

Ostinato

This little ostinato plays itself once you get the hang of it. It's what I call a Motor groove. It just keeps going. The tie's indicate hammer ons (HO) If you play it without the HO's you could get fatigued. The HO's provide interesting phrasing as well as resting spots for your Right Hand. The open strings also provide phrasing interest as well as tonal variety (and they help you stay IN TUNE).
When playing this type of thing it helps to BREATHE, not necessarily in rhythm but long breaths over the top of the groove. Breathing is especially helpful when fatigue sets in. Try putting your mind in your Left Hand for a while then switch to your Right Hand, breathing with each.

Hammer On
*

FAST

Here's the same thing but in 7/4 instead of 7/8. I'm no expert at playing odd meters, frankly, they make me uncomfortable. I didn't set out to play something in an odd meter, it just came out that way. I find much odd meter playing very "ONE" oriented. That's probably because I'm not so good at it but here's a little tip for those of you who are new to these meters. If you want to avoid the ONE feeling you can double the durations. In other words combine two 7/8 bars to form one 7/4 bar. Now the downbeat is every other bar. This works especially well for the drummer. It creates more of a float over the groove. It is also helpful for soloists to think this way.

Here's a little addition for variety.
Repeat the first 2 bars a few times then add the 9/8 bar

These kinds of things can be very effective in Free situations or within tunes where there is an extended static tonal situation. You can create some nice effects by changing a note or two and keeping the open strings to work against.

