

## STRING BASS FUNDAMENTAL SET-UP

If you master these steps, there will be no physical obstacles to your progress!!!

### FUNDAMENTAL AREA ONE: BOW GRIP

1. Thumb curved (Place the thumb between the frog and the grip.)
2. Knuckles on the stick (knuckles parallel to the stick)
3. Fingers straight down
4. Second finger on ferrule
5. Relaxed (Finger motion should be seen at the frog and the tip.)

### FUNDAMENTAL AREA TWO: BOW PATH

1. Bow placement (Place the bow between the bridge and the fingerboard.)
2. Straight from frog to tip (The bow should be parallel to the bridge.)
3. Play into the string (Make the string vibrate.)
4. Elbow level (Match the string level on which you are playing.)
5. Correct amount of bow

### FUNDAMENTAL AREA THREE: INSTRUMENT POSITION

1. End pin position (First position should be at eye level.)
2. Feet at a right angle
3. Weight on right foot
4. Lean bass into hip
5. Rock stop

### FUNDAMENTAL AREA FOUR: LEFT HAND POSITION

1. Thumb curved (The thumb sits behind the second finger.)
2. Knuckles parallel with neck of bass
3. Play with the ends of the fingers (not the pads)
4. Elbow and wrist level
5. Relaxed (Try to feel the string tickle your fingertips.  
Imagine a “soda can” hand.)