

Scale Patterns: Rocking, Rising, Falling

Scale Patterns break up the note-to-note straight line of scales

Reassemble scales out-of-order to deepen reading and processing

Rocking 3rds: 2:30min



2-octave version
etc until

Rocking 4ths: 2:30min



2-octave version
etc until

Rising 4s: 4min



2-octave version
etc until

Rising 4s: 4min



2-octave version
etc until

Falling 4s: 4min



2-octave version
etc until

Falling 4s: 4min



2-octave version
etc until

THIS IS NOT A RACE

Don't rush to make the timings, focus on process and allow yourself to speed up as a result of successful repetitions.

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