

# E: The Foundation

*Master the note. Master yourself.*

*Complete 12-Week Bass & Self-Mastery Curriculum*

## Program Overview

Welcome to a revolutionary approach to music education. This 12-week curriculum integrates bass guitar technique with The Ninjari Code—a system connecting musical notes to chakras, virtues, and modes. You'll start with a single note (E) and gradually expand your musical and personal horizons.

### Phase 1: Foundation (Weeks 1-4)

Focus exclusively on the E note while building rhythm mastery and connecting with virtues of Integrity (GI) and Respect (REI).

#### Week 1: Introduction to E

**FOCUS:** Open E string, proper bass posture, right-hand plucking technique

**VIRTUE:** **GI (Integrity)** - Root Chakra, Note C, Ionian Mode

**MUSICAL CONCEPTS:** Quarter notes on E, steady tempo, feeling the pulse

**EXERCISES:**

- Play E for 4 counts, rest for 4 counts (repeat for 5 minutes)
- Quarter note patterns: E-E-E-E at 60 BPM
- Body awareness: Check posture every 30 seconds

**REFLECTION:** What does integrity mean in your daily life? How can you align your thoughts, words, and actions?

#### Week 2: Rhythm Foundation

**FOCUS:** Half notes and whole notes, creating simple rhythms with E

**VIRTUE:** **GI (Integrity)** - Deepening alignment

**MUSICAL CONCEPTS:** Note duration, counting, mixing quarter/half/whole notes

**EXERCISES:**

- Pattern 1: Quarter-Quarter-Half (repeat)
- Pattern 2: Half-Half-Whole (repeat)
- Create your own 4-bar rhythm using only E
- Record yourself and listen back

**REFLECTION:** Practice keeping a small promise to yourself this week.

#### Week 3: Creative Expression

**FOCUS:** Student-created rhythm patterns, building confidence, exploring dynamics

**VIRTUE:** **REI (Respect)** - Solar Plexus Chakra, Note E, Phrygian Mode

**MUSICAL CONCEPTS:** Loud/soft playing (forte/piano), rhythm as self-expression

**EXERCISES:**

- Play E patterns: soft-soft-LOUD-soft (dynamics)
- Create three different 8-count rhythms with E
- Practice respecting your own creative choices
- Meditative E: Play slowly with full presence

**REFLECTION:** How do you show respect to yourself and your creative process?

## Week 4: E Mastery

**FOCUS:** Complex rhythms, tempo variations, groove development with E

**VIRTUE:** **REI (Respect)** - Respecting the power of focus

**MUSICAL CONCEPTS:** Syncopation, tempo changes, developing groove

**EXERCISES:**

- E groove: Quarter-rest-eighth-eighth-quarter (repeat)
- Play familiar melodies using only E and rhythm
- Tempo challenge: Same pattern at 60, 80, 100, 120 BPM
- 5-minute E meditation: Just you and the note

**REFLECTION:** Celebrate your E mastery! Notice how focused practice created transformation.

## Phase 2: Expansion (Weeks 5-8)

Introduce additional notes and scales while maintaining the E foundation. Integrate The Ninjari Code's chakra-note connections.

## Week 5: Expanding Horizons

**FOCUS:** Introduction to A note (5th fret, D string), two-note patterns

**VIRTUE:** **YU (Courage)** - Sacral Chakra, Note D, Dorian Mode

**MUSICAL CONCEPTS:** Intervals, finger placement, coordination

**EXERCISES:**

- E to A movement: Play E (4 counts), A (4 counts)
- Pattern: E-E-A-A-E-A-E-A
- Create two-note rhythms combining E and A
- Courage practice: Try patterns that feel challenging

**REFLECTION:** Where in your life do you need courage to expand beyond your comfort zone?

## Week 6: Chakra Mapping

**FOCUS:** Learning C-D-E-F-G notes, understanding chakra connections

**VIRTUE:** **MEIYO (Honor)** - Heart Chakra, Note F, Lydian Mode

**MUSICAL CONCEPTS:** The musical scale mapped to energy centers

**EXERCISES:**

- C (Root) → D (Sacral) → E (Solar Plexus) → F (Heart) → G (Throat)
- Play each note while visualizing its chakra color
- Chakra meditation: 1 minute per note/chakra
- Honor practice: Play with reverence for each sound

**REFLECTION:** How do you honor your body's energy centers in daily life?

**Week 7: Musical Modes Introduction**

**FOCUS:** E Phrygian mode, understanding modal music

**VIRTUE:** **MAKOTO (Honesty)** - Throat Chakra, Note G, Mixolydian

**MUSICAL CONCEPTS:** Modes as different flavors of scales

**EXERCISES:**

- E Phrygian scale: E-F-G-A-B-C-D-E
- Practice ascending and descending
- Create melodies using Phrygian mode
- Honest expression: Play what you truly feel

**REFLECTION:** How can you express yourself more honestly through music?

**Week 8: Integration Practice**

**FOCUS:** Combining techniques, creating original bass lines

**VIRTUE:** **CHU (Loyalty)** - Third Eye Chakra, Note A, Aeolian Mode

**MUSICAL CONCEPTS:** Bass line construction, rhythm + melody

**EXERCISES:**

- Create an 8-bar bass line using learned notes
- Experiment with different rhythmic patterns
- Record and refine your creation
- Loyalty practice: Commit to daily practice

**REFLECTION:** How does staying loyal to your practice transform your abilities?

**Phase 3: Integration (Weeks 9-12)**

Advanced techniques, improvisation, composition, and deep self-mastery work.

**Week 9: Improvisation Basics**

**FOCUS:** Free-form playing, listening skills, musical conversation

**VIRTUE:** **JIN (Compassion)** - Crown Chakra, Note B, Locrian Mode

**MUSICAL CONCEPTS:** Improvisation as self-expression, removing judgment

#### EXERCISES:

- 5-minute free improvisation with E Phrygian
- Call and response: Play phrase, answer yourself
- Remove judgment from your playing
- Compassion practice: Accept all sounds you create

**REFLECTION:** How can you bring more compassion to your mistakes and growth?

## Week 10: Multi-Instrument Exploration

**FOCUS:** Introducing rhythm instruments while maintaining bass foundation

**VIRTUE:** Review all virtues - Integration

**MUSICAL CONCEPTS:** Layering, rhythmic independence

#### EXERCISES:

- Play bass while tapping rhythm with foot
- Add hand percussion to bass patterns
- Explore how different instruments complement bass
- Virtue integration: Identify which virtue you embody most

**REFLECTION:** How have all seven virtues manifested in your musical journey?

## Week 11: Composition

**FOCUS:** Creating original musical pieces, structure and form

**VIRTUE:** Personal virtue focus - Choose one to embody

**MUSICAL CONCEPTS:** Song structure, arrangement, your unique voice

#### EXERCISES:

- Compose a 16-32 bar original bass piece
- Include intro, main theme, and ending
- Incorporate chakra-note connections intentionally
- Title your piece based on its emotional quality

**REFLECTION:** What does your music reveal about who you are?

## Week 12: Performance & Next Steps

**FOCUS:** Sharing your music, planning continued growth

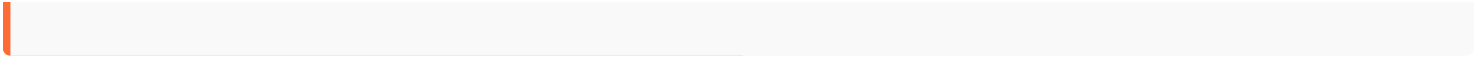
**VIRTUE:** All virtues embodied

**MUSICAL CONCEPTS:** Performance presence, continued learning

#### EXERCISES:

- Perform your Week 11 composition
- Record a final E meditation showing your evolution
- Reflect on your 12-week transformation
- Create goals for months 4-6 of practice

**REFLECTION:** Celebrate your journey! The path continues - what's next?



# The Ninjari Code Reference

Virtue	Chakra	Note	Mode
GI (Integrity)	Root	C	Ionian
YU (Courage)	Sacral	D	Dorian
REI (Respect)	Solar Plexus	E	Phrygian
MEIYO (Honor)	Heart	F	Lydian
MAKOTO (Honesty)	Throat	G	Mixolydian
CHU (Loyalty)	Third Eye	A	Aeolian
JIN (Compassion)	Crown	B	Locrian

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