



Online Resources Included

DOUBLE BASS BOOK 1

ESSENTIAL ELEMENTS[®]

for Strings



A COMPREHENSIVE STRING METHOD

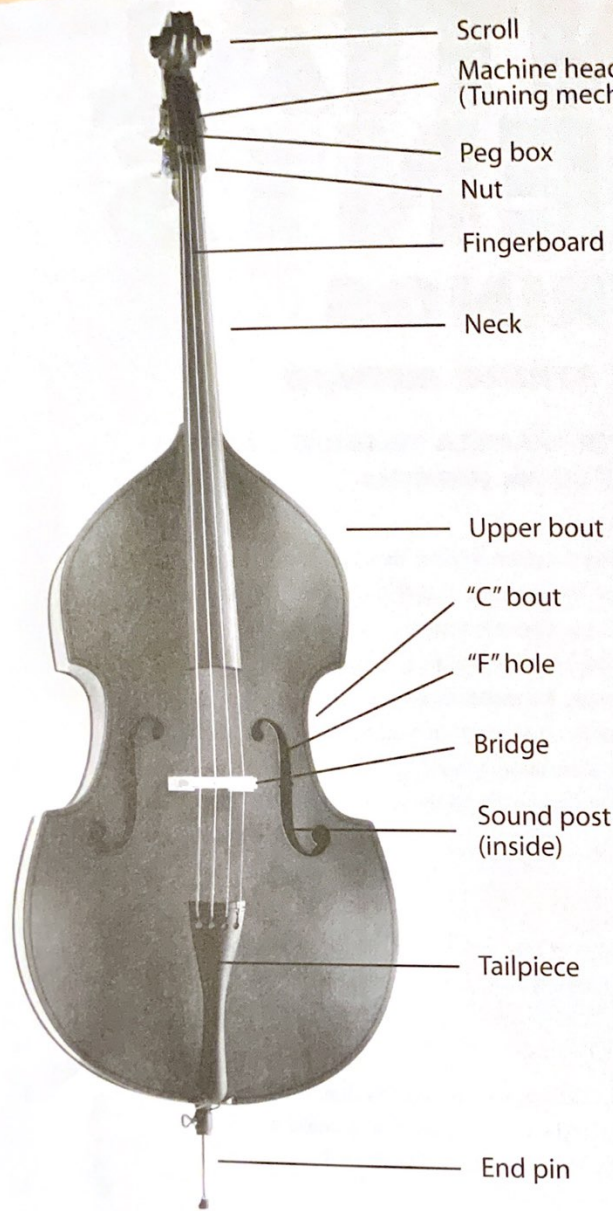
BY
MICHAEL ALLEN
ROBERT GILLESPIE
PAMELA TELLEJOHN HAYES

ARRANGEMENTS BY
JOHN HIGGINS

 **HAL • LEONARD[®]**

Fully compatible with
Essential Elements 2000

THE DOUBLE BASS



Take Special Care

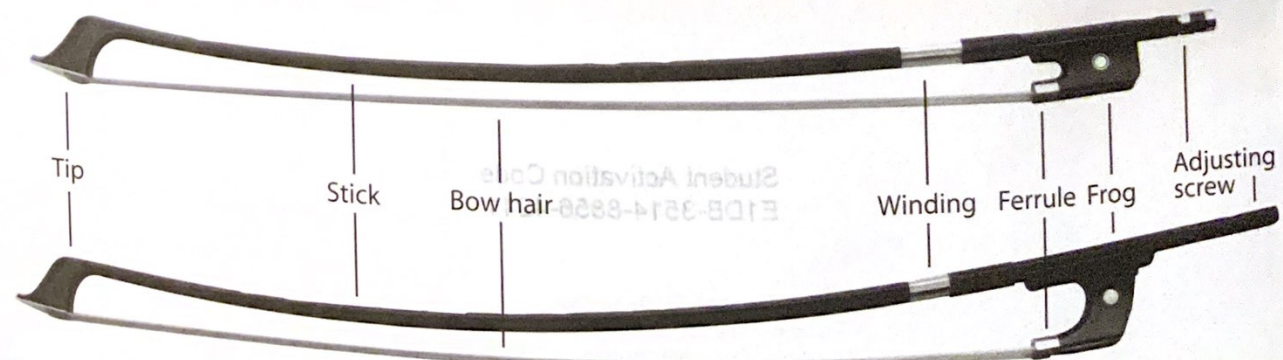
String instruments are delicate. Follow your teacher's guidelines in caring for your instrument, and it will last forever.

- Follow your teacher's instructions when removing the instrument from the case.
- Protect your instrument from heat, cold, and quick changes in temperature.
- Always wipe off the instrument with a soft dry cloth. Be sure to remove all fingerprints and rosin.

Accessories

- Rosin
- Soft cloth
- Stool (optional)

THE BOW



• Never touch the bow hair.

HOLDING YOUR INSTRUMENT

The best way to learn to play your instrument is to practice one skill at a time. Repeat each step until you are comfortable demonstrating it for your teacher and classmates.

Holding The Double Bass (sitting)

Step 1 Remove the bow from the case and put it in a safe place. Open the case and remove the bass. Identify all parts of the bass.

Step 2 Adjust the length of the end pin so that the nut of the bass is near the top of your forehead when standing.

Step 3 Sit squarely on the front half of the stool with your right foot on the floor and your left foot on a rung of the stool. Place the end pin in front of your left foot about one arm's length away.

Step 4 Rotate the bass slightly to the right and lean the bass toward your body so that the upper bout rests against the left side of your stomach. Identify the letter names of each string: E (lowest pitch), A, D, G. Raise your right index finger over the strings and pluck them as directed by your teacher. Plucking the strings is called *pizzicato*, and is abbreviated *pizz.*



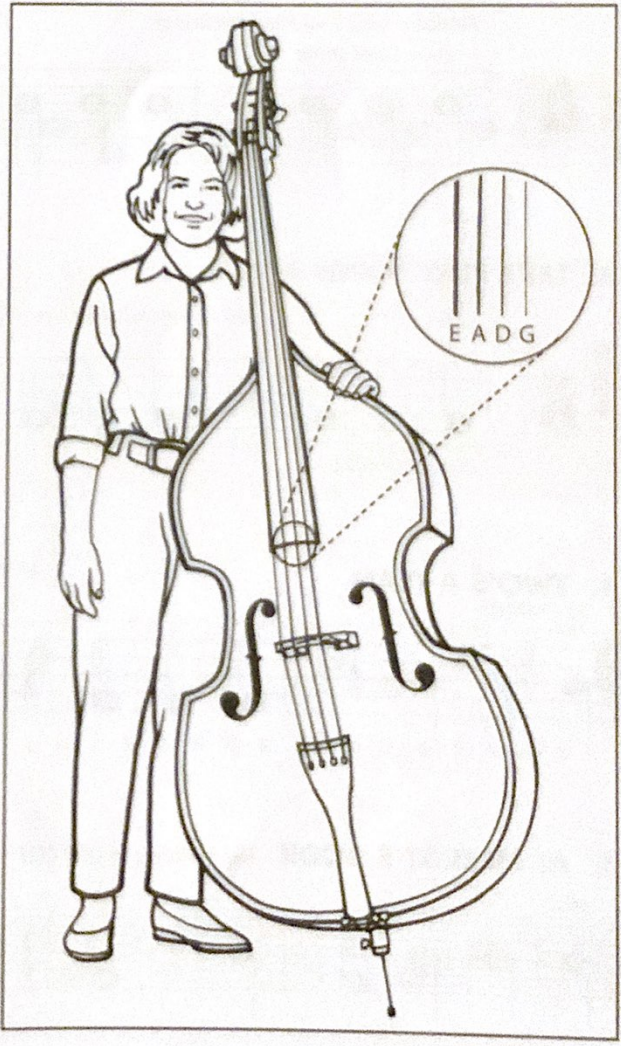
Holding The Double Bass (standing)

Step 1 Remove the bow from the case and put it in a safe place. Open the case and remove the bass. Identify all parts of the bass.

Step 2 Adjust the length of the end pin so that the nut of the bass is near the top of your forehead when standing.

Step 3 Place the end pin in front of your left foot about one arm's length away. Place your left foot slightly forward.

Step 4 Rotate the bass slightly to the right and lean the bass toward your body so that the upper bout rests against the left side of your stomach. Identify the letter names of each string: E (lowest pitch), A, D, G. Raise your right index finger over the strings and pluck them as directed by your teacher. Plucking the strings is called *pizzicato*, and is abbreviated *pizz.*



Beat = The Pulse of Music

The **beat** in music should be very steady, just like your pulse.

Quarter Note ♩ = 1 Beat of Sound

Notes tell us how high or low to play, and how long to play.

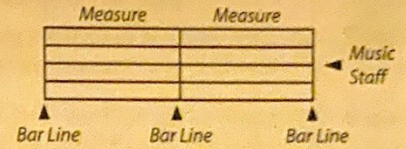
Quarter Rest { = 1 Beat of Silence

Rests tell us to count silent beats.

Music Staff The **music staff** has 5 lines and 4 spaces.

Bar Lines **Bar lines** divide the music staff into **measures**.

Measures The **measures** on this page have four beats each.



1. TUNING TRACK *Wait quietly for your teacher to tune your instrument.*

2. LET'S PLAY "OPEN D"

Pizzicato (pizz.) ♩ Pluck the strings
 0 ♩ Open string

D

3. LET'S PLAY "OPEN A"

pizz.
 0

A

Keep a steady beat.

4. TWO'S A TEAM

pizz.

5. AT PIERROT'S DOOR *The melody is on your CD.*

pizz.

Bass Clef



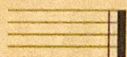
Clefs indicate a set of note names.

Time Signature (Meter)

$\frac{4}{4}$ 4 beats per measure
 $\frac{4}{4}$ ♩ or ♪ gets one beat

The **time signature** tells us how many beats are in each measure and what kind of note gets one beat.

Double Bar



A **double bar** indicates the end of a piece of music.

THEORY

6. JUMPING JACKS Identify the clef and time signature before playing.



7. MIX 'EM UP



Repeat Sign



Go back to the beginning and play the music again.

Counting

Count 1 & 2 & 3 & 4 &
 Tap ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

One beat = Tap toe down on the number and up on "&." Always count when playing or resting.

THEORY

8. COUNT CAREFULLY Keep a steady beat when playing or resting.



9. ESSENTIAL ELEMENTS QUIZ Write in the counting before you play.

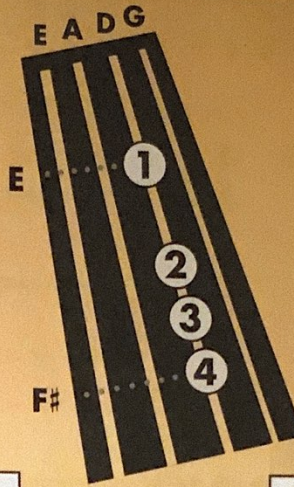


SHAPING THE LEFT HAND

D STRING NOTES

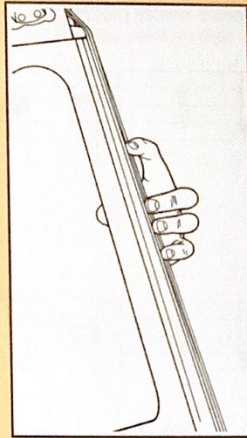
Step 1 Shape your left hand as shown. Be certain your palm faces you.

- 0 = Open string
- 1 = 1st finger
- 2 = 2nd finger
- 3 = 3rd finger
- 4 = 4th finger

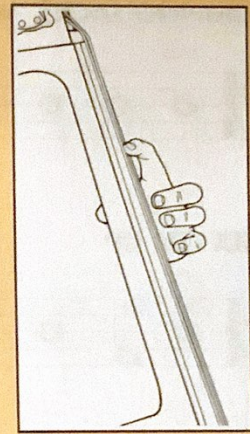


Step 2 Bring your left hand to the fingerboard. Place your fingers on the D string, keeping your hand shaped as shown. Be sure your thumb is behind the second finger and slightly bent.

F# is played with 4 fingers on the D string.



E is played with 1 finger on the D string.



Listening Skills

Play what your teacher plays. Listen carefully.

10. LET'S READ "G" Start memorizing the note names.

G *pizz.* 0

THEORY

Sharp #

A **sharp** raises the sound of notes and remains in effect for the entire measure. Notes without sharps are called **natural** notes.

11. LET'S READ "F#" (F-sharp)

F# *pizz.* 4

▲ Play all F#'s. Sharps apply to the entire measure.

12. LIFT OFF

pizz. 0

▲ Keep fingers down when you see this bracket.

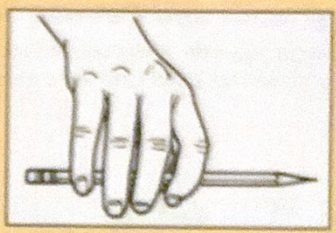
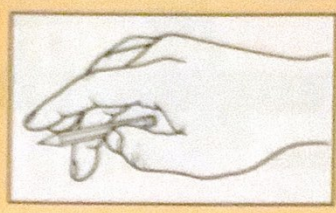
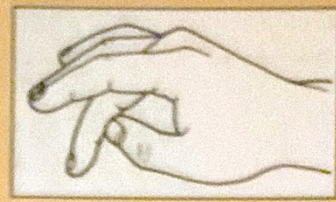
✓ Is your left hand shaped as shown in the diagrams above?

SHAPING THE RIGHT HAND

BOW BUILDER ONE

Pencil Hold

- Step 1** Hold a pencil in your left hand about waist level.
- Step 2** Place the tip of your right thumb between the first and second joints of your second finger.
- Step 3** Place the pencil between your thumb and second finger, while keeping your thumb gently curved.
- Step 4** The pencil should touch your first three fingers between the first and second joints, and touch the fourth finger at the first joint, as shown.
- Step 5** Remove your left hand from the pencil. Keep your fingers relaxed. Practice shaping your hand on the pencil until it feels natural to you.



★ Practice BOW BUILDER ONE daily.

13. ON THE TRAIL *Say or sing the note names before you play.*

pizz.

14. LET'S READ "E"

pizz. 1

E

15. WALKING SONG

pizz. 0 4 1 4 1 4 0

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

16. ESSENTIAL ELEMENTS QUIZ *Draw the missing symbols where they belong before you play.*

pizz.

BOW BUILDER TWO

Pencil Hold Exercises (French Bow Only)

I'm Outta Here

Wave good-bye while keeping your wrist relaxed.

Thumb Flexers

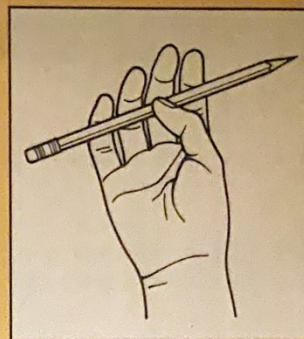
Flex your thumb in and out.

Finger Taps

Tap your first finger. Then tap your fourth finger.

Knuckle Turnovers

Turn your hand over and be sure your thumb knuckle is bent, as shown.



Knuckle Turnovers

BOW BUILDER THREE

Bowing Motions

The Pendulum (French and German Bow)

Let your arm hang down to your side. While keeping your elbow straight, swing your arm back and forth like a pendulum.



The Pendulum

17. HOP SCOTCH

pizz. 0 4 1 4

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

HISTORY

Folk songs have been an important part of cultures for centuries and have been passed on from generation to generation. Folk song melodies help define the sound of a culture or region. This folk song comes from the Slavic region of eastern Europe.

18. MORNING DANCE

pizz. 0 4 0 1

Slavic Folk Song

19. ROLLING ALONG

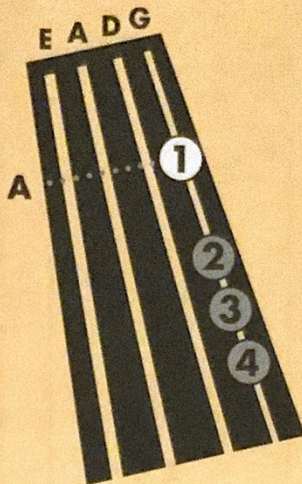
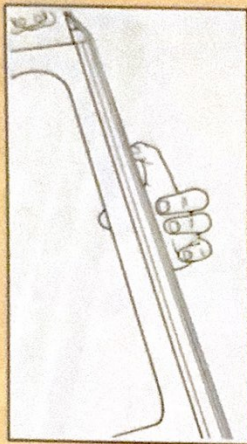
pizz.

Go to next line. ▾

NEW NOTE

A

is played with 1 finger on the G string.



20. GOOD KING WENCESLAS

Welsh Folk Song

Musical notation for 'GOOD KING WENCESLAS' in bass clef, 4/4 time. Notes: G (0), G (0), A (1), G (0), D (0), E (1), D (1), E (1), F# (4), G (0). Includes a repeat sign at the end.

21. SEMINOLE CHANT

Musical notation for 'SEMINOLE CHANT' in bass clef, 4/4 time. Notes: G (0), E (1), G (0), E (1), G (0), F# (4), E (1), D (0), E (0), G (0). Includes a repeat sign at the end.

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

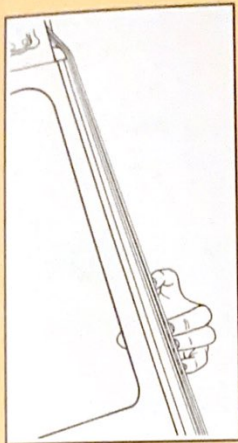
22. ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW

Musical notation for 'ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW' in bass clef, 4/4 time. Notes: A (1), F# (4), G (0), E (1), D (0), E (1), F# (4), G (0), A (1), G (0). Includes a repeat sign at the end.

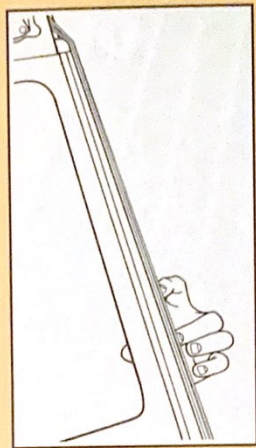
Musical notation for 'ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW' in bass clef, 4/4 time. Notes: A (1), F# (4), G (0), E (1), D (0), F# (4), A (1), D (0). Includes a repeat sign at the end.

G STRING NOTES

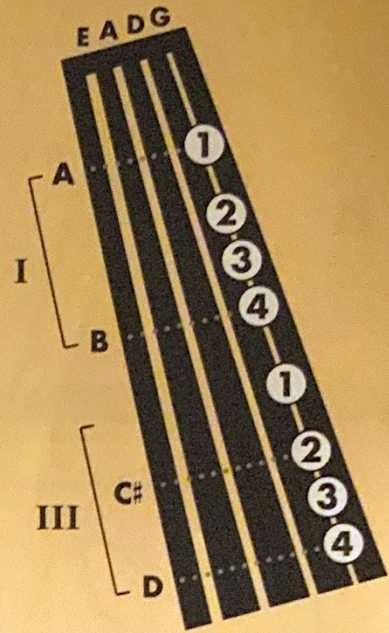
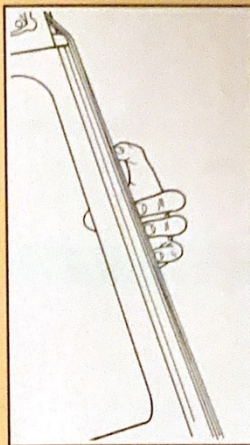
D is played with 4 fingers on the G string in third position (III).



C# is played with 2 fingers on the G string in third position (III).



B is played with 4 fingers on the G string in first position (I).

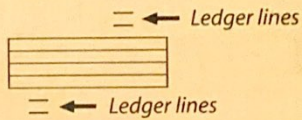


Listening Skills

Play what your teacher plays. Listen carefully.

THEORY

Ledger Lines



Ledger lines extend the music staff higher or lower.

23. LET'S READ "D"

D *pizz.* 4

III

24. LET'S READ "C#" (C-sharp)

C# *pizz.* 2

III ▲ Play all C#'s. Sharps apply to the entire measure.

25. TAKE OFF

pizz. 4

III

26. CARIBBEAN ISLAND

pizz. 4

III

★ Practice BOW BUILDERS ONE, TWO, and THREE daily.

27. OLYMPIC HIGH JUMP

28. LET'S READ "B"

B

Shifting

Sliding your left hand smoothly and lightly to a new location on the fingerboard, indicated by a dash (-).

29. HALF WAY DOWN

30. RIGHT BACK UP

Scale

A scale is a sequence of notes in ascending or descending order. Like a musical "ladder," each note is the next consecutive step of the scale. This is your D Scale. The first and last notes are both D.

THEORY

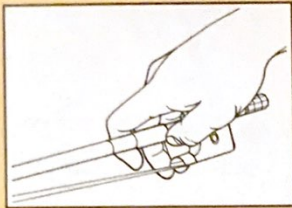
31. DOWN THE D SCALE *Remember to memorize the note names.*

32. ESSENTIAL ELEMENTS QUIZ - UP THE D SCALE

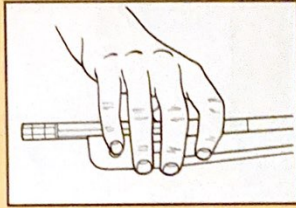
BOW BUILDER FOUR

On The Bow (French)

- Step 1** Identify all parts of the bow (see page 2). Hold the bow in your left hand near the tip with the frog pointing to the right.
- Step 2** Place the bow between your right thumb and second finger. The tip of your thumb will contact the stick next to the frog, and your second finger will extend to the ferrule.
- Step 3** Shape the remaining fingers on the bow stick as shown.
- Step 4** Turn your right hand over, and be sure your thumb is curved.
- Step 5** Hold the bow and repeat the exercises on page 8.



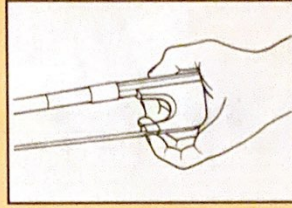
French Bow



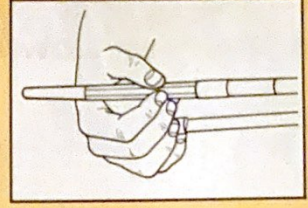
French Bow

On The Bow (German)

- Step 1** Identify all parts of the bow (see page 2). Hold the bow in your left hand near the tip with the frog pointing to the right.
- Step 2** Place the frog in your right hand at the base joints of your fingers.
- Step 3** Put your thumb on top of the bow while the tips of the first and second fingers touch the side of the stick and frog.
- Step 4** Hook your fourth finger underneath the frog touching the ferrule. Allow the third finger to curve and relax.



German Bow



German Bow



Alert Do not place your bow on the instrument until instructed to do so by your teacher.

33. SONG FOR CHRISTINE

pizz. 4 2 -4 1 0 4 0 1

34. NATALIE'S ROSE Remember to count.

pizz. 0 1 0 4 0 1 4 0 1 4 1

35. ESSENTIAL CREATIVITY How many words can you create by drawing notes on the staff below?

Example E G G

Folk songs often tell stories. This **Israeli folk song** describes a game played with a dreidel, a small table-top spinning toy that has been enjoyed by families for centuries. The game is especially popular in December around the time of Hanukkah.

36. DREIDEL

Israeli Folk Song

pizz. 0 1 4 1 0

BOW BUILDER FIVE

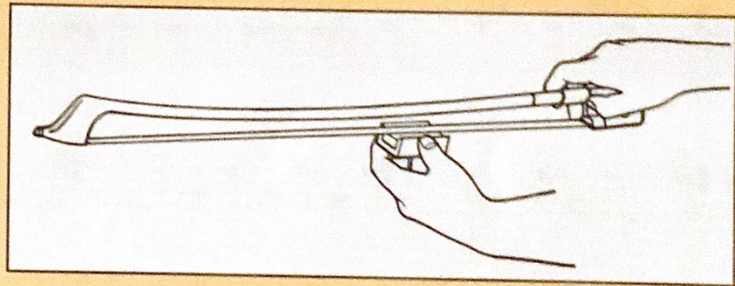
Shadow Bowing

Shadow Bowing is bowing without the instrument.

Step 1 Tighten the bow hair as instructed by your teacher.

Step 2 Place the rosin in your left hand. Hold the bow in your right hand.

Step 3 Shadow bow by slowly moving the bow back and forth on the rosin. Be sure to move the bow, not the rosin.



Down Bow ▣ Move the bow away from your body (to the right).

Up Bow ▽ Move the bow toward your body (to the left).

37. ROSIN RAP #1 *Bow these exercises on the rosin.*

Down Rest Up Rest Down Rest Up Rest Down Up Down Up Down Rest Up Rest

38. ROSIN RAP #2

Down Up Down Rest Up Down Up Rest Down Up Rest Rest Down Up Rest Rest

39. ROSIN RAP #3

Down Up Rest Rest Down Up Rest Rest Down Rest Up Rest Down Up Down Up

Is your bow hand shaped as shown in the diagram above?

Review these notes. Write the letter names in the spaces below.

THEORY

— — — — — — — —

40. CAROLINA BREEZE

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

41. JINGLE BELLS

J. S. Pierpont

42. OLD MACDONALD HAD A FARM

American Folk Song

★ Practice BOW BUILDER FIVE daily.

Austrian composer **Wolfgang Amadeus Mozart** (1756–1791) was a child prodigy who first performed in concert at age 6. He lived during the time of the American Revolution (1775–1783). Mozart's music is melodic and imaginative. He wrote hundreds of compositions, including a piano piece based on this familiar song.

43. A MOZART MELODY

Adapted by W. A. Mozart

Key Signature
D MAJOR



A **key signature** tells us what notes to play with sharps and flats throughout the entire piece. Play all F's as F# (F-sharp) and all C's as C# (C-sharp) when you see this key signature, which is called "D Major."

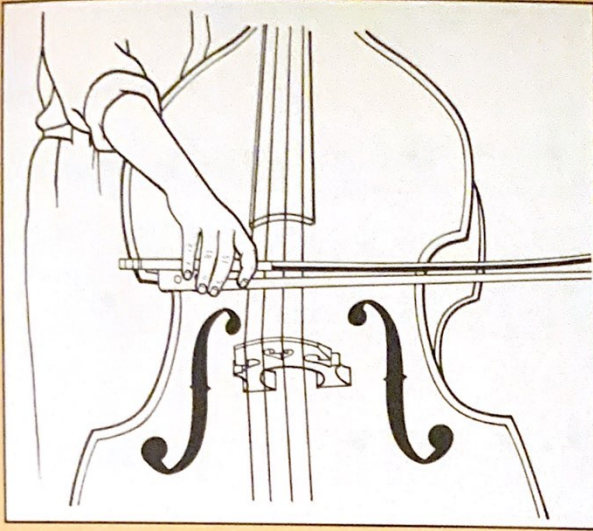
44. MATTHEW'S MARCH

45. CHRISTOPHER'S TUNE

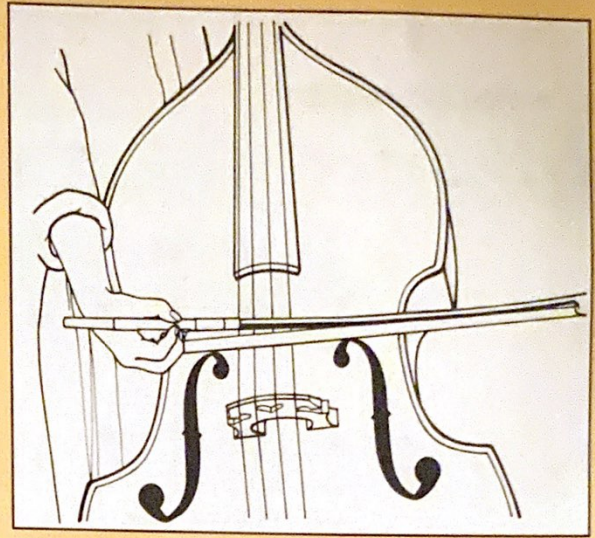
46. ESSENTIAL CREATIVITY *Play the notes below. Then compose your own music for the last two measures using the notes you have learned with this rhythm:*

BOW BUILDER SIX

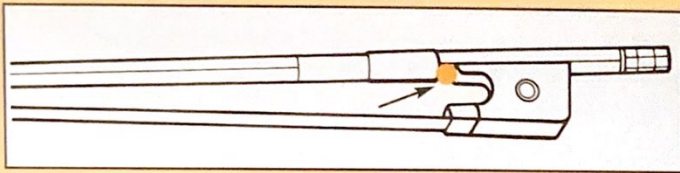
Let's Bow!



French Bow Hold



German Bow Hold



Thumb Placement (French)

Listening Skills

Play what your teacher plays. Listen carefully. Your tone should be smooth and even.

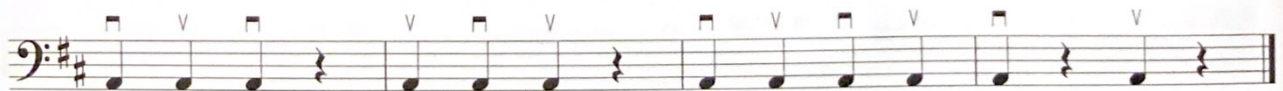
47. BOW ON THE D STRING

▼ Play with the bow on the string.

arco



48. BOW ON THE A STRING

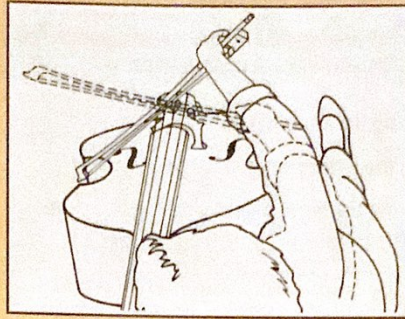


WORKOUTS

String Levels

Your arm moves when bowing on different strings. Memorize these guidelines:

- Move your arm **forward and up** to play **higher-pitched** strings.
- Move your arm **back and down** to play **lower-pitched** strings.



Raise arm = higher string
Lower arm = lower string

49. RAISE AND LOWER

Musical notation for exercise 49. The first measure shows notes on the G and A strings with a 'V' above each. The second measure is a whole rest with the instruction 'Raise your arm.' above it. The third measure shows notes on the D and E strings with a 'V' above each. The fourth measure is a whole rest with the instruction 'Lower your arm.' above it.

50. TEETER TOTTER

Musical notation for exercise 50. It consists of four measures, each with a note on the G string and a note on the D string, with a 'V' above each note.

51. MIRROR IMAGE

Musical notation for exercise 51. It consists of four measures, each with a note on the D string and a note on the G string, with a 'V' above each note.

Bow Lift

↳ Lift the bow and return to its starting point.

52. A STRAND OF D 'N' A

Musical notation for exercise 52. It consists of eight measures of notes on the D and A strings, with a 'V' above each note. The final measure has a 'Bow Lift' symbol above it.

53. ESSENTIAL ELEMENTS QUIZ - OLYMPIC CHALLENGE

Musical notation for exercise 53. It consists of eight measures of notes on the D and A strings, with a 'V' above each note.

BOW BUILDER SEVEN

Combining Both Hands

Using notes from the D major scale, echo what your teacher plays.

Example A:

Musical notation for Example A. The first measure is played by the 'Teacher' (notes D, E, F#, G). The second measure is played by the 'Student' (notes A, B, C, D). This pattern repeats three times.

Example B:

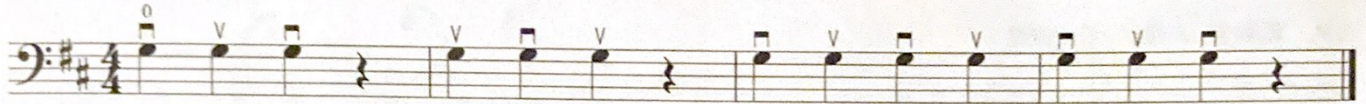
Musical notation for Example B. The first measure is played by the 'Teacher' (notes D, E, F#, G). The second measure is played by the 'Student' (notes A, B, C, D). This pattern repeats three times.

PUTTING IT ALL TOGETHER

Congratulations! You are now ready to practice like an advanced player by combining left and right hand skills while reading music. When learning a new line of music, follow these steps for success:

- Step 1** Tap your toe and say or sing the letter names.
- Step 2** Play *pizz.* and say or sing the letter names.
- Step 3** Shadow bow and say or sing the letter names.
- Step 4** Bow and play as written.

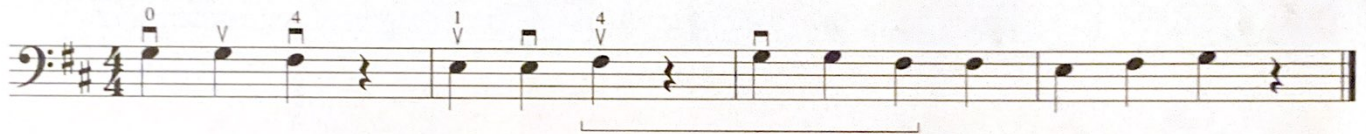
54. BOWING "G"



55. BACK AND FORTH



56. DOWN AND UP



57. TRIBAL LAMENT



58. BOWING "D"



59. LITTLE STEPS



60. ELEVATOR DOWN



61. ELEVATOR UP



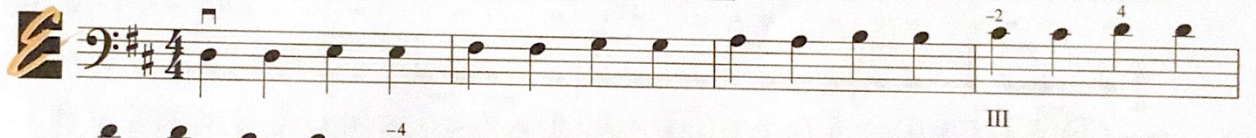
62. DOWN THE D MAJOR SCALE



63. SCALE SIMULATOR Remember to count.



64. ESSENTIAL ELEMENTS QUIZ - THE D MAJOR SCALE



C#
is played with 4 fingers on the A string.

65. LET'S READ "C#"



Eighth Notes

THEORY

Each Eighth Note = 1/2 Beat
 2 Eighth Notes = 1 Beat

Two or more Eighth Notes have a *beam* across the stems.

Tap your toe down on the number and up on the "&".

66. RHYTHM RAP

Shadow bow and count before playing.

67. PEPPERONI PIZZA

68. RHYTHM RAP

Shadow bow and count before playing.

69. D MAJOR SCALE UP

Tempo Markings

Tempo is the speed of music. Tempo markings are usually written above the staff, in Italian.
Allegro – Fast tempo **Moderato** – Medium tempo **Andante** – Slower, walking tempo

70. HOT CROSS BUNS

Moderato

71. AU CLAIRE DE LA LUNE

Andante

French Folk Song

72. RHYTHM RAP

Shadow bow and count before playing.

73. BUCKEYE SALUTE

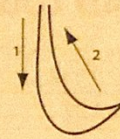
Moderato

2/4 Time Signature

= 2 beats per measure
 = Quarter note gets one beat

Conducting

Practice conducting this two-beat pattern.



THEORY

74. RHYTHM RAP

Shadow bow and count before playing.

75. TWO BY TWO

1st & 2nd Endings

Play the 1st ending the 1st time through. Then, repeat the same section of music, skip the 1st ending, and play the 2nd ending.

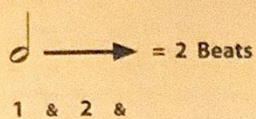
THEORY

76. ESSENTIAL ELEMENTS QUIZ – FOR PETE’S SAKE

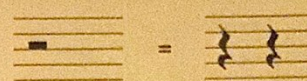
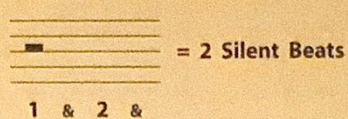
Moderato

THEORY

Half Note



Half Rest



77. RHYTHM RAP

Shadow bow and count before playing.

78. AT PIERROT'S DOOR

Moderato

French Folk Song

79. THE HALF COUNTS

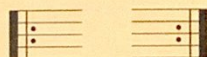
80. GRANDPARENT'S DAY

Andante

American Folk Song

THEORY

Repeat Signs



Repeat the section of music enclosed by the **repeat signs**.
(If 1st and 2nd endings are used, they are played as usual—
but go back only to the first repeat sign, not to the beginning.)

81. MICHAEL ROW THE BOAT ASHORE

Moderato

American Folk Song

82. TEXAS TWO-STRING

*Pizz. this exercise with your left hand 4th finger.
4+ = 4th finger pizz.
(etc.)*