



Ari's Bassessment Sheet

TODAY'S DATE: _____

Rate yourself from 0 (newb) to 10 (pro). Relate each item to the area/style of music you are studying.

Reading standard notation ___

Reading chord charts ___

Taking songs off of recordings by ear to transcribe the bass line ___

Being able to analyze and transcribe common chord progressions ___

Ability to Groove ___

Timing ___

Creativity and ease of expression when improvising ___

Music Theory ___

Rate your level of relaxation when playing (0 is very tense, 10 is very relaxed, yet awake & focused) ___

Confidence when playing ___

Knowledge of the fret board ___

Joy when playing with others or to a recording ___

Sense of improvement with current practice regimen ___

Technique Challenges you want to address this year (short term and longer term goals):

Sixteenth Notes comfortably and evenly on one pitch for 1 minute at tempo ___

Special techniques you'd like to learn (slap, tab, double thumbing etc) - (short term and longer term goals):

Creative pursuits (for ex. be able to create a bass solo version of a song; or to experiment creatively with a looper, or to write your own song or bass lines) ___

Gear you'd like to explore (pedals? fretless? upright? Ubass? 5-string)