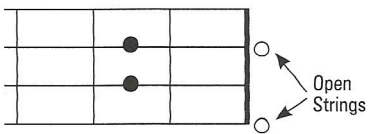


# THE BOX SHAPE

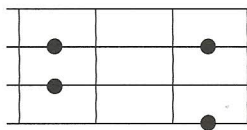
The **box shape** is a four-note, moveable pattern on the fretboard that can be found in bass lines of all styles. The lowest note in the pattern is called the **root note**, and the highest is the octave. The root note got its name because it serves as the strongest note of the group from which everything else is based.

Below are illustrations of the box shape on the fretboard in a few different positions.

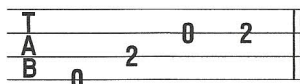
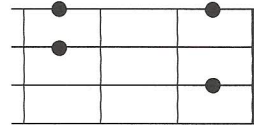
E root note



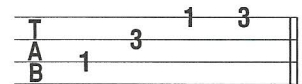
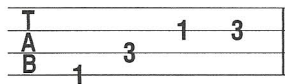
F root



B $\flat$ /A $\sharp$  root

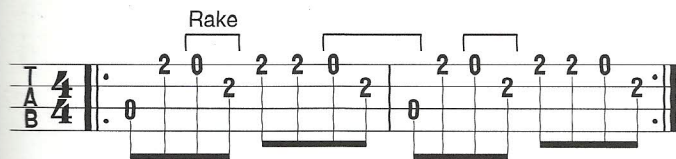


Root



## PUNCHING BAG

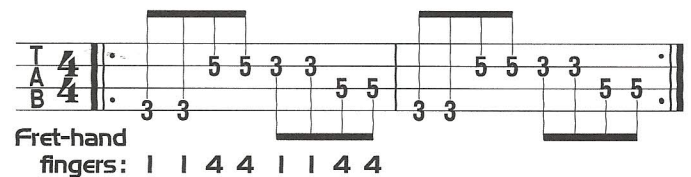
This bass line starts on the root note A and is a great practice for the rake technique if using your fingers.



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## NIGHT TRAIN

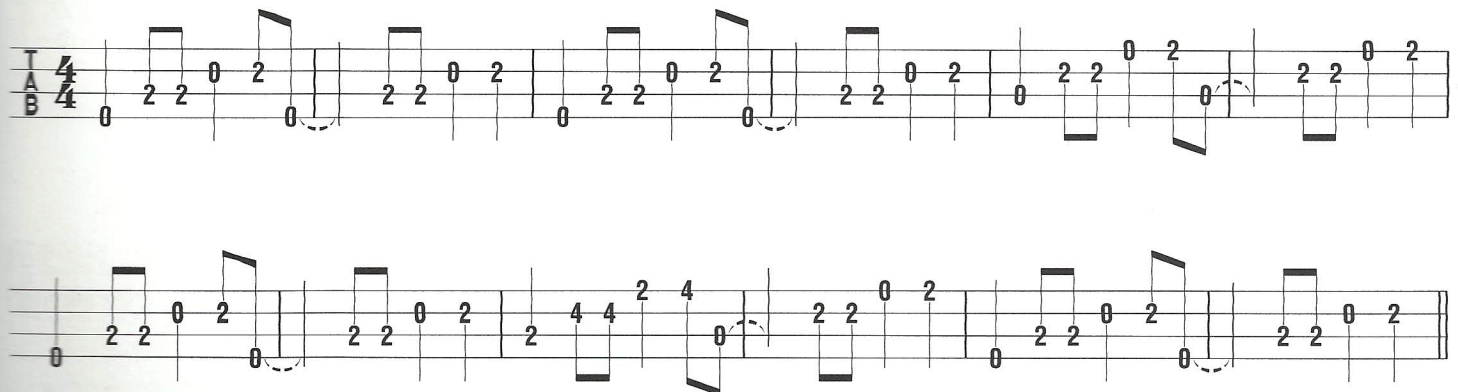
Follow the correct fret-hand fingering on this James Brown bass riff to minimize hand stress.



Words by Oscar Washington and Lewis C. Simpkins  
Music by Jimmy Forrest  
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## WHAT'D I SAY

The box shape can often be found in blues songs like this classic by Ray Charles. "What'd I Say" is an example of a twelve-measure, repeating song form called a **12-bar blues**.



Words and Music by Ray Charles  
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