

HOW?

- Put your hand “in position” for each scale by fingering the appropriate chord (e.g., play an E chord to get in position for the E major scale). You don’t have to maintain the chord while playing the scale, but it’s a reference point.
- Play “up and down” each scale (as written below) until it feels comfortable and familiar. Play the chord before playing the scale, and “loop” the scale—play it several times in a row, with no pause between repetitions. Here are the five scales to practice:

3

C Major Scale

T
A
B

3 0 2 3 0 2 0 1 3 0 1 3 1 0 3 1 0 2 0 3 2 0 3 2 0 3 1 0 1 3 0 2

G Major Scale

T
A
B

3 0 2 3 0 2 4 0 2 0 1 3 0 2 3 2 0 3 1 0 2 0 4 2 0 3 2 0 3 2 0

D Major Scale

T
A
B

0 2 4 0 2 0 2 3 0 2 3 5 3 2 0 3 2 0 2 0 4 2 0 4 2 0 3 2 0 2 3 0 2 4

A Major Scale

T
A
B

0 2 4 0 2 4 1 2 0 2 3 0 2 4 5 4 2 0 3 2 0 2 1 4 2 0 4 2 0 4 2 0 2 4

E Major Scale

T
A
B

0 2 4 0 2 4 1 2 4 1 2 0 2 4 0 2 4 2 0 4 2 0 2 1 4 2 1 4 2 0 4 2