Ionian Mode Practice

Scale Formula for the Root of C

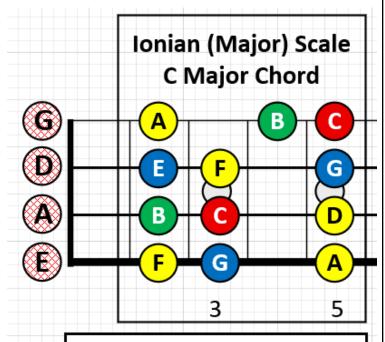
Notes: C - D - E - F - G - A - BIntervals: W - W - H - W - W - W - H

Common Progressions

I-IV-V ii-V-I I-V-vi-IV

Links

E Shape Pattern



- Root (1)
- 3 Chord Tones (3,5)
- 🕖 7th
- **2** Extensions (2,4,6)

C Major Scale Practice Plan

Scale Formula (Ionian / Major): 1 - 2 - 3 - 4 - 5 - 6 - 7 - (8)

Intervals:

Root, Major 2nd, Major 3rd, Perfect 4th, Perfect 5th, Major 6th, Major 7th, Octave

Note Names Pass

Say: "C, D, E, F, G, A, B, C."

Purpose: lock in fretboard geography.

Degrees Pass

Say: "1, 2, 3, 4, 5, 6, 7, 8."

Purpose: connect physical shape to

abstract formula.

Interval Quality Pass

Say: "Root, Major 2nd, Major 3rd, Perfect 4th, Perfect 5th, Major 6th, Major 7th, Octave."

Purpose: train your ear and brain to know why notes sound the way they do.

Interval drills

R only (just play the C's).

R-3 (C-E).

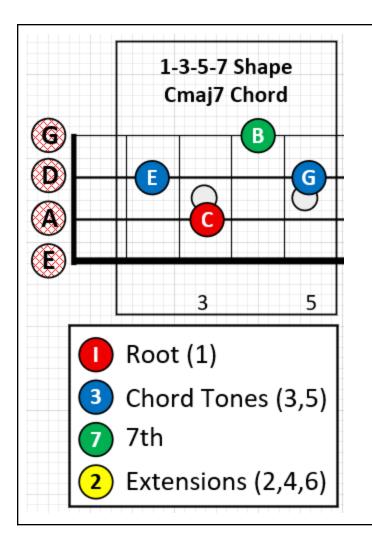
R-5 (C-G).

R-7 (C-B).

R-3-5 (C-E-G).

R-3-5-7 (C-E-G-B).

Play each one forward and backward.



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Cmaj7 (1-3-5-7) Practice Mini-Plan
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Arpeggio Formula: 1 - 3 - 5 - 7

Intervals in C major:
C (root), E (major 3rd), G (perfect 5th),
B (major 7th)

Shape Drill

Play the 1-3-5-7 shape up and down your C major box.

Verbal Passes Note Names \rightarrow C, E, G, B Degrees \rightarrow 1, 3, 5, 7

Interval Quality \rightarrow Root, Major 3rd, Perfect 5th, Major 7th.

Variations

R-3

R-5

R-7

R - 3 - 5

R-3-5-7 (full shape)

Play each one forward and backward.