

Major/Minor Pentatonic Scales

C

___ 8ths
___ triplets
___ a minor pentatonic
___ patterns
___ all modes

F

___ 8ths
___ triplets
___ d minor pentatonic
___ patterns
___ all modes

Bb

___ 8ths
___ triplets
___ g minor pentatonic
___ patterns
___ all modes

Eb

___ 8ths
___ triplets
___ c minor pentatonic
___ patterns
___ all modes

Ab

___ 8ths
___ triplets
___ f minor pentatonic
___ patterns
___ all modes

Db/C#

___ 8ths
___ triplets
___ bb minor pentatonic
___ patterns
___ all modes

Gb/F#

___ 8ths
___ triplets
___ eb minor pentatonic
___ patterns
___ all modes

Cb/B

___ 8ths
___ triplets
___ ab minor pentatonic
___ patterns
___ all modes

E

___ 8ths
___ triplets
___ c# minor pentatonic
___ patterns
___ all modes

A

___ 8ths
___ triplets
___ f# minor pentatonic
___ patterns
___ all modes

D

___ 8ths
___ triplets
___ b minor pentatonic
___ patterns
___ all modes

G

___ 8ths
___ triplets
___ e minor pentatonic
___ patterns
___ all modes

Blues Scales

C

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

F

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Bb

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Eb

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Ab

___ 8ths
___ triplets
___ 16thspatterns
___ all modes

Db/C#

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Gb/F#

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Cb/B

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

E

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

A

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

D

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

G

___ 8ths
___ triplets
___ 16ths
___ patterns
___ all modes

Symmetrical Scales

Chromatic

___ 8ths
___ triplets
___ 16ths
___ rolling triplets
___ rolling 16ths
___ every other (2nds)
___ patterns

Diminished Scales

C, Eb, Gb/F#, A

___ 3rds
___ 4ths
___ rolling 3rds
___ rolling triplet
___ arpeggios

B, D, F, Ab

___ 3rds
___ 4ths
___ rolling 3rds
___ rolling triplet
___ arpeggios

Bb, Db/C#, E, G

___ 3rds
___ 4ths
___ rolling 3rds
___ rolling triplet
___ arpeggios

Whole Tone Scales

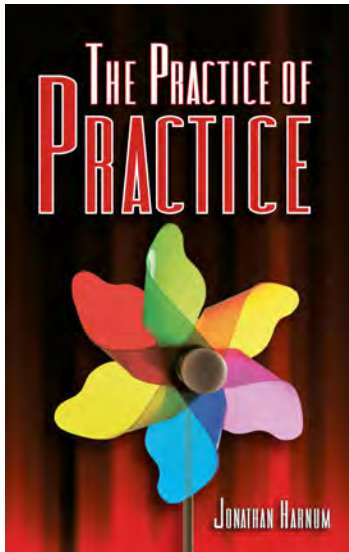
C, D, E, F#, Ab, Bb

___ thirds
___ 4ths
___ rolling thirds
___ rolling fourths
___ patterns

C#, Eb, F, G, A, B

___ thirds
___ 4ths
___ rolling thirds
___ rolling fourths
___ patterns

BE A BETTER MUSICIAN. DON'T PRACTICE LONGER, PRACTICE SMARTER.



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Practice takes many shapes. The word means different things to different people. What does it really take to get better at music?

The Practice of Practice will help you understand ways of getting better more clearly. The information will help you become a more aware musician, a more informed teacher, and a more effective parent of a young musician.

Whether you play Beethoven or Bach, are into Indie pop or classic Rock, *The Practice of Practice* will help you become a better musician.

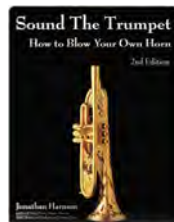
The book covers 6 aspects of practice:

- » **WHAT:** Definitions, and what music practice does to your brain.
- » **WHY:** Motivation is crucial. Learn ways of keeping the flame lit in this section
- » **WHO:** A lot of people including yourself will impact your practice. Learn to use them to your advantage.
- » **WHEN:** This section covers how much, and what times of the day are best for practice, & more.
- » **WHERE:** Where you practice matters, & more.
- » **HOW:** The longest section of the book includes information about goals, structuring your practice, as well as specific techniques tested by researchers, and specific strategies pros use to get better.

Written by musician, teacher, scholar, and author Jonathan Harnum, *The Practice of Practice* is a result of 8 years of research, including interviews with world-class professional musicians in genres like jazz, singer-songwriting, Western classical, Indian classical, West African djembe, Gypsy jazz, and others.



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