternating between your fingers. Whether you're using two or more fingers to pluck, developing a consistent system goes a long way.

Fretting Hand: The following exercises are designed to develop your finger independence and strength using a "finger per fret" system. Below is a permutations table which you can use to explore the different fingerings available.

Possible Fingering Permutations

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



LESSON 5

Example #1 - Fingering 1 2 3 4 (03:19)

NC.

1 2 3 4 5 6 7 8 9 10

8 9 10 11 12 13 14

ETC.

Example #2 - Fingering 4 3 2 1 (03:32)

NC.

12 13 14 15 15 14 13 12 14 13 12 11 13 12 11 10

12 11 10 9 11 10 9 8 10 9 8 7 9 8 7 6 8 7 6 5

LESSON 5

Example #3 - Fingering 1 2 4 3 (04:23)

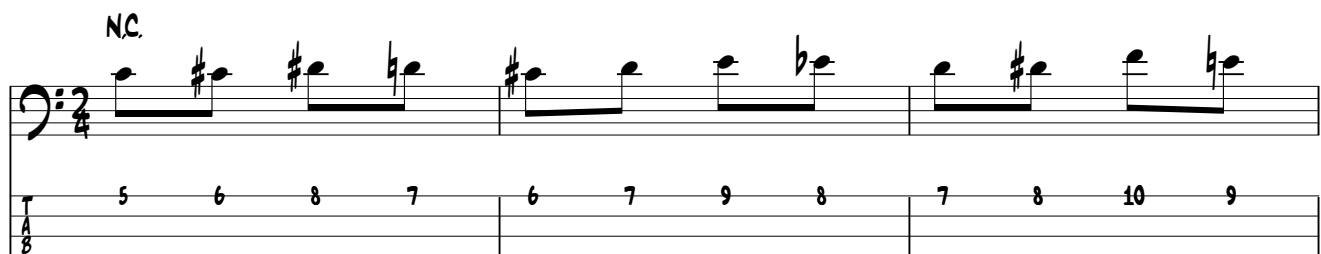
NC. ETC.



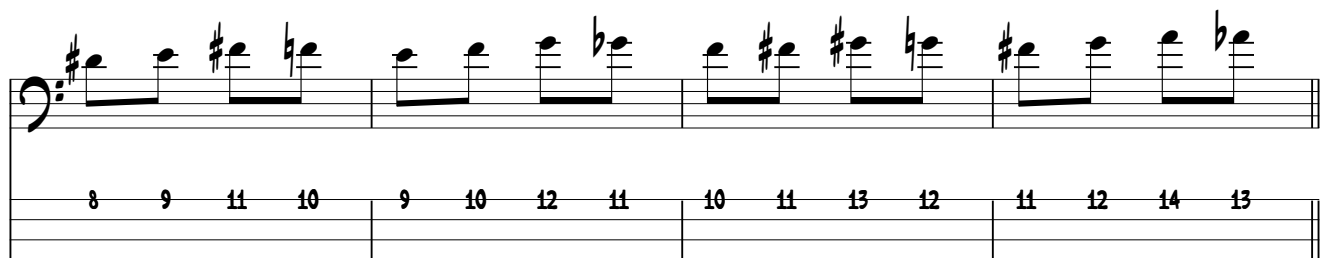
Example #3 is a musical exercise in bass clef, 2/4 time. It consists of five measures of music. The notes are: Measure 1: F#4, G#4, A4; Measure 2: B4, A4, G#4; Measure 3: F#4, E4, D#4; Measure 4: C#4, B3, A3; Measure 5: G3, F#3, E3. The fingering is indicated by numbers 3, 4, 6, 5, 4, 5, 7, 6, 5, 6, 8, 7, 6, 7, 9, 8, 7, 8, 10, 9 below the staff.

Example #4 - Fingering 1 2 4 3 (05:07)

NC.



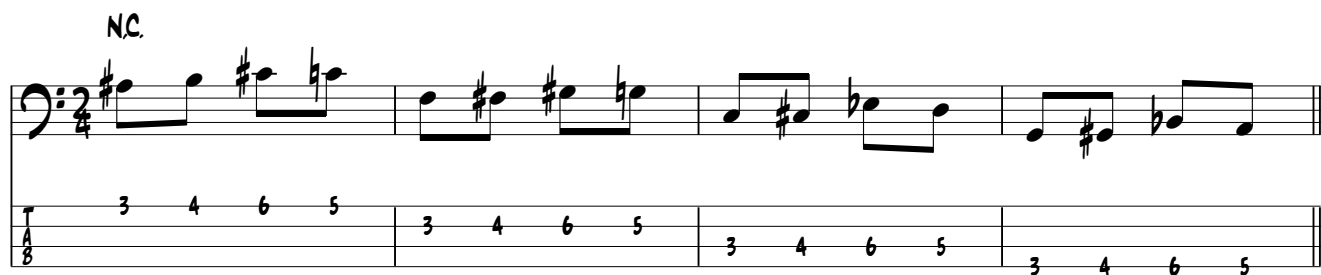
Example #4 is a musical exercise in bass clef, 2/4 time. It consists of three measures of music. The notes are: Measure 1: F#4, G#4, A4; Measure 2: B4, A4, G#4; Measure 3: F#4, E4, D#4. The fingering is indicated by numbers 5, 6, 8, 7, 6, 7, 9, 8, 7, 8, 10, 9 below the staff.



This block continues the musical exercise from Example #4. It consists of four measures of music. The notes are: Measure 1: C#4, B3, A3; Measure 2: G3, F#3, E3; Measure 3: D#3, C#3, B2; Measure 4: A2, G2, F#2. The fingering is indicated by numbers 8, 9, 11, 10, 9, 10, 12, 11, 10, 11, 13, 12, 11, 12, 14, 13 below the staff.

Example #5 - Fingering 1 2 4 3 (05:21)

NC.



Example #5 is a musical exercise in bass clef, 2/4 time. It consists of four measures of music. The notes are: Measure 1: F#4, G#4, A4; Measure 2: B4, A4, G#4; Measure 3: F#4, E4, D#4; Measure 4: C#4, B3, A3. The fingering is indicated by numbers 3, 4, 6, 5, 3, 4, 6, 5, 3, 4, 6, 5, 3, 4, 6, 5 below the staff.



LESSON 5

Example #6 (05:30)

N.C.

First system of musical notation (measures 1-4) in bass clef, 2/4 time. The notes are: 1. G2, A2, B2, C3; 2. D3, E3, F3, G3; 3. A3, B3, C4, D4; 4. E4, F4, G4, A4. The fingering below the staff is: 1 3 4 2 | 2 4 5 3 | 3 5 6 4 | 4 6 7 5.

Second system of musical notation (measures 5-8) in bass clef, 2/4 time. The notes are: 5. B4, C5, D5, E5; 6. F5, G5, A5, B5; 7. C6, D6, E6, F6; 8. G6, A6, B6, C7. The fingering below the staff is: 5 7 8 6 | 6 8 7 9 | 7 9 8 10 | 8 10 9 11.

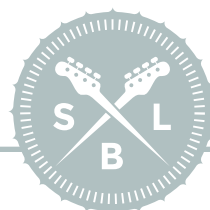
Third system of musical notation (measures 9-12) in bass clef, 2/4 time. The notes are: 9. D6, E6, F6, G6; 10. A6, B6, C7, D7; 11. E7, F7, G7, A7; 12. B7, C8, D8, E8. The fingering below the staff is: 9 11 10 12 | 10 12 11 13 | | |.

LESSON 6

THE MAJOR SECOND

In this lesson, we will talk about a new interval: the major second. Ariane will show you different ways of finding this intervals on different strings and on various areas of the neck, so make sure to feel comfortable with it and in the following lesson we will explore some grooves containing this interval.

You'll often hear bass players talking about going "up" or "down" the neck, but what do they mean? Rather than a spacial reference, it's a sonic reference. When a bass player is playing higher pitches, they're going "up," and conversely, when a bass player is playing lower pitches, they're going "down."



LESSON 7

FLAT 7 GROOVES

In this lesson, we will continue our conversation about the flat seventh interval. As with the major second, the flat seven is located two frets away from the root, but in the opposite direction (moving down the neck instead of up). The following examples showcase this interval by playing it below the root and below the octave.

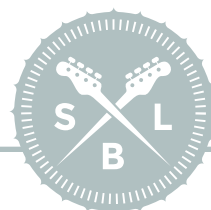
Once you feel comfortable with the shapes and the string skipping, use the examples as starting points to experiment with your own grooves using the root, octave, fifth, and the flat seventh.

Example #1 (02:03)

Example #1 (02:03) features four musical examples in bass clef, 4/4 time, showcasing flat 7th grooves for different chords: D^M7, A⁷, C⁷, and G⁷.

D^M7 and A⁷ Examples: Each consists of a melodic line and a fretboard diagram. The fretboard diagrams show the root (5), flat 7th (7), and octave (5) positions across the strings.

C⁷ and G⁷ Examples: Each consists of a melodic line and a fretboard diagram. The fretboard diagrams show the root (3), flat 7th (5), and octave (3) positions across the strings.



LESSON 7

Example #2 (02:47)

D_M⁷

5 5 3 5 5 5 5 5 | 5 5 3 5 3 5

A⁷

5 5 3 5 5 5 5 5 | 5 5 3 5 3 5

C⁷

3 3 1 3 3 3 3 1 | 3 3 1 3 1 3 3 1

G⁷

3 3 1 3 3 5 3 5 3 5 | 3 3 1 3 1 3 5 3 5 3 3 5



LESSON 8

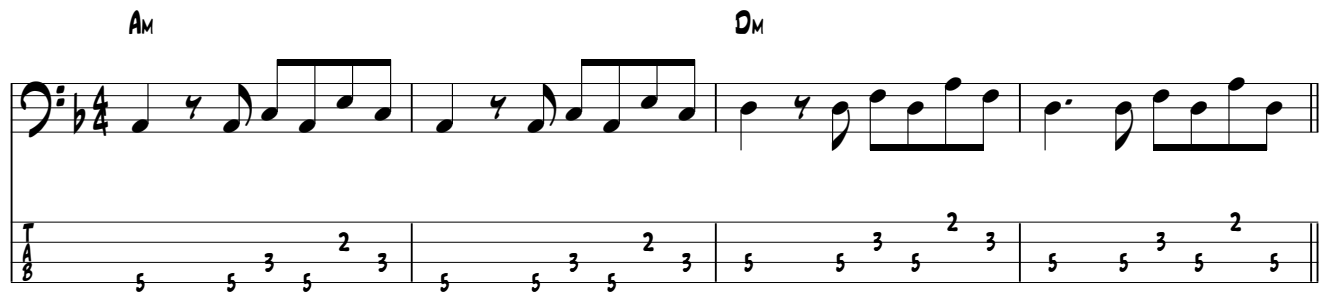
THE MINOR THIRD

In this lesson, we will explore another super-important interval to know: the third. In particular, the **minor** third and how to incorporate it into a groove. Ariane will teach you ways to find the minor third, plus different positions and fingerings so you can start visualizing the shape on the fretboard.

If you feel you're stretching too much to reach the minor third, do a slight shift with your wrist to assist your fingers. Over time and with practice, you'll be able to play this interval comfortably regardless of your hand size.

Example #1 (03:50)

Am Dm



5 5 3 5 2 3 | 5 5 3 5 2 3 | 5 5 3 5 2 3 | 5 5 3 5 2 3

Example #2 (04:18)

Am Dm



5 5 5 8 7 | 5 5 8 5 7 | 5 5 5 8 7 | 5 5 8 5 7 5



LESSON 8

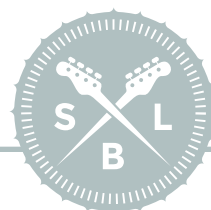
Example #3 (04:47)

A_M

3 5 5 3 5 3 7

3 5 5 3 5 3 5 1 0 5

D_M



LESSON 9

MINOR SEVENTH-CHORD GROOVES

In this lesson, we will combine what we've learned so far to create grooves over minor seventh chords. Things will get a little more advanced, so be sure you've studied and are comfortable with the rest of the intervals taught up to this point!

As always, explore different ways of combining these intervals so you can come up with your own, original grooves.

Example #1 (01:57)

Example #1 (01:57) features a groove over Cm^7 and Fm^7 chords. The notation shows a bass line with eighth notes and a guitar line with fret numbers.

Chords: Cm^7 (first two measures), Fm^7 (last two measures).

Bass Line (Example #1):

- Measure 1: Cm^7 (F, C, G, F, C, G, F, C)
- Measure 2: Cm^7 (F, C, G, F, C, G, F, C)
- Measure 3: Fm^7 (Bb, F, C, Bb, F, C, Bb, F)
- Measure 4: Fm^7 (Bb, F, C, Bb, F, C, Bb, F)

Guitar Line (Example #1):

- Measure 1: 3 3 6 3 5 3
- Measure 2: 3 3 6 3 5 3
- Measure 3: 8 8 11 8 10 8
- Measure 4: 8 8 11 8 10 8

Example #2 (02:27)

Example #2 (02:27) features a groove over Cm^7 and Fm^7 chords. The notation shows a bass line with eighth notes and a guitar line with fret numbers.

Chords: Cm^7 (first two measures), Fm^7 (last two measures).

Bass Line (Example #2):

- Measure 1: Cm^7 (F, C, G, F, C, G, F, C)
- Measure 2: Cm^7 (F, C, G, F, C, G, F, C)
- Measure 3: Fm^7 (Bb, F, C, Bb, F, C, Bb, F)
- Measure 4: Fm^7 (Bb, F, C, Bb, F, C, Bb, F)

Guitar Line (Example #2):

- Measure 1: 5 3 5 6
- Measure 2: 3 3 6 3 5 6
- Measure 3: 10 8 10 11
- Measure 4: 8 8 11 8 10 11



LESSON 9

Exercise #3 (02:57)

C_M⁷

3 3 3 6 5 3 5 | 3 3 3 6 5 3 5

F_M⁷

8 8 8 8 11 10 8 10 | 8 8 11 8 10 11 8

Exercise #4 (03:23)

C_M⁷

3 3 15 18 15 17 15 17 | 3 3 15 18 15 17 18 15

F_M⁷

1 1 8 11 8 10 11 8 | 1 1 8 11 8 10 11 8



LESSON 10

THE MINOR PENTATONIC SCALE

Get ready to delve into one of the most useful scales in popular music: the minor pentatonic scale.

The only interval we haven't covered so far that is contained within the minor pentatonic scale is the fourth. So, in this lesson we will find out where the fourth is located, how to play it, and how to visualize the minor pentatonic scale using the "Big Box - Small Box" concept.

Example #1 (03:31)

Cm⁷

3 5 3 5 3 6 3

Example #2 (03:53)

Cm⁷

3 6 3 5 3 5

