

# left hand pain/speed drills

5 string bass drills but can be adapted for 4 string. Drill for left hand strength.

**Let each note value be as full as possible. Do not play this staccato!**

Each note must ring until the next one starts.

Standard tuning

Moderate ♩ = 120

E-Bass5

1

*f*

T  
A  
B

7 9 11 8 11 9 11 9 11 8 11 9

2

3

T  
A  
B

6 8 10 7 10 8 10 8 10 7 10 8 | 5 7 9 6 9 7 9 7 9 6 9 7

4

5

T  
A  
B

4 6 8 5 8 6 8 6 8 5 8 6 | 3 5 7 4 7 5 7 5 7 4 7 5

6

7

8

T  
A  
B

2 4 6 3 6 4 6 4 6 3 6 4 | 3 2 5 4 2 4 5 2 | 4 3 6 5 3 5 6 3

The image displays a musical score for guitar, consisting of two staves. The upper staff is a bass clef staff with a treble clef-like shape on the left, containing a melodic line of eighth notes. The lower staff is a guitar tablature (TAB) line with three staves labeled T, A, and B. The music is divided into three measures, numbered 9, 10, and 11 at the top.

**Measure 9:** Bass line notes are G2, A2, B2, C3, D3, E3, F3, G3. TAB: T (5), A (4), B (7) with a slur over 6 and 4, then 6, 7, 4.

**Measure 10:** Bass line notes are G3, A3, B3, C4, D4, E4, F4, G4. TAB: T (6), A (5), B (8) with a slur over 7 and 5, then 7, 8, 5.

**Measure 11:** Bass line notes are G4, A4, B4, C5, D5, E5, F5, G5. TAB: T (7), A (6), B (9) with a slur over 8 and 6, then 8, 9, 6.