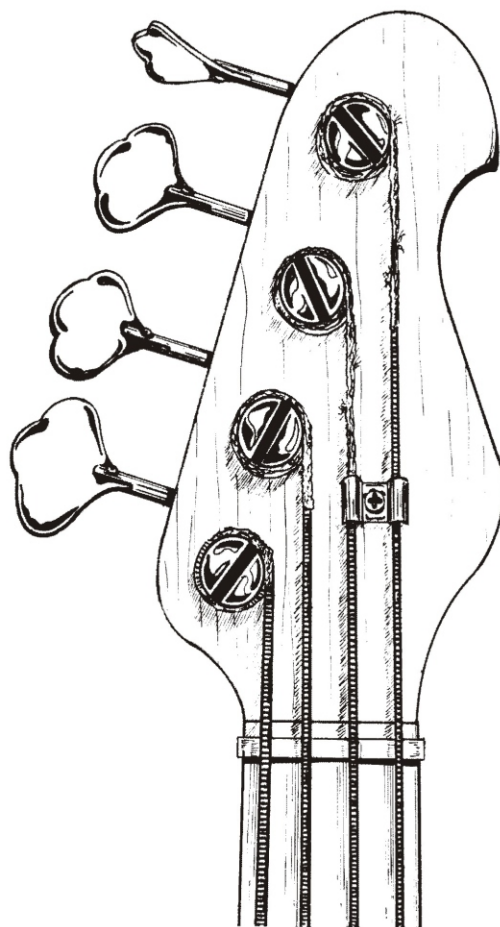


# Scales and Arpeggios

## Absolute Beginners



By J.P. Dias

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To Paula

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# Introduction

The purpose of this book is to help beginner bassist to find the easiest way to play scales, triads and arpeggios.

All the examples are written in the key of C in order to make easier the scale comparison.

Most scales can be played in more than two positions, so that I would suggest to find all possible roots and play the same fingering showed, also play them in different keys.

This book is not intended to be a method and I strongly recommend to find a qualified teacher to help you assimilate the information on this book.

Have Fun

# Basics of Reading Music

The fundamentals of music are pitch and rhythm which are placed in a grid of five lines and four spaces called Staff. Bass Players Read Bass Clef. The symbol of the Bass Clef is derived from the old German way of writing “F”. The two dots on the right of the bass clef symbol surround the line on which “F” pitch is written.

<b>B</b>													
	E	F	G	A	B	C	D	E	F	G	A	B	C
T													
A							0	2	3	0	2	4	5
B	0	1	3	0	2	3							

The notes above are all natural however any of this notes can be raised or lowered a half step by placing a accidental, sharp (#) or flat (b) right before it. When an accidental occurs, it applies to the whole measure unless it is cancelled out with another accidental.

Sharp (#) Raises a note one half step.

Flat (b) Lowers a notes one half step.

Natural (♮) Cancels an accidental previously used.

<b>B</b>													
	F <sup>#</sup> /G <sup>b</sup>	G <sup>#</sup> /A <sup>b</sup>	A <sup>#</sup> /B <sup>b</sup>	C <sup>#</sup> /D <sup>b</sup>	D <sup>#</sup> /E <sup>b</sup>	F <sup>#</sup> /G <sup>b</sup>	G <sup>#</sup> /A <sup>b</sup>	A <sup>#</sup> /B <sup>b</sup>	C <sup>#</sup> /D <sup>b</sup>				
T													
A					1 1	4 4	1 1	3 3	6 6				
B	2 2	4 4	1 1	4 4									

Note: The distance between B and C and E and F is a half step, that’s way there’s no # or b in between those notes.

# Major Modes

## C Ionian Scale

C

Cmaj7

Fingering

2	4	1	2	4	1	3	4	2	1	4	4	2	1	4	3		
				5	2	4	5					5					
				3	5	2	3					3	2	5	4		

### Scale

### Triad

### Arpeggio

#### C Ionian

3rd Fret

#### C

3rd Fret

#### Cmaj7

3rd Fret

#### C Ionian

8th Fret

#### C

8th Fret

#### Cmaj7

8th Fret

# C Ionian Scale (Imaj7)

## Exercise 1

## Exercise 2

## Exercise 3

## Exercise 4

## Exercise 5

# Major Modes

## D Dorian Scale

D

Dm7

4/4

Fingering: 1 3 4 1 | 4 1 2 4 | 1 4 3 4 | 1 4 3 1

T: 5 7 3 5 | 7 4 5 7 | 5 3 7 7 | 5 3 7 5

B: 5 7 3 5 | 7 4 5 7 | 5 3 7 7 | 5 3 7 5

### Scale

### Triad

### Arpeggio

#### D Dorian

5th Fret

#### Dm

5th Fret

#### Dm7

5th Fret

#### D Dorian

10th Fret

#### Dm

10th Fret

#### Dm7

10th Fret



# D Dorian Scale (IIm7)

Exercise 1

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

5 7 3 5 7 3 5 7    3 5 7 4 5 7 4 5    7 4 5 7    5

Exercise 2

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

7 5 4 7 5 4 7 5    4 7 5 3 7 5 3 7    5 8 7 5 8 7 5 8    5

Exercise 3

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

5 8 7 5 8 7 5 8    7 5 4 7 5 4 7 5 7    7

Exercise 4

2 4 1 2 4 1 2 3    4 1 3 4 1 3 4 1

5 7 4 5 7 4 5 7    8 5 7 8 5 7 8 5    8

Exercise 5

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

5 8 7 5 8 7 5 4    7 5 4 7 5 9 7    7 4 5 7 4 5 7    5 7 8 5 7 8 5

# Major Modes

## E Phrygian Scale

4/4

Fingering

TAB

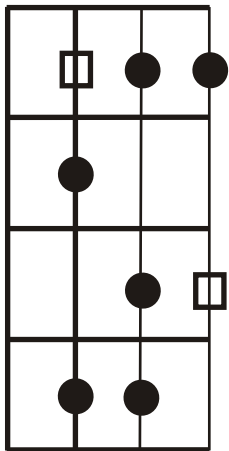
### Scale

### Triad

### Arpeggio

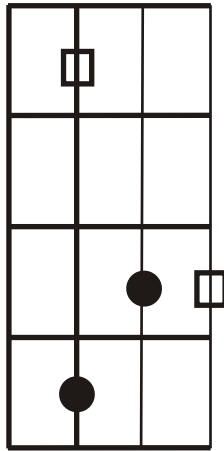
#### E Phrygian

7th Fret



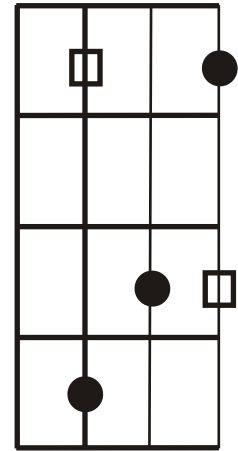
#### Em

7th Fret



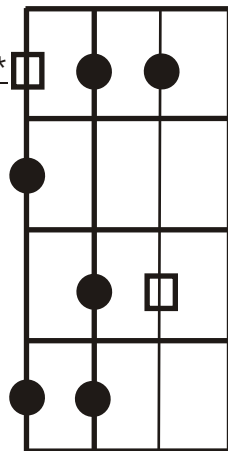
#### Em7

7th Fret



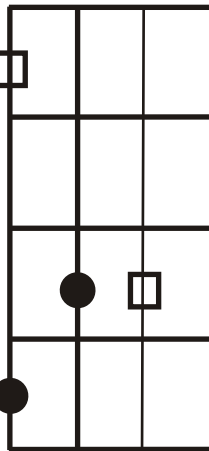
#### E Phrygian

12th Fret\*



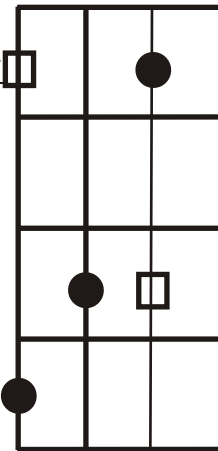
#### Em

12th Fret\*



#### Em7

12th Fret\*



\*This Scale, Triad and Arpeggio could be played one 8<sup>va</sup> Lower Starting from E open String

# E Phrygian Scale (III m7)

Exercise 1

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

T  
A  
B  
7 8 10 7 8 10 7 9    10 7 9 10 7 9 10 7    9 10 7 9    7

Exercise 2

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

T  
A  
B  
9 7 10 9 7 10 9 7    10 9 7 10 9 7 10 8    7 10 8 7 10 8 7 10    7

Exercise 3

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

T  
A  
B  
7 10 8 7 10 8 7 10    9 7 10 9 7 10 9 7 9    9

Exercise 4

1 3 4 1 3 4 1 3    4 1 2 4 1 2 4 1

T  
A  
B  
7 9 10 7 9 10 7 9    10 7 8 10 7 8 10 7    10

Exercise 5

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

T  
A  
B  
7 10 8 10 7 9 7 10    9 7 10 9 7 10 9    9 10 7 9 10 7 9    7 8 10 7 8 10 7

# Major Modes

**F Lydian Scale**                      **F**                      **Fmaj7**

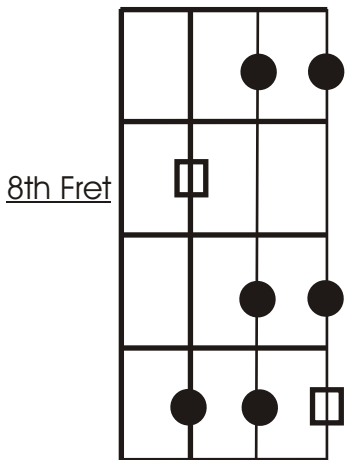
Fingering	2 4 1 3	4 1 3 4	2 1 4 4	2 1 4 3
T	5 7 9	5 7 9 10	5 10	5 9
A	8	8	7	7
B	8	8	8	8

## Scale

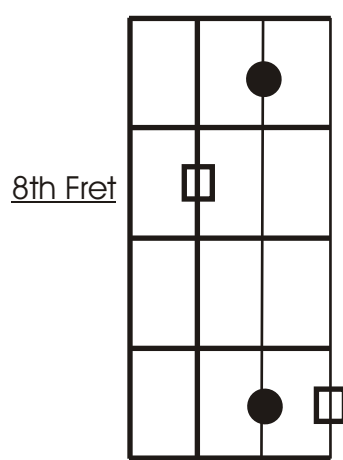
## Triad

## Arpeggio

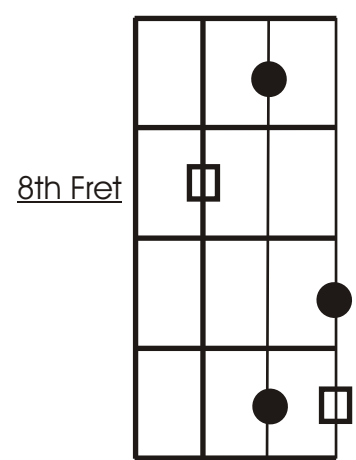
### **F Lydian**



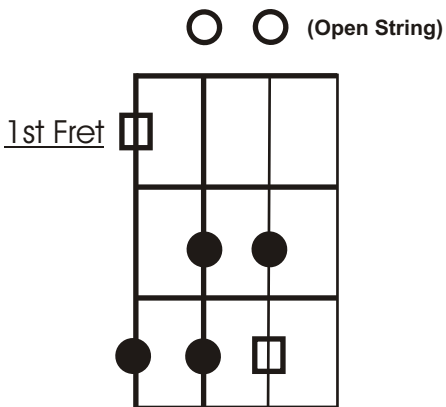
### **F**



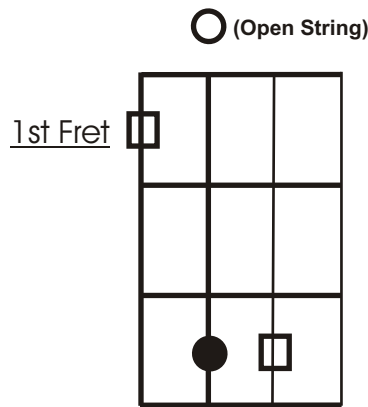
### **Fmaj7**



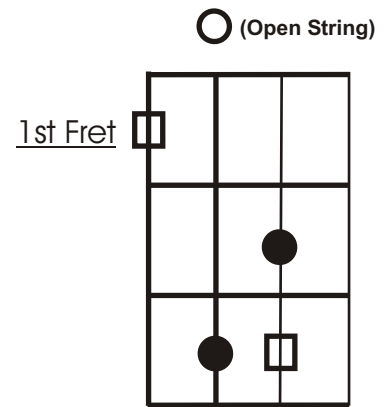
### **F Lydian**



### **F**



### **Fmaj7**



# F Lydian Scale (IVmaj7)

## Exercise 1

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

7 9 10 7 9 10 | 7 9 10 7 9 10 | 7 9 10 | 8

## Exercise 2

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

10 9 7 10 9 7 | 7 10 9 7 10 9 7 | 9 7 10 8 7 | 10 8 7 8

## Exercise 3

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

8 7 10 8 7 10 9 7 | 10 9 7 10 | 10

## Exercise 4

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

9 10 7 9 10 7 9 10 | 7 9 10 7 8 10 7 8

## Exercise 5

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

7 9 7 10 9 7 | 10 9 7 10 9 12 10 | 10 7 9 7 9 10 7 | 9 7 10 8 10 7 8

# Major Modes

## G Mixolydian Scale

4/4

Fingering

T  
A  
B

### Scale

### Triad

### Arpeggio

#### G Mixolydian

10th Fret

#### G

10th Fret

#### G7

10th Fret

#### G Mixolydian

3rd Fret

#### G

3rd Fret

#### G7

3rd Fret

# G Mixolydian Scale (V7)

Exercise 1

2 4 1 2 4 1 2 4 | 1 2 4 1 2 4 1 2 | 4 1 2 4 | 2

TAB: 10 12 9 10 12 9 10 12 | 9 10 12 9 10 12 9 10 | 12 9 10 12 | 10

Exercise 2

4 2 1 4 2 1 4 2 | 1 4 2 1 4 2 1 4 | 2 1 4 2 1 4 2 1 | 2

TAB: 12 10 9 12 10 9 12 10 | 9 12 10 9 12 10 9 12 | 10 9 12 10 9 12 10 8 | 10

Exercise 3

2 1 4 2 1 4 2 1 | 4 2 1 4 2 1 4 2 | 4 |

TAB: 10 8 12 10 9 12 10 9 | 12 10 9 12 10 9 12 10 | 12

Exercise 4

2 4 1 2 4 1 2 4 | 1 2 4 1 2 4 1 2 |

TAB: 10 12 9 10 12 9 10 12 | 9 10 12 9 10 12 8 10 |

Exercise 5

2 1 4 2 1 4 2 1 | 4 2 1 4 1 4 2 | 2 1 2 4 1 2 4 1 | 2 4 1 2 4 1 2

TAB: 9 10 9 12 10 9 12 10 14 12 | 12 9 10 12 9 10 12 9 | 10 9 12 10 12 8 10

# Major Modes

**A Aeolian Scale**

## Scale

## Triad

## Arpeggio

### A Aeolian

12th Fret

### Am

12th Fret

### Am7

12th Fret

### A Aeolian

5th Fret

### Am

5th Fret

### Am7

5th Fret



# A Aeolian Scale (VIm7)

## Exercise 1

1 3 4 1 3 4 1 3    4 1 3 4 1 3 4 1    3 4 1 3    1

T  
A  
B  
5 7 8 5 7 8 5 7    8 5 7 8 5 7 8 5    7 8 5 7    5

## Exercise 2

3 1 4 3 1 4 3 1    4 3 1 4 3 1 4 3    1 4 3 1 4 3 1 1    3

T  
A  
B  
7 5 8 7 5 8 7 5    8 7 5 8 7 5 8 7    5 8 7 5 8 7 5 3    5

## Exercise 3

1 4 3 1 4 3 1 4    3 1 4 3 1 4 3 1    3

T  
A  
B  
12 15 14 12 15 14 12 15    14 12 15 14 12 15 14 12    14

## Exercise 4

1 3 4 1 3 4 1 3    4 1 3 4 1 3 4 1

T  
A  
B  
12 14 15 12 14 15 12 14    15 12 14 15 12 14 15

## Exercise 5

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

T  
A  
B  
12 15 14 12 15 14 12 15    14 15 14 12 16 14    14 15 12 14 15 12 14    12 14 15 12 14 15 12

# Major Modes

**B Locrian Scale**

Fingering: 1 2 4 1 | 2 4 1 3 | 1 4 2 3 | 1 4 2 1

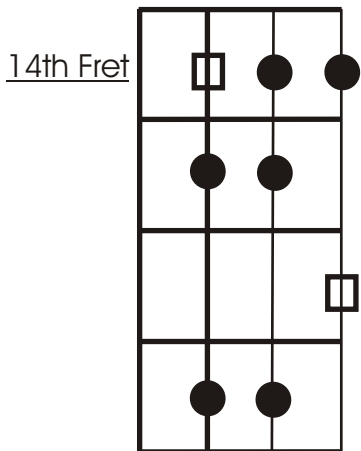
Chords: Bdim, Bm7( $\flat$ 5)

## Scale

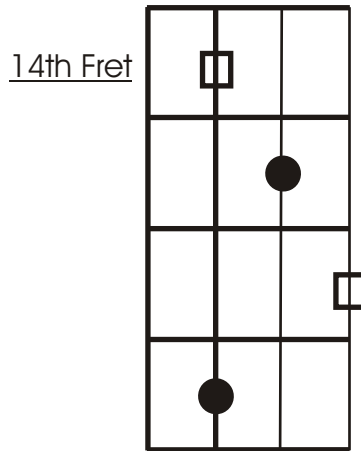
## Triad

## Arpeggio

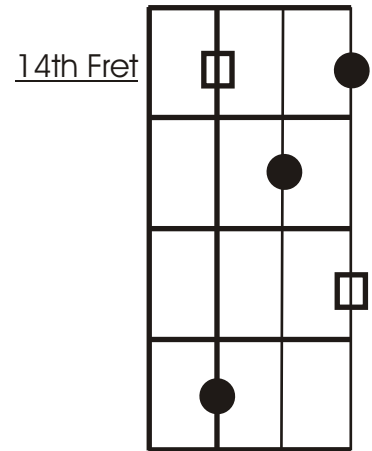
### **B Locrian**



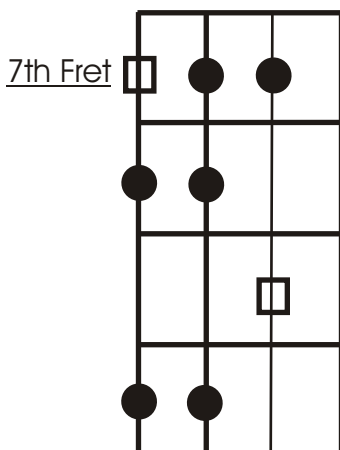
### **B<sup>o</sup>**



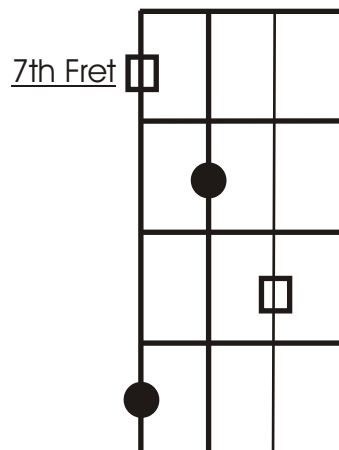
### **Bm7<sup>b</sup>5**



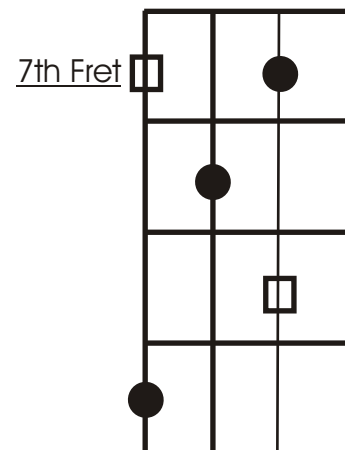
### **B Locrian**



### **B<sup>o</sup>**



### **Bm7<sup>b</sup>5**



# B Locrian Scale (VIIIm7<sup>b5</sup>)

## Exercise 1

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

T  
B  
7 8 10 7 8 10 7 8    10 7 8 10 7 8 10 7    8 10 7 9    7

## Exercise 2

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

T  
B  
4 2 5 3 2 5 3 2    5 3 2 5 3 2 5 3    2 5 3 2 5 3 2 5    2

## Exercise 3

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

T  
B  
14 17 15 14 17 15 14 17    15 14 17 15 14 17 16 14 16    16

## Exercise 4

1 3 4 1 2 4 1 2    4 1 2 4 1 2 4 1

T  
B  
14 16 17 14 15 17 14 15    17 14 15 17 14 15 17 14

## Exercise 5

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

T  
B  
14 17 15 17 14 17 15 14 17    15 14 17 16 14 17 16 16 14 17 16    16 17 14 15 17 14 15 17    14 15 17 14 15 17 14 15 17

# Minor Scales

**C Natural Minor Scale**      Cm      Cm7

Fingering: 1 3 4 1 | 3 4 1 3 | 1 4 3 4 | 1 4 3 1

## Scale

## Triad

## Arpeggio

### C Natural Minor

3rd Fret

### Cm

3rd Fret

### Cm7

3rd Fret

### C Natural Minor

8th Fret

### Cm

8th Fret

### Cm7

8th Fret

# C Natural Minor (Aeolian Scale)

Exercise 1

Exercise 1 notation: Bass clef, 4/4 time. Melody line: G2, A2, Bb2, C3, D3, Eb3, F3, G3. Bass line: G2, A2, Bb2, C3, D3, Eb3, F3, G3. Fingerings: 1 3 4 1 3 4 1 3 (melody); 3 5 6 3 5 6 3 5 (bass).

Exercise 2

Exercise 2 notation: Bass clef, 4/4 time. Melody line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Bass line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Fingerings: 3 1 4 3 1 4 3 1 (melody); 5 3 6 5 3 6 5 3 (bass).

Exercise 3

Exercise 3 notation: Bass clef, 4/4 time. Melody line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Bass line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Fingerings: 1 4 3 1 4 3 1 4 (melody); 3 6 5 3 6 5 3 6 (bass).

Exercise 4

Exercise 4 notation: Bass clef, 4/4 time. Melody line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Bass line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Fingerings: 1 3 4 1 3 4 1 3 (melody); 3 5 6 3 5 6 3 5 (bass).

Exercise 5

Exercise 5 notation: Bass clef, 4/4 time. Melody line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Bass line: G2, Ab2, Bb2, C3, D3, Eb3, F3, G3. Fingerings: 1 4 3 1 4 3 1 4 (melody); 3 6 5 6 3 6 5 3 (bass).

# Minor Scales Cont.

## C Harmonic Minor Scale

Cm

Cm(maj7)

### Scale

### Triad

### Arpeggio

#### C Harmonic Minor

3rd Fret

#### Cm

3rd Fret

#### Cm(maj7)

3rd Fret

#### C Harmonic Minor

8th Fret

#### Cm

8th Fret

#### Cm(maj7)

8th Fret

# C Harmonic Minor

## Exercise 1

## Exercise 2

## Exercise 3

## Exercise 4

## Exercise 5

# Minor Scales Cont.

## C Melodic Minor Scale

Ascending

Descending

Cm

Fingering

1 3 4 1 4 1 3 4      4 1 4 3 1 4 3 1      1 4 3 4

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

### Scale

### Triad

#### C Melodic Minor Ascending

#### C Melodic Minor Descending

#### Cm

3rd Fret

3rd Fret

3rd Fret

#### C Melodic Minor Ascending

#### C Melodic Minor Descending

#### Cm

8th Fret

8th Fret

8th Fret



# C Melodic Minor

Exercise 1a

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

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

Exercise 1b

4 1 4 3 1 4 3 1    4 3 1 4 3 1 4 3    1 4 3 1 4 3 1 4    1

5 3 6 5 3 6 5 3    6 5 3 6 5 3 6 5    3 6 5 3 6 5 3 6    3

Exercise 2a

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

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

Exercise 2b

1 3 4 1 3 4 1 3    4 1 3 4 1 3 4 1

3 5 6 3 5 6 3 5    6 3 5 6 3 5 6 3

Exercise 3

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

3 6 5 6 3 5 2    5 4 2 5 4 7 5    5 6 3 5 6 3 5 6    3 5 6 3 5 6 3

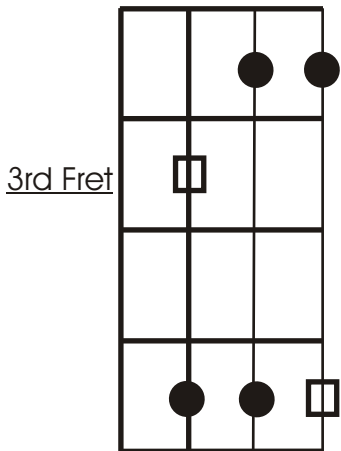
# Pentatonic Scales

**C Major Pentatonic**
**C Minor Pentatonic**
**C Blues Scale**

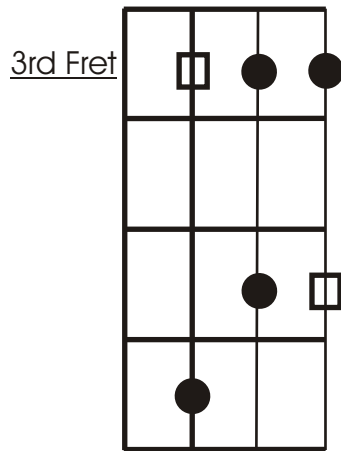
Fingering: 2 4 1 4 1 4      1 4 1 3 1 3      1 4 1 2 3 1 3

T: 2 5 2 5      3 5 3 5      3 4 5 3 5  
 A: 3 5      3 6 3 5      3 6 3 4 5 3 5  
 B: 3 5      3 6 3 4 5 3 5

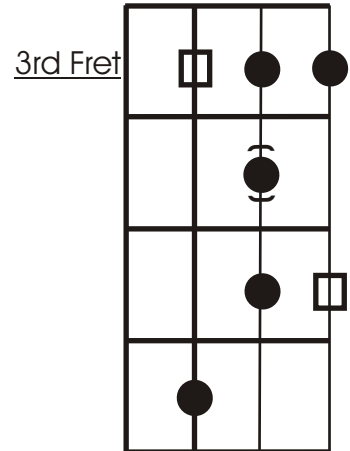
**C Major Pentatonic**



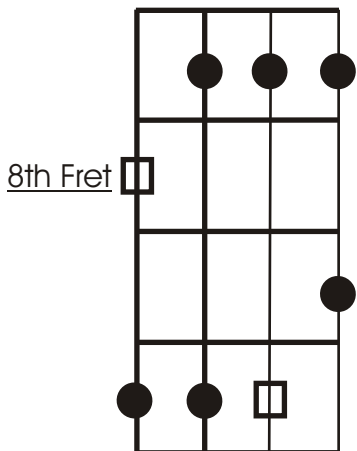
**C Minor Pentatonic**



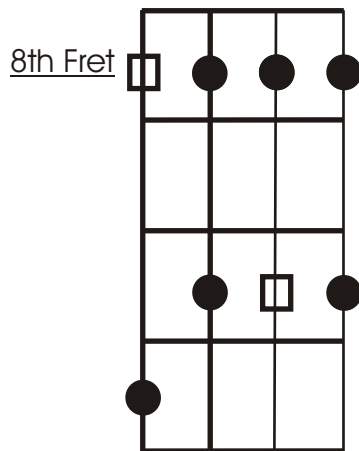
**C Blues Scale**



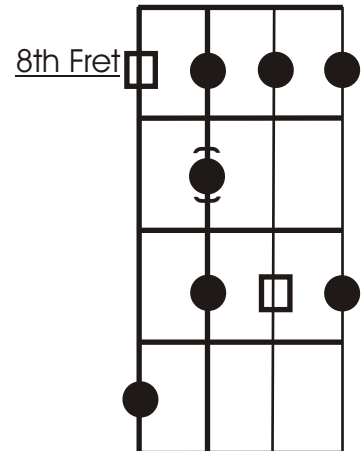
**C Major Pentatonic  
Played on 4 strings**



**C Minor Pentatonic  
Played on 4 strings**



**C Blues Scale  
Played on 4 strings**



# Pentatonic Scales Cont.

Exercise 1 C Major Pentatonic

Exercise 2 C Major Pentatonic

Exercise 3 C Major Pentatonic

Exercise 4 C Minor Pentatonic

Exercise 5 C Blues Scale

# Symmetrical Diminished

C Symmetrical Diminished Whole/Half Step      C<sup>°</sup>      C<sup>°</sup>7

Fingering

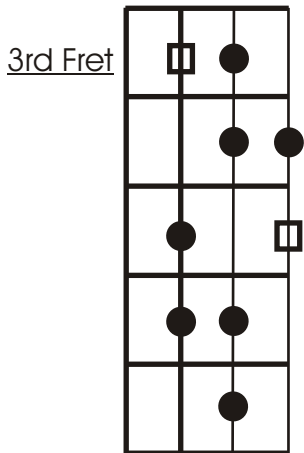
T  
B

## Scale

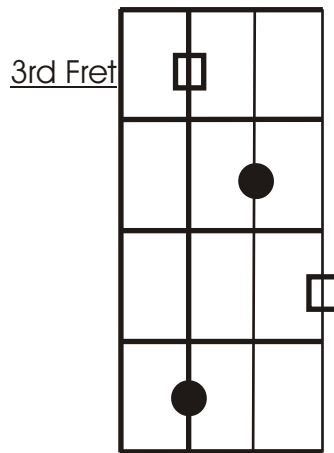
## Triad

## Arpeggio

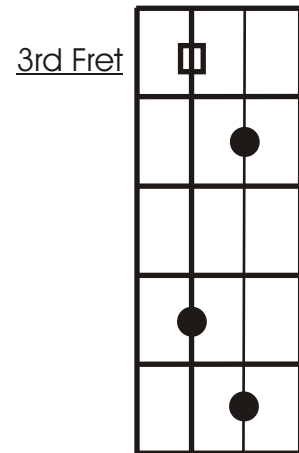
### C Symmetrical Diminished Whole/Half Step



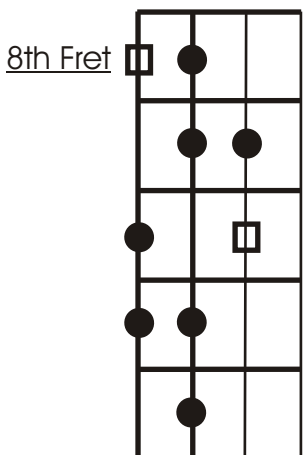
### C<sup>°</sup>



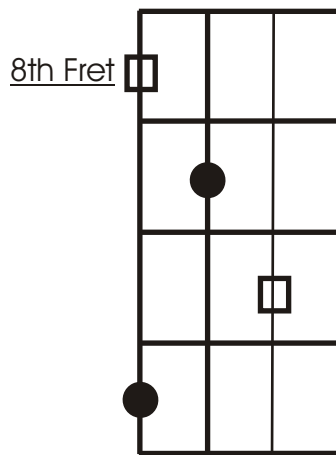
### C<sup>°</sup>7



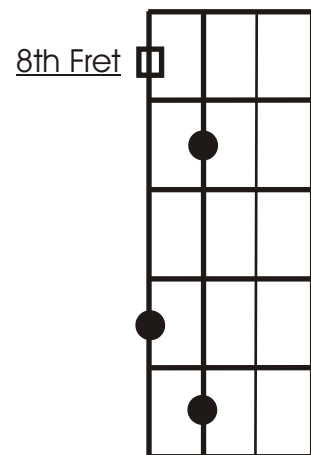
### C Symmetrical Diminished Whole/Half Step



### C<sup>°</sup>



### C<sup>°</sup>7



# C Symmetrical Diminished Whole/Half Step

Exercise 1

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

T  
A  
B  
3 5 6 3 5 6 3 4    6 3 4 6 3 4 6 7    4 6 7 4 6 7 4 5

Exercise 2

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

T  
A  
B  
5 4 7 6 4    7 6 4 3 6 4 3    4 3 6 5 3 6 5 3 3

Exercise 3

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

T  
A  
B  
5 3 6 5 3 6 4 3    6 4 7 6 4 7 5 4 5

Exercise 4

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

T  
A  
B  
4 5 7 4 6 7 4 6    3 4 6 3 5 6 3 5    2 3 5 2 3

Exercise 5

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

T  
A  
B  
3 6 5 6 4 3 6    4 7 6 4 5 4 7 5 4    7 6 7 4 6 3    4 3 6 5 6 3 5 2

# Symmetrical Diminished

C Symmetrical Diminished Half/Whole Step

C°

C°7

Fingering: 1 2 3 1 3 4 1 2 4 1 4 2 3 1 4 2 1

## Scale

## Triad

## Arpeggio

### C Symmetrical Diminished Half/Whole Step

### C°

### C°7

### C Symmetrical Diminished Half/Whole Step

### C°

### C°7

# C Symmetrical Diminished Half/Whole Step

Exercise 1

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

T  
A  
B  
3 4 1 2 4 1 2 4    1 2 4 5 2 4 5 2    4 5 2 3 2 3 5    5

Exercise 2

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

T  
A  
B  
5 3 2 3 2 5 4    2 5 4 2 5 4 2 1    4 2 1 4 2 1 4 3    1 4 3 1 3

Exercise 3

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

T  
A  
B  
4 3 1 4 2 4 4 2    5 4 2 5 3 2 5 3    5

Exercise 4

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

T  
A  
B  
3 5 2 3 5 2 4 5    2 4 1 2 4 1 3 4    1 3

Exercise 5

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

T  
A  
B  
3 1 4 2 1 4 2 5    4 2 5 3 2 5 5 2    3 5 2 4 5 2 4 1    2 4 1 3 4 1 3

# Triads

C Cm C°

R 3 5 8      R b3 5 8      R b3 b5 8

T  
A  
B

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

C+ Csus

R 3 #5 8      R 4 5 8

3 2 6 5 5 6 2 3      3 3 5 5 5 5 3 3

C Cm C°

C+ Csus



# Arpeggios

C Maj7                      C7                      Cm7

C Maj7: R 3 5 7  
 C7: R 3 5 b7  
 Cm7: R b3 5 b7

4

Cm7(b5)                      Cm(maj7)                      C°7

Cm7(b5): R b3 b5 b7  
 Cm(maj7): R b3 5 7  
 C°7: R b3 b5 bb7

7

C+maj7                      C+7                      C7sus4

C+maj7: R 3 #5 7  
 C+7: R 3 #5 b7  
 C7sus4: R 4 5 b7

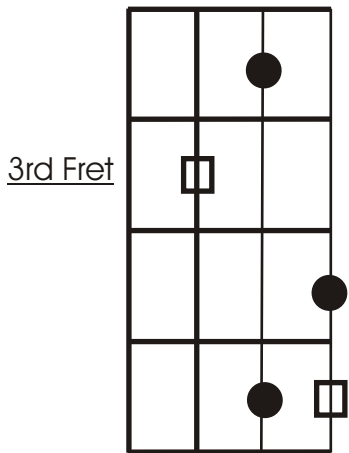
10

C6                      Cm6

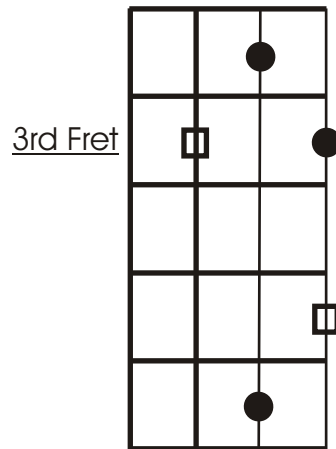
C6: R 3 5 6  
 Cm6: R b3 5 6

# Arpeggios Cont.

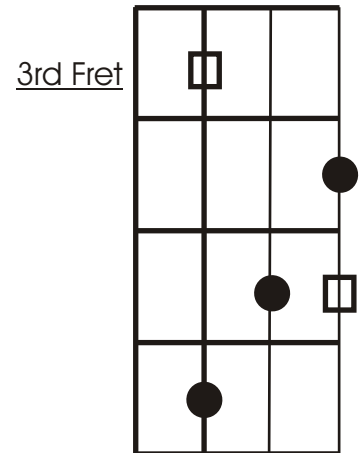
Cmaj7



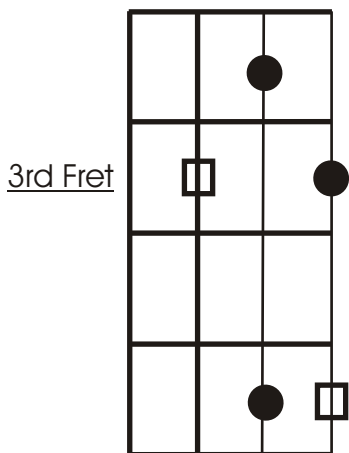
C+7



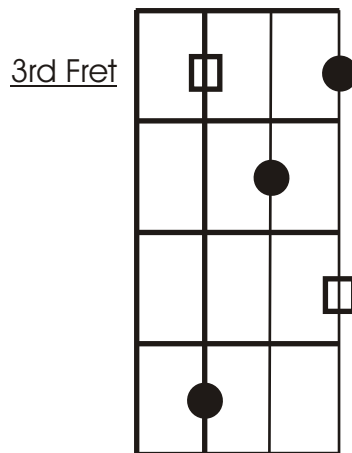
Cm(maj7)



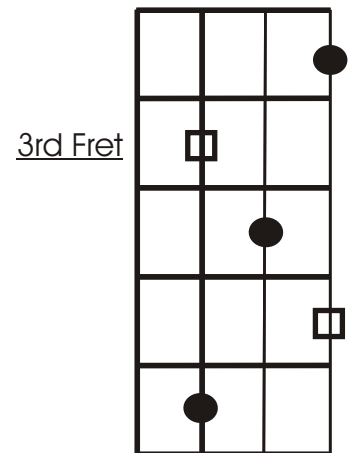
C7



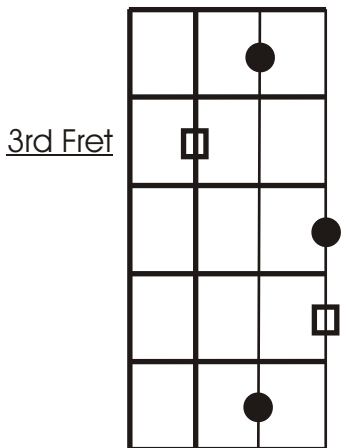
Cm7(b5)



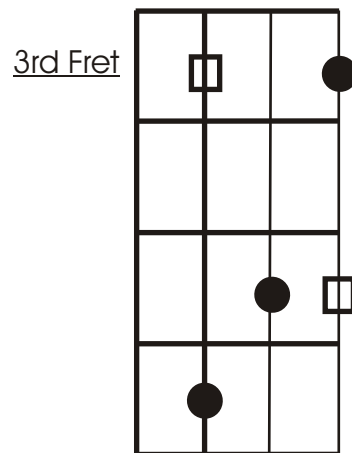
C°7



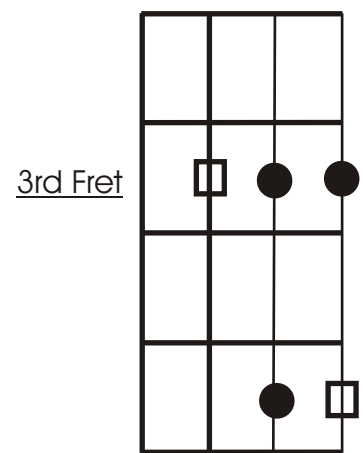
C+maj7



Cm7



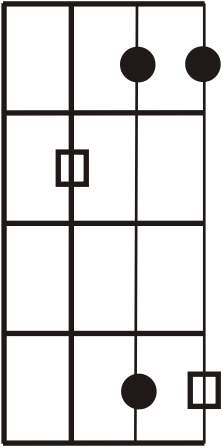
Csus7



# Arpeggios Cont.

C6

3rd Fret



Cm6

3rd Fret

