

# Train Your Ears to Recognize a Frequency in Equalization

by [akingsmercury.com](http://akingsmercury.com)

## Low Frequencies: Bass

0 Hz: **DC-Offset**

1 - 20 Hz: **Rumble, thump**

20 - 40 Hz: **Sub low, deep low, size**

40 - 60 Hz: **Fundamental, pressure**

60 - 100 Hz: **Ground, bottom**

100 - 200 Hz: **Warmth, punch**

## Middle Frequencies: Mid

200 - 300 Hz: **Fullness, boxy, body**

300 - 500 Hz: **Hollow, honk, fullness**

500 - 1000 Hz: **Attack, honk, natural**

1000 - 2000 Hz: **Whack, attack, personality, nasal**

## High Frequencies: Treble

2000 - 4000 Hz: **Crunch, presence, volume, detail**

4000 - 8000 Hz: **Bite, definition, sibilance**

8000 - 12 000 Hz: **Pierce, glance**

12 000 - 20 000 Hz: **Air, top, open**