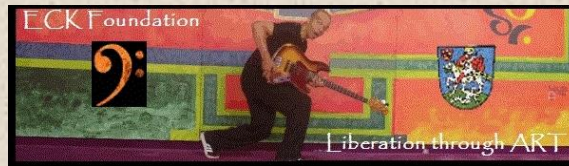


Alternative Bass - Mentorship Program



Foreword

Since the rapid expansion of technology and information we are increasingly flooded with media of all sorts, making it difficult to choose and to focus. The easy access to vast content –so I have come to understand - has not made us better musicians for the most. That’s why I created *Alternative Bass*, the web’s unique bass program focusing on the *quality of practice*. It is based on the understanding that each one of us is entirely unique in how we learn. In reality we work best at radically different speeds. That needs to be honored. We have to stop pretending there is a measurement stick against which we are all judged. Just like stars and planets we have our own orbits and speeds. This understanding lies at the core of my program. We have to be careful.

My program will be a reasonable challenge for you. It may also be highly rewarding. In the process of participating you will get a chance to drop any progress-blocking practice habits of which you may or may not be aware of. You may not even have any practice habits yet and establishing them will be a real revelation to you. There is a reason why some people play for years without noticeable progress. One very important aspect of this journey is unlearning old ways not helpful to you. That turns out to be harder than learning new things from scratch.

You can expect some difficulties in the beginning followed by real tangible progress. At that point you will learn new things so much easier because the mental blocks accumulated over time lose their grip on you. You can expect these results because of the way the program is structured in conjunction with the kind of person I happen to be. The focus has to be both precise and kind-hearted with great attention to detail. Excellence is always in the detail and I want you to be an excellent learner. The real teacher is within you and my job is to point you in that direction.

Manual for 108 day Journey

-how it works-

1. My program takes you through 108 days of guided practice.

Your first activity is to fill out the new student's intro Quiz (which you may have already done at this point in time). Whether you are a beginner, intermediate or advanced player does not matter here because this program is not based on a competitive approach. My mission is to guide you to a higher place in music one step at a time. To accomplish this, the program is designed to adapt to your way of working best, be it fast, slow or somewhere in the middle.

2. In response to your intro quiz I will get in touch with you via email.

You will have a chance to voice any concerns or ask questions prior to joining the program. After that I will direct you to [sign up](#) on my website. You may pay with credit card or PayPal. If neither of these are an option we can make other arrangements. My website is SSL encrypted and your transactions are always protected and secure. The moment you pay, you will have full access to all of my content from original music to videos to documents. Simply log-on with the username/password you chose during the sign-up process.

3. Within 24 to 48 hours of signing up, expect a personal welcome letter from me to you. It contains links to study-resources, recommended videos and further instructions. After checking out the new material it is time for your lesson plan. Every student gets one before choosing the official starting day for the 108 day journey. The lesson plan will be put together from the information you provided in the intro quiz, things you want to include and exercises I recommend. When your welcome letter arrives it will contain live links to specific recommended lessons from me. It is then up to you to determine what to include.

4. Your welcome letter contains several exercises recommended by me.

All of these exercises have been favorites of mine and I still work on them to this day. Exercise 1 is called "*Say hello to the notes*" (Mapping the fingerboard). Exercise 2 is called "*the Rhythm Pyramid*" (Rhythm studies). Exercise 3 is about *hearing intervals* (Ear-training). Exercise 4 is a "*Multi-interval drill*" (building endurance). These exercises are recommended, but not mandatory. You have the final decision on what goes into your routine of 108 days.

5. A main feature of the mentorship program is your *personal practice log*.

There are *two kinds* of practice-log from which you will pick one or the other. One is simple and basic while the other one is more detail oriented. The detailed one is for the "Deep Journey" and the basic one is for the "Ping Pong Style". These two versions of the mentorship program are identical with the exception of these two types of practice logs. A detailed explanation for the practice log for the deep journey is found in this video tutorial. The practice logs for both types of mentorship program share a way of making daily entries.

6. How to make entries in the practice logs:

In both logs you will find a column with **108 boxes**. Every day you place a number between 1 and 5 into a daily box until you reach the 108th day of your practice routine. The numbers represent *how you felt* about your practicing on any given day. “1” being the worst and “5” being the best. Breakdown: **1 = sad/the worst. 2 = boring/not good. 3 = ok/average. 4 = good/inspiring. 5 = the best/exceptional.** You also have an allowance for **12 days off** which you can take at any time. Enter (N1, N2, N3...to N12) into your log for “no practice”. If you miss an extra day, it’s **“Game Over”**. If you don’t want to settle for defeat you can pay for another round and start over at day one. The minimum time you must practice per day is **1 minute**.

7. How to study during the 108 days:

Your daily routine is composed of exercises from your lesson plan. They are made up of elements I have chosen for you in addition to elements you have chosen for yourself based on your interests. At the minimum you need to take on one exercise. The maximum is whatever you can handle based on your available time. I recommend not more than four to begin with because experience has shown a tendency for students to take on more than they can effectively handle. The more you spread out your energy the slower your progress across the field.

8. The significance of the Principle Exercise.

From all the exercises in your lesson plan you must designate one as your **principle exercise**. Pick the one you are most keen on mastering first. This exercise will get preferential treatment by becoming the subject matter of a video exchange between you and me. You begin by demonstrating your current level of playing. I am expecting it to be imperfect with mistakes and all. Part of your studies include getting over being shy or ashamed in front of the camera. You won’t grow unless you are ready to let it all hang out. Nobody else gets to see these videos unless you yourself choose to share them.

9. I will then coach you with customized instructional videos. This first video you make of your attempt to play the principle exercise will give me a precise idea of where to start coaching. I will then respond with a customized instructional video to help you take the next step. Then it is your turn again to answer with a video demonstrating a little progress. We go back and forth until you have reached a pre-determined goal. The day you master the exercise you will then record one last video to document the completion. I will then instruct you to go back to your very first video and to watch it side by side with the last one. This will be very satisfying for you.

10. While you and I work on mastering your principle exercise, you can run your other exercises at your own pace. You can always ask me for advice about anything contained in your lesson plan and I will help you. After you master your principle exercise you can rotate to a new one. The system is made flexible so you can add something new at that time. You can also rotate the focus to another exercise already in the mix. Can you add and drop exercises during your 108 days? Yes you can. Give me a chance to approve the move first however, because in some cases I may recommend against it. So just send me an email to let me know ahead of ti

On the long term

At the end of 108 days of practice I will deliver to you a certificate of completion along with some free music, honoring your achievement. Whether to continue or not at that point is entirely up to you. If you decide to keep going, **there will be a 7 day pause to the program** after which I will establish your new log. There are some students who have been with me from the beginning in 2007 and we have become good friends over time. Maybe we will become friends too as artists need to stick together these days to innovate. We may have to bail out the human race one day, who knows. All in all you are free to come and go as you please, no strings attached. I hope my mentorship program will be of good value to you and your music.

Afterword:

When it comes to real progress, there is no magic bullet to get you there. The results are actually a positive (or negative) side-effect of the way, the path or the method you apply. How you go about it decides where you end up. If you beat yourself up you'll get to your goal a lot faster. But once you arrive you're going to detest practicing for all the negative memories you have accumulated. On the other side, if you keep pampering yourself by never stretching your comfort-zone, you will get to a place where nothing has value or meaning, no matter how many new courses you sign up for. You will be bored to death. What I am hoping to help you accomplish foremost is to be sincere, to have some passion for what you choose to do and to gain some level of self-knowledge. I want you to deeply care about yourself and your instrument and to be light-hearted about it at the same time. This has served me well over the years.

Being human today is serious business and we have a lot of heavy stuff hanging over our heads on a day to day basis. Because of that I want practicing music to be in a category of its own, completely removed from the world of to-do lists, corporate style top-down dictatorship and the competitive rat race. Because of that *I have consciously decided against a set amount of time you should practice every day*. Instead my minimum requirement is for you to spend *some time* with your instrument every day in a focused way. Even as little as one minute is fine. You want this minute to be *impeccable* in terms of quality time, level of concentration and awareness. If you should be hardcore about anything, it is not about making mistakes. Make as many mistakes as you need to, I don't care. In fact it is ok to make mistakes. However, it is not ok *not to notice* that you are making mistakes –or- to *beat yourself up* for making them

A lot happens in translation between mind and body that we are not aware of all the way to the food we digest while involved in some intellectual pursuit. When we get impatient, we become ignorant towards the trillions of cells that are doing precision work to make a single move happen in the 3D world. Good practicing is also not about the speed or quantity of getting things done. You can work on only one exercise for 108 days and get passed by as snail to your right. I couldn't care less. What I do care about is that you pay attention to the details of what you are doing *without interfering in the process*.

That alone is a serious discipline, one that will get you far in life towards being excellent at what you do without becoming a pain in the butt for yourself and others. In the mentorship program I let *you* choose what to work on. This means you have to take the time to actually care about what your heart really wants. This already does not come natural to everyone because we are often pushed around by someone else's will from day one. True art always takes its lead from the heart and it takes a while to hear that voice as it is the softest of them all, the one that routinely gets drowned out by everything else.

By joining this program you are putting some money and a little bit of self-respect on the line. Just enough to make it count. That's healthy risk taking in a safe environment. My service to you is that I provide this environment. The content is yours.

Last not least, here is my advice for you, no matter who you are: Make a great effort in shielding your practice from the world of survival and worldly concerns. Make it different, make it alternative. Make it the stuff that dreams are made of. If you succeed at that the rest will follow.

Welcome to **Alternative Bass!**