

SCALE PRACTICE

F MAJOR

1 2 3 4 1 2 3 4

REPEAT 4 X

REPEAT 4 X

REPEAT 4 X

G MAJOR

REPEAT 4 X

REPEAT 4 X

REPEAT 4 X

RECORD YOUR SPEED PROGRESS EACH TIME YOU PRACTICE THESE SEQUENCES

WRITE YOUR NEW MAXIMUM TEMPO ON THE PAGE AT END OF SESSION

YOU SHOULD BE ABLE TO START YOUR NEXT SESSION AT THAT NEW TEMPO OR JUST BELOW

SET METRONOME AT 100 (OR SLOWER IF NEEDED, 80 PERHAPS)

AIM TO COMPLETE EACH SEQUENCE AT A MINIMUM OF 160

GAINING AT LEAST 20 BEATS PER PRACTICE SESSION SHOULD BE ACHIEVABLE

SLOW DOWN IF YOU ARE MAKING MISTAKES