

C Instruments

Root Progressions

A guide to studying scales

Half-steps	#1) Bb B C C# D Eb E F F# G Ab A
Whole-Steps	#2) Bb C D E F# Ab / B C# Eb F G A
Circle of 4ths	#3) Bb Eb Ab Db F# B E A D G C F
Major 3rds	#4) Bb D F# / B Eb G / C E Ab / C# F A
Minor 3rds	#5) Bb Db E G / B D F Ab / C Eb F# A

Four Shapes: #1) ↑ #2) ↓ #3) ↑↓ #4) ↓↑

Things to Practice using Root Progressions:

1#) Scales

- Major
- Mixolydian
- Dorian
- Melodic Minor
- Natural Minor
- Harmonic Minor

2#) Chords:

- Major 7
- Dominant 7
- Minor 7
- Minor 7b5

#3) Number Patterns

- In 24 combinations
(1235, 5132, 3521, etc..)

Scale, chord, & pattern practice needs to be done daily and with a metronome.

Pick one scale type, one chord type & one number pattern and spend a week working on them.

Practice what you have chosen through all root progressions and shapes at various tempos

ROOT PROGRESSIONS

EXAMPLES

JEFF ELLWOOD

EXAMPLE USING MAJOR SCALE, MAJOR CHORD & 1-2-3-5 NUMBER PATTERN

MAJOR SCALE THROUGH ROOT PROGRESSION #1 USING ASCENDING SHAPE (#1)



MAJOR SCALE THROUGH ROOT PROGRESSION #1 USING DESCENDING SHAPE (#2)



MAJOR SCALE THROUGH ROOT PROGRESSION #1 USING ASCENDING & DESCENDING SHAPE (#3)



MAJOR SCALE THROUGH ROOT PROGRESSION #4 USING ASCENDING & DESCENDING SHAPE (#3)



MAJOR SCALE DESCENDING IN WHOLE STEPS (PROGRESSION #2) USING DESCENDING SHAPE (#2)



MAJOR SCALE THROUGH ROOT PROGRESSION #5 USING DESCENDING AND ASCENDING SHAPE (#4)



*****PRACTICE ALL SCALE TYPES: MAJOR, MIXOLYDIAN, DORIAN, MELODIC MINOR, HARMONIC MINOR, NATURAL MINOR

MAJOR CHORDS THROUGH ROOT PROGRESSION # 1 USING ASCENDING SHAPE (# 1)

25

MAJOR CHORDS THROUGH ROOT PROGRESSION # 1 USING DESCENDING SHAPE (# 2)

29

MAJOR CHORDS THROUGH ROOT PROGRESSION # 1 USING ASCENDING & DESCENDING SHAPE (# 3)

33

MAJOR CHORDS THROUGH ROOT PROGRESSION # 5 USING ASCENDING & DESCENDING SHAPE (# 3)

37

MAJOR CHORDS THROUGH ROOT PROGRESSION # 3 USING DESCENDING & ASCENDING SHAPE (# 4)

41

*****PRACTICE ALL CHORD TYPES: MAJOR 7, DOMINANT 7, MINOR 7, MINOR 7 FLAT5, DIMINISHED

1-2-3-5 NUMBER PATTERN THROUGH ROOT PROGRESSION #1 USING ASCENDING SHAPE (#1)



1-2-3-5 (DESCENDING) NUMBER PATTERN THROUGH ROOT PROGRESSION #1 USING DESCENDING SHAPE (#2) 1-2-3-5 IN DESCENDING SHAPE BECOMES 5-3-2-1



1-2-3-5 NUMBER PATTERN THROUGH ROOT PROGRESSION #1 USING ASCENDING & DESCENDING SHAPE (#3)



1-3-2-5 NUMBER PATTERN THROUGH ROOT PROGRESSION #5 USING ASCENDING & DESCENDING SHAPE (#3)



*****PRACTICE ALL 24 COMBINATIONS OF NUMBER PATTERNS IN MAJOR, MINOR, & MINOR 7FLAT5