

# Basic Practice Tips / Info / Suggestions

**Let's take a minute to review some basic information about practicing. There's more to it than just picking up the bass guitar and start practicing. If you want to get results, you have to practice a lot, but more importantly you will have to practice correctly.**

1. How much should you practice? The answer to this question is easy – “It Depends” – Do you want to make a lot of progress in a short time? Then you have to practice a lot. Do you just want to take your time, and you're not in a hurry to learn? Then you don't need to practice as much. See the chart below.

Goal-Level	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Notes
Very Good	2Hr+	2Hr+	2Hr+	2Hr+	2Hr+	Rest	2Hr+	Or more, go for it!
Good	90M	90M	90M	90M	90M	Rest	90M	
Average	30M	30M	30M	30M	30M	Rest	Rest	
At Least OK	20M	x	20M	x	20M	x	20M	Slowest Results!

“Stick to the Plan” The best way to get fast results is to plan out your practice schedule and stick to it. Only daily (consistent) practicing will get the fastest results. **If you practice incorrectly, you will learn bad habits, this means that you are only getting better at playing incorrectly.** The “Worst” mistake that you can make is to try to go too fast too soon! You must be able to play a lick or riff slowly before you can play it fast.

**YOU CAN'T PLAY IT FAST - IF YOU CAN'T PLAY IT SLOW!!!**

## Practice Tips / Suggestions

Practice will be the only way that you can make any progress on the bass guitar. Unless you have a special gift (that only a very few are born with) you will have to practice (a lot) to get better. Another point that needs to be made here is that it is very important to learn the basics and get them out of the way early (take it from experience it only prolongs the inevitable). But most of all you must remember this – you can buy all the bass guitar books, methods, and promises of fast improvement, but it will still come down to how much time you put in to practicing the bass guitar. There are different ways to find extra time to practice such as: While watching TV – It is a great time to practice picking exercises, walks, scales, and any other “repetitious” bass guitar related material. While on a long trip – Bring your Bass and headphone practice amp and put in some extra time perfecting playing.

## Additional Notes / Suggestions

1. **Fast Fret** – A specially formulated glide-on mineral oil product that you wipe on your strings – helps your fingers glide easier (makes the strings feel faster), cleans the strings at the same time, prolongs fingerboard life. Try it, you'll like it.
2. **Headphone Practice Amps:** A great way to practice the bass guitar without bothering others is to use a portable headphone practice amplifier (see picture). Make sure you get one that has a switch for the different sounds and effects (EQ settings). The sound can be incredible!

