

Scale Sequences

1 2 3 4 / 2 3 4 5 / 3 4 5 6 / 4 5 6 7 / 5 6 7 8 / 6 7 8 9 / 7 8 9 10 / 8 9 10 11 / 9 10 11 12 / 10 11 12 13 / 11 12 13 14 etc.

1 3 2 4 / 3 5 4 6 / 5 7 6 8 / 7 9 8 10 / 9 11 10 12 / 11 13 12 14 / 13 15 14 16 / 15 17 16 18

1 2 3 / 2 3 4 / 3 4 5 / 4 5 6 / 5 6 7 / 6 7 8 / 7 8 9 / 8 9 10 / 9 10 11 / 10 11 12 / 11 12 13 / 12 13 14 etc.

3 1 5 3 / 4 2 6 4 / 5 3 7 5 / 6 4 8 6 / 7 5 9 7 / 8 6 10 8 / 9 7 11 9 / 10 8 12 10 / 11 9 13 11 / 12 10 14 12 etc.

3 2 1 / 5 4 3 / 4 3 2 / 6 5 4 / 5 4 3 / 7 6 5 / 6 5 4 / 8 7 6 / 7 6 5 / 9 8 7 / 8 7 6 / 10 9 8 / 9 8 7 / 11 10 9 etc.

4 3 2 1 / 5 4 3 2 / 6 5 4 3 / 7 6 5 4 / 8 7 6 5 / 9 8 7 6 / 10 9 8 7 / 11 10 9 8 / 12 11 10 9 / 13 12 11 10 etc.

1 3 5 / 6 4 2 / 3 5 7 / 8 6 4 / 5 7 9 / 10 8 6 / 7 9 11 / 12 10 8 / 9 11 13 / 14 12 10 / 11 13 15 / 16 14 12 etc.

Each number represents a note of which ever scale you choose to play. The numbers do not necessarily indicate the degrees of the scale, **PLAY VERY SLOWLY AT FIRST. ALSO PLAY IN DESCENDING ORDER.** For maximum benefit practice every day. There is no hurry so don't force it. Your subconscious mind will absorb more information if you are gentle on yourself. Just observe the tension and relax. **PLAY SINGLES , DUPLETS , TRIPLETS AND QUADRUPLTS ON EACH NOTE.**

