

Ionian Mode Practice

Scale Formula for the Root of C

Notes: C - D - E - F - G - A - B

Intervals: W - W - H - W - W - W - H

Common Progressions

I-IV-V

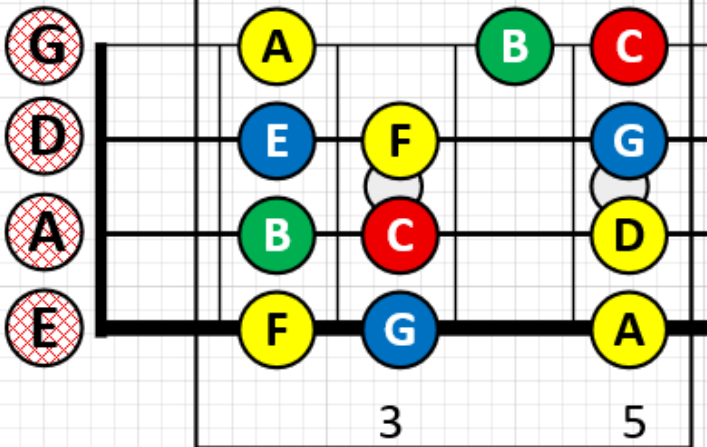
ii-V-I

I-V-vi-IV

Links

E Shape Pattern

Ionian (Major) Scale C Major Chord



- 1** Root (1)
- 3** Chord Tones (3,5)
- 7** 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.

