

## 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

### #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.

### 2#) Chords:

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

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 DECENDING & 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)

The musical notation consists of two staves of music. Staff 1 starts with a treble clef, a key signature of one flat, and a common time signature. Staff 2 starts with a bass clef, a key signature of one sharp, and a common time signature. Both staves show eighth-note patterns that follow a specific sequence of notes corresponding to the 1-2-3-5 pattern.

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

A single staff of music in common time, featuring a treble clef and a key signature of one sharp. It displays a descending eighth-note pattern that follows a sequence corresponding to the 1-2-3-5 pattern in descending shape.

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

A single staff of music in common time, featuring a treble clef and a key signature of one sharp. It shows a combined ascending and descending eighth-note pattern that follows a sequence corresponding to the 1-2-3-5 pattern using both shapes.

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

A single staff of music in common time, featuring a treble clef and a key signature of one sharp. It displays a combined ascending and descending eighth-note pattern that follows a sequence corresponding to the 1-3-2-5 pattern using both shapes.

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