

# 4 Octave Scales

## Part 1: The Notes

*See the Scales Fingering Sheet for This*

## Part 2: The Form/Motion

Rule #1 - As you're playing fingers 2 and 3, simultaneously move your thumb under

Rule #2 - Use a slight outward motion with your wrist to prepare the thumb transition

Rule #3 - Used naturally curved fingers (but NOT "STIFF curved" - let them flow)

Rule #4 - When slow, play "into the keys", and when fast, play "out of the keys"

## Part 3: Accelerated Learning Techniques

### 1. Rhythmic Variation Drill

Play Normal: Straight Rhythm, 2 to 4x

Rhythm 1: Long, short long, short... 2 to 4x

Rhythm 2: Short long, short long... 2 to 4x

Rhythm 3: Long, short short short... 2 to 4x

Rhythm 4: Short short short long... 2 to 4x

Play Normal: Straight Rhythm, 2 to 4x

(like Finger Gauntlet except 2 to 4x each)

### 2. Metronome Ramp-Up Drill

Step 1: Start at a very slow speed, play 2 to 4x

Step 2: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 3: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 4: Increase the tempo 8 to 12 BPM, play 2 to 4x

Step 5: Repeat until you hit your "Max Speed" for the day

Step 6: Go back to a very slow tempo, play 2 to 4x

It's VERY important you end with Step 6 at a slow tempo

### 3. The No-Look Drill

Step 1: Play 4x focusing your eyes on your Right Hand

Step 2: Play 4x focusing your eyes on your Left Hand

Step 3: Play 4x looking up, NOT looking at the keys (or eyes closed)

You will have to slow it WAY down at first for Step 3: this is normal

## Part 4: The Progression

Every day, you only need to pick a few scale drills - you don't have to do them all every day!

Start with 2 octave scales, then gradually move to 3 and 4 octaves

You can also use the drills from part 1 ("Quick thumb", "added note" etc) if you need them

Eventually you do want to get hands together - but not until hands separate is ROCK solid

Make sure you're using the correct fingerings from the chart - this is huge for good habits

**ACCURACY OVER SPEED ALWAYS!!!**