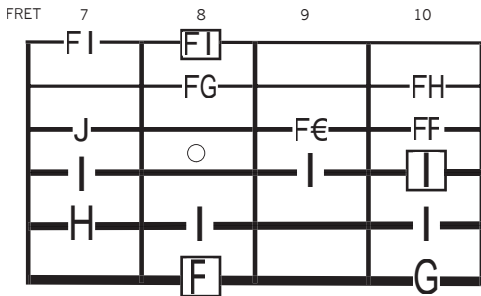
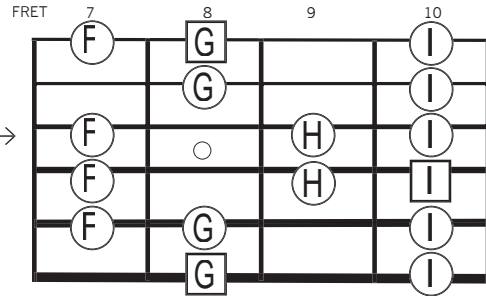


All the great players I've meet, studied or read about tend to have their own personalised series of single note warm up / practise routines. Here's a concept that could help you develop your own.

Let's take the C major scale as a starting point.

This diagram shows a standard 2 octave major scale pattern and fingering.

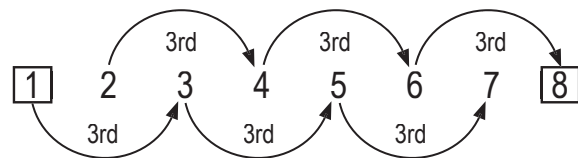
Keep in mind the position shown is one of many possibilities. If you're more comfortable using another position please do so.



The next step is to number each note. For the uninitiated these are known as INTERVALS. The numbers in bold represent all the scale notes to the first octave. 8 is the same note as the 1 simply pitched an octave higher. The smaller numerals from 9 to 15 are all the scale notes duplicated one octave higher than their originals. In other words 8=1, 9=2, 10=3, 11=4, 12=5, 13=6, 14=7 and 15=8 all an octave higher. 15 being two octaves higher than the 1.

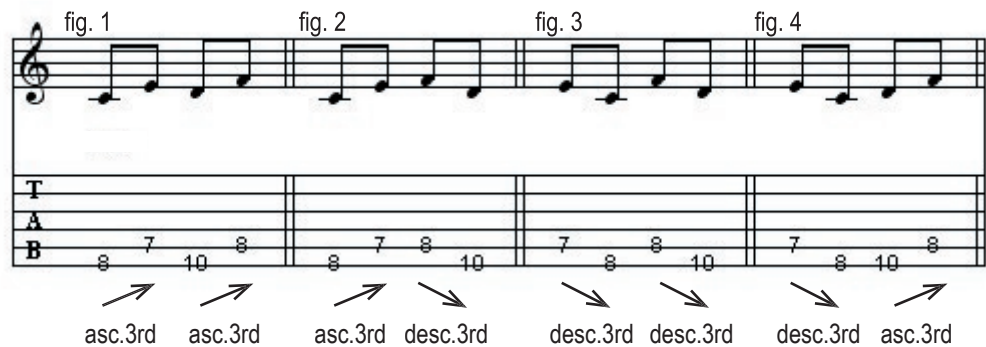
Okay, so here's how it works, we can ascend and descend the scale using various interval couplings [ i.e. two note groupings]. Let's kick off with some 3rds.

If we go from the 1 to the 3 that's an ascending 3rd. If we now play the 2 to the 4 the distance is also an ascending 3rd. You can check this by simply counting up from the 2 to the 4, you get 3. See fig. 1.



It works like this all the way up the scale -

As you can see this approach gives you four possibilities..



Here's an ascending two octave C major scale pattern employing the fig.1 grouping of asc.3rd/asc. 3rd.

# The Guitar School

The image displays two systems of guitar tablature, each consisting of a musical staff and three tablature lines labeled T (Treble), A (Acoustic), and B (Bass). The music is written in 4/4 time. The first system spans four measures, and the second system also spans four measures. The tablature includes various fret numbers (7, 8, 9, 10) and techniques such as bends and slides, indicated by slanted lines and arrows.

**System 1:**

- Measure 1: T (quarter notes G4, A4, B4, C5), A (quarter notes G4, A4, B4, C5), B (quarter notes G2, A2, B2, C3).
- Measure 2: T (quarter notes D5, E5, F5, G5), A (quarter notes D5, E5, F5, G5), B (quarter notes D3, E3, F3, G3).
- Measure 3: T (quarter notes A5, B5, C6, D6), A (quarter notes A5, B5, C6, D6), B (quarter notes A3, B3, C4, D4).
- Measure 4: T (quarter notes E6, F6, G6, A6), A (quarter notes E6, F6, G6, A6), B (quarter notes E4, F4, G4, A4).

**System 2:**

- Measure 1: T (quarter notes B5, C6, D6, E6), A (quarter notes B5, C6, D6, E6), B (quarter notes B3, C4, D4, E4).
- Measure 2: T (quarter notes F6, G6, A6, B6), A (quarter notes F6, G6, A6, B6), B (quarter notes F4, G4, A4, B4).
- Measure 3: T (quarter notes C7, D7, E7, F7), A (quarter notes C7, D7, E7, F7), B (quarter notes C5, D5, E5, F5).
- Measure 4: T (quarter notes G7, A7, B7, C8), A (quarter notes G7, A7, B7, C8), B (quarter notes G5, A5, B5, C6).