



The 5 Major Scale Forms

Here are the five major scale exercises that match the five chordal positions of the guitar. It is important to “own” these scale studies. Music is a language art. Scales are like the letters in a word. When you speak you don’t think about how the words are spelled as you’re speaking, you just speak them. Therefore in order to be fluid with playing and performing on your guitar you must think of the scales as the “spelling” for the “words” you will eventually “speak” through your instrument. Hence MUCH practice. Think of it as daily aerobics for the guitar.

Practice each scale study up and back 20 times at the beginning fret then move up a 1/2 step or 1 fret and repeat 20 times and so on until you have moved from the 3rd fret to the 10th fret for “E” form and “A” form. From the 5th to the 12th fret for the “C” form and the “G” form and from the 2nd to the 9th fret for the “D” form. You start by learning these scales discreetly and separately from the chords that they match. Once you have mastered both the scales and the chordal forms there will be an exercise that will put them together making the neck one long scale form and chordal position. Diligence counts so practice the prescribed number of repetitions for beginners. For those students who have been playing approximately 2 years or have mastered bar chords you may do 5 to 10 reps per fret but don’t short change yourself. The shortest distance to the goal is the maximum number of reps and the more you practice the better your playing will be.

Remember these are fundamentals without which you will merely plateau at an unsatisfactory level. So PUT IN THE REPS and good luck.

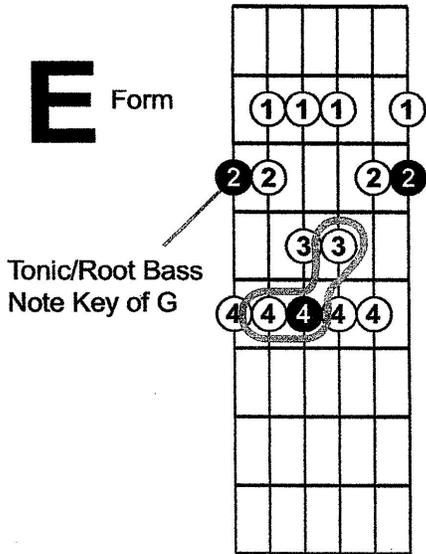
Note:

Pay particular attention to the key that each one of the scale studies becomes as you

move up the neck. The "E" form study starts in the key of "G", 3rd fret low "E" string. "A" form starts in the key of "C"; "C" form, the key of "D"; "G" form, the key of "A"; and "D" form the key of "E". The first note in each scale is referred to as either the root, tonic, Do or 1. Try always to sing or hum or whistle along with your scale studies. This is a method of internalizing that is the first step in playing and actually singing through your instrument. This is how you train the internal voice. If there is no water in the well you can't drink from it so, fill up the well by internalizing as many scales and songs as you can. This method will ultimately lead to the feeling of "being the note" So sing.

Be sure to do all the reps daily. It will take beginners a few months to really get up to speed but don't be in a hurry. Slow and deliberate with good tone and in time with your metronome is the right way to start. When you have mastered all five scale studies and can play 1/4 notes at 70 bpm as well as 1/8 notes at 160 bpm you should move to the condensed and connected scale studies shown in the video. Enjoy practice, for practice is a struggle that will bear the fruits of joy and energetic life.

THE FIVE MAJOR SCALES



Reading the scales:

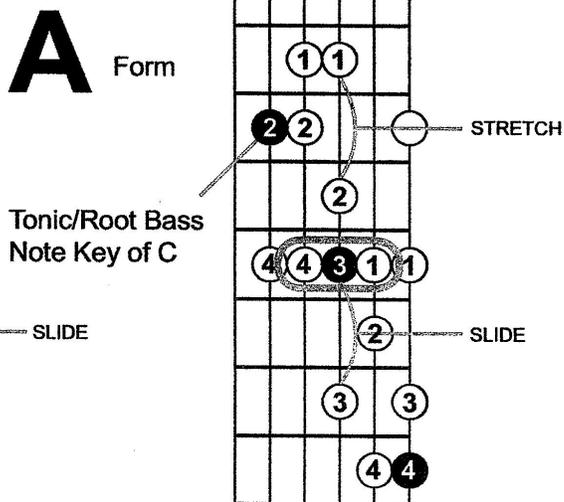
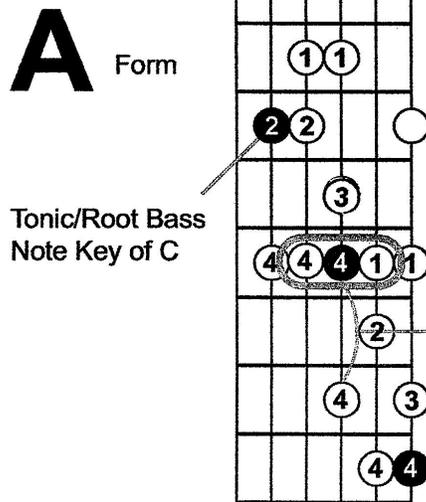
Start at the top left; go down the string until you've played every scale note then move to the next string. The numbers refer to fingers, so 1 = index finger, 2 = middle finger and so on. Do not play notes *without a number*. They are there to show the chord shape

Key:

Black = Bass Note/Octave
 White = Remaining Notes in Scale
 Outline = Chord Shape
 All Together = Ionian Scale

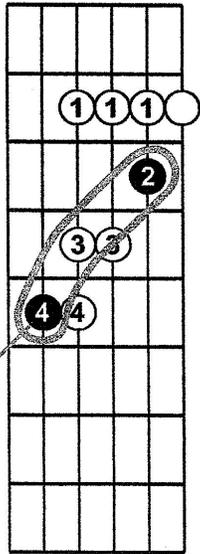
(ascending)

(descending)



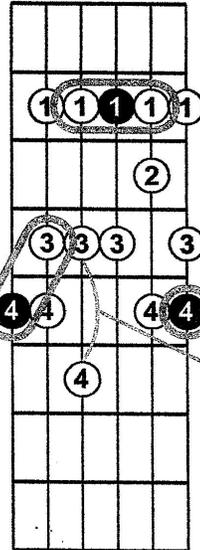
THE FIVE MAJOR SCALES (CONT.)

C Form



Tonic/Root Bass
Note Key of D

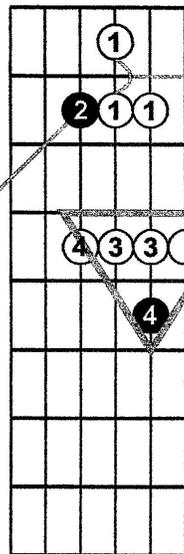
G Form



Tonic/Root Bass
Note Key of A

STRETCH

D Form



Tonic/Root Bass
Note Key of E

SHIFT

Do not play notes *without a number*. They are there to show the chord shape.