Lesson 1: Music Theory
What is a Scale?

• Scales are groups of notes that are arranged in stepwise patterns, either going up or going down. The combination of these steps (also called “Intervals”) gives each type of scale its unique sound and character.
• Throughout this book, we are going to learn the specifics for each type of scale, for instance, Major Scales, Minor Scales, Modes, Chromatic, etc.
• Most scales are made up of Half Steps and Whole Steps.
• A Half Step (also called “Minor Second” Interval) is the distance from one piano key to the very next piano key, for example, from C to C# (white key to black key) or from E to F. In both cases, there are no keys (whether white keys or black keys) between those two notes.
• Whole Steps (also called “Major Second” Intervals), are made up of two Half Steps. For example, C to D is a whole step: 2 Half Steps combined--C to C# and then C# to D. See Chart Below.

- Here are some other examples of Whole Steps: G to A, E to D, B to C#, F to G.
- Try playing the following Whole Steps (going up or down) and listen to their sound characteristics: A to B, C# to D#, A to G, F# to G#. Use the chart above to help you locate the notes. Listen to the similarities between each group.
Lesson 2: Music Theory
What is a Major Scale?

- All Major Scales follow the same pattern of whole steps and half steps.
- All Major Scales have 8 notes. For example, here are the notes of the C Major Scale: C, D, E, F, G, A, B, C. There are 8 notes (or keys) total.
- The Pattern for all Major Scales, Ascending (going up on the keyboard), is: 2 Whole Steps, 1 Half Step, 3 Whole Steps, then 1 Half Step.
- In the 2 diagrams below, take a look at the pattern of Whole Steps and Half Steps. Try playing the C Major Scale (shown below) and listen to the steps.
Lesson 3: 5-Finger Scales
C, G, and D Major: Right Hand

• In these 3 exercises, we will be playing the first 5 notes of the C, D, and G Major Scales in the Right Hand. Remember to keep your fingers curved as you play. After you practice these patterns 10 times. Have Fun!

C Major

\[ \begin{array}{cccccc}
1 & 2 & 3 & 4 & 5 & 4 \\
\end{array} \]

G Major

\[ \begin{array}{cccccc}
1 & 2 & 3 & 4 & 5 & 4 \\
\end{array} \]

The Sharps are added here to help.

D Major

\[ \begin{array}{cccccc}
1 & 2 & 3 & 4 & 5 & 4 \\
\end{array} \]
• In these 3 exercises, we will be playing the first 5 notes of the C, D, and G Major Scales in the Left Hand. Remember to keep your fingers curved as you play. After you practice these patterns 10 times. Have Fun!

C Major

G Major

The Sharps are added here to help.

D Major
Lesson 5: 5-Finger Scales
C, G, and D Major: Both Hands

- In these 3 exercises, we will be playing the first 5 notes of the C, D, and G Major Scales in Both Hands. Remember to keep your fingers curved as you play.

C Major

\[ \text{G Major} \]

\[ \text{D Major} \]

The Sharps are added here to help.
Lesson 6: 5-Finger Scales
A, E, and B Major: Right Hand

• In these 3 exercises, we will be playing the first 5 notes of the A, E, and B Major Scales in the Right Hand. Play each exercise ten times.

The Sharps are added here to help.

A Major

E Major

B Major
In these 3 exercises, we will be playing the first 5 notes of the A, E, and B Major Scales in the Left Hand. Play each exercise ten times.

The Sharps are added here to help.

A Major

E Major

B Major
Lesson 8: 5-Finger Scales
A, E, and B Major: Both Hands

In these 3 exercises, we will be playing the first 5 notes of the A, E, and B Major Scales in Both Hands. Play each exercise ten times.

The Sharps are added here to help.

A Major

E Major

B Major
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