

String Scale Practice Guide

to the Care & Feeding of your...

Violin

Viola

Cello

String Bass



(Your Instrument Is Lonely Without You!)

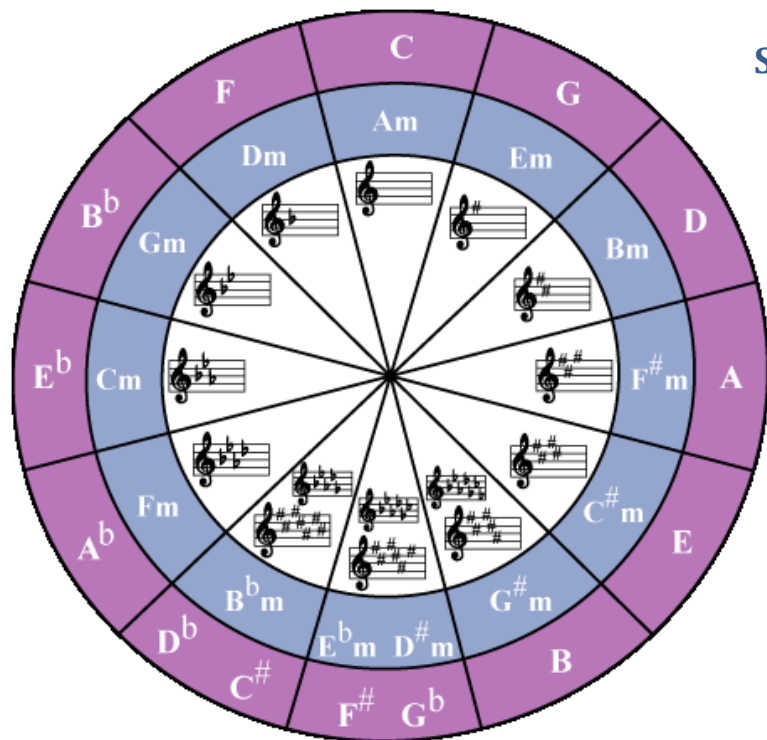
How do you learn music?

1. Play your instrument every day, at least 5-7 times per week. Practicing in short amounts daily is more preferable than “cramming.” Developing technique is much like an exercise workout. Teach your muscles by doing a little bit daily.
2. Set regular time(s) to practice. Consistency is the key to success.
3. Find a comfortable, well-lit, quiet place to practice. No television or telephone interruptions!
4. Practice standing up, not sitting (except cello players). Remember to keep muscles relaxed and loose. Relaxation and breathing exercises prior to the start of a practice session can be especially helpful.
5. Use a mirror to visually check your form and technique. Use a recorder to aurally check your playing.
6. When trying to improve intonation, play SLOWLY. Try to memorize your music or passage, close your eyes or play in the dark. By restricting visual input, you may help enhance your aural ability, becoming more sensitive and “attuned” to tuning.
7. Experts say “start slow and small.” After sight-reading (without stopping) your new selection, break it down into “practice goals” and “problem solve.” At each session, focus on a small section or difficult passage(s). Gradually increase your tempos or add more difficult fingerings/positions/bowings. As you learn each section, overlap your practice goals into repetitive longer “run-throughs” of the music.
8. Test yourself performing “ten-times-in-a-row” with 100% accurate notes, rhythms and articulations.
9. LISTEN! If you are having trouble with an orchestra piece, or a new solo work, buy a recording, or try to get one from the library. Even better, get multiple recordings of it so you can hear different interpretations. Then, listen to it a lot. Listen to it in the car, on your headphones while taking a walk, as background music while talking to a friend, during dinner, etc.
10. Don’t forget that the ultimate goal is not to produce the notes you see on the page as you would type in words on a keyboard—the goal is to produce beautiful music. Listen to yourself and “make music” as you practice.

Scale Challenge — Keys — Ladder of Difficulty

LEVEL	VIOLIN	VIOLA AND CELLO
xx	any three-octave	any three-octave
xix	whole tone	whole tone
xviii	chromatic	chromatic
xvii	arpeggio I-IV-V7	arpeggio I-IV-V7
xvi	pentatonic	pentatonic
xv	f#m	bm
xiv	FM	AM
xiii	EM	am
xii	em	GM
xi	dm	f#m
x	DM	FM
ix	c#m	EbM
viii	CM	EM
vii	bm	em
vi	BbM	DM
v	AM	dm
iv	am	c#m
iii	gm	cm
ii	GM	CM
i	any one-octave	any one-octave

Variety... the spice of life (and music)



Scale and Exercise Variations

- Articulations (legato, marcato, staccato)
- Bow Placement (frog, middle, tip)
- Bowings (slurs, spiccato, hooked, sul tasto)
- Dynamics (fff to ppp, crescendo, diminuendo)
- Keys (major, natural/harmonic/melodic minor)
- Intervals (2nds to 9ths, arpeggios, twisters)
- Meters (simple or compound)
- Octaves (1, 2 or 3)
- Rhythms (names, ice cream flavors, pizza toppings)
- Tempos (grave to presto, accelerando and ritard)
- Other (harmonics, double-stops, trills, pizzicato)

Circle of Fifths

Outer ring: Major keys

Inner ring: minor keys

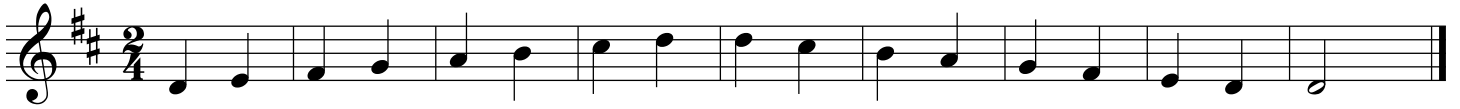
The Dice Game (randomize your variation)

	1	2	3	4	5	6
1	G Major f	D Major f	A Major f	E Major o	B Major f.	F#/Gb Major f f
2	C Major f f	F Major f f f	Bb Major f f f	Eb Major f f f	Ab Major f f	C#/Db Major f f f f
3	E minor f. f	B minor f f.	F# minor f f f	C# minor f f f	G# minor f f f	D#/Eb minor f f f f f
4	A minor v v v	D minor v v v	G minor v v v v	C minor v v v v	F minor v v v v	Bb minor v v v v
5	C Major v v v v	G Major v v v v	F Major v v v v	D Major 2 note slurs	Bb Major 3 note slurs	A Major 4 note slurs
6	A minor 5 note slurs	E minor 6 note slurs	D minor 7 note slurs	B minor 8 note slurs	G minor 16 note slurs	F# minor 2+3 slurs

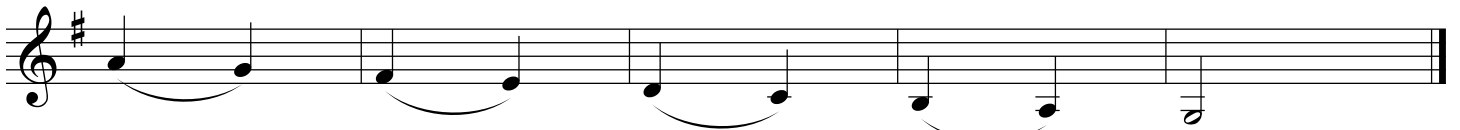
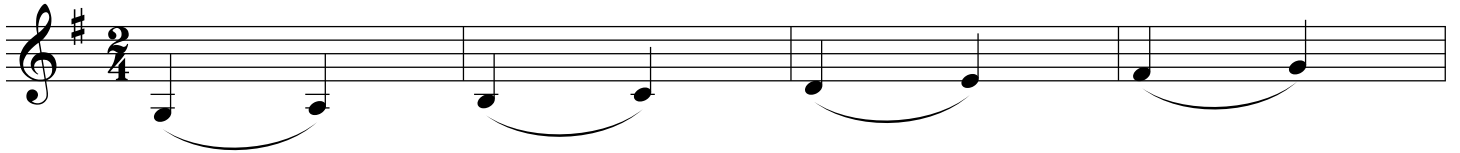
Violin

Catalog of SmartMusic Exercises

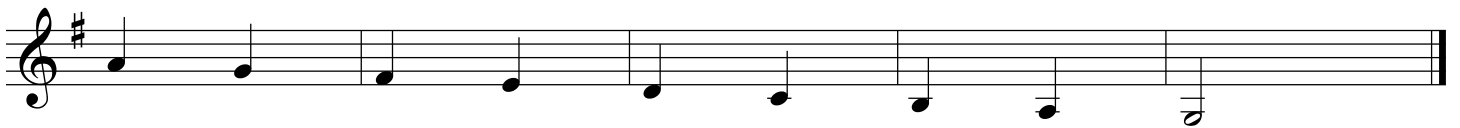
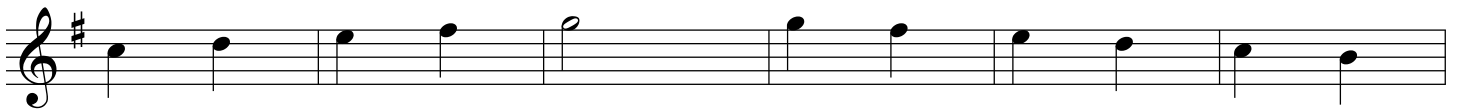
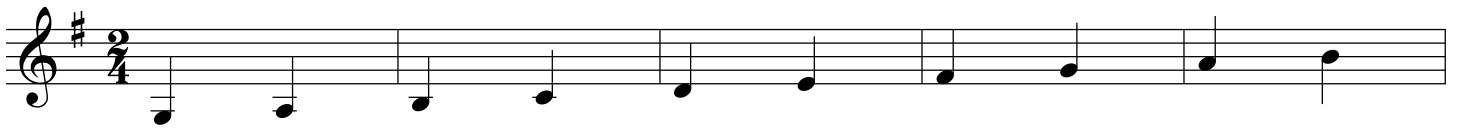
#20 Major Scale Quarters/1 octave/repeat high DO



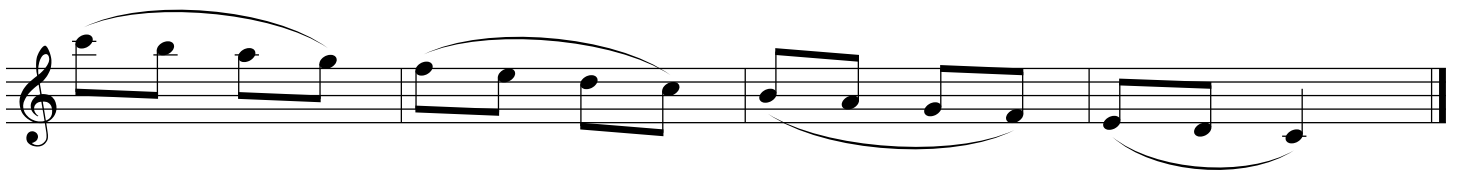
#22 Major Scale Quarters/1 octave/to high RE



#24 Major Scale Quarters/2 octaves/repeat high DO



#42 Major Scale Eighths/2 octave/repeat high DO



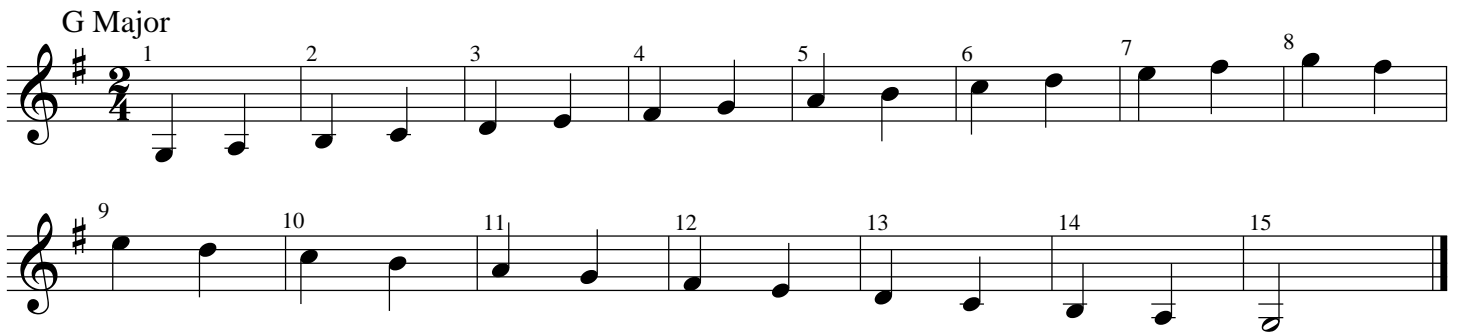
#80 Major Scale Sixteenths/2 octaves/to high RE



Cello

Scale Challenge 2009 G Major / e minor

G Major



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Detailed description: This block contains the first two staves of the G Major scale. The first staff shows measures 1 through 8, and the second staff shows measures 9 through 15. The key signature has one sharp (F#) and the time signature is 2/4. The notes are G, A, B, C, D, E, F#, G, A, B, C, D, E, F#, G.

e natural minor (relative to GM)



16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Detailed description: This block contains the third staff of the scale challenge, showing measures 16 through 31. The key signature has one sharp (F#) and the time signature is 2/4. The notes are G, A, B, C, D, E, F, G, A, B, C, D, E, F, G.

e harmonic minor



32 33 34 35 36 37 38 39

Detailed description: This block contains the fourth staff of the scale challenge, showing measures 32 through 39. The key signature has one sharp (F#) and the time signature is 2/4. The notes are G, A, B, C, D, E, F#, G, A, B, C, D, E, F#, G.

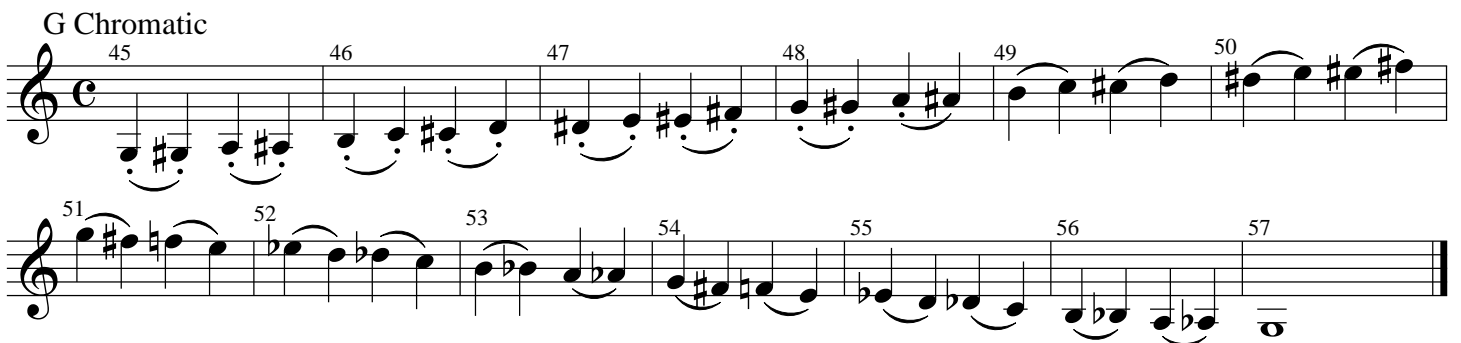
e melodic minor



40 41 42 43 44

Detailed description: This block contains the fifth staff of the scale challenge, showing measures 40 through 44. The key signature has one sharp (F#) and the time signature is 2/4. The notes are G, A, B, C, D, E, F#, G, A, B, C, D, E, F#, G.

G Chromatic



45 46 47 48 49 50 51 52 53 54 55 56 57

Detailed description: This block contains the sixth staff of the scale challenge, showing measures 45 through 57. The key signature has one sharp (F#) and the time signature is common time (C). The notes are G, G#, A, A#, B, B#, C, C#, D, D#, E, E#, F, F#, G.

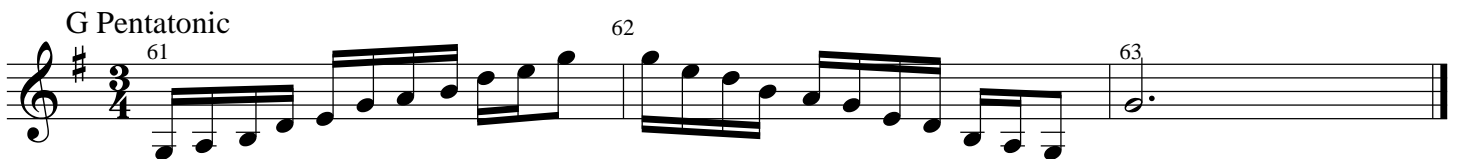
G Whole Tone



58 59 60

Detailed description: This block contains the seventh staff of the scale challenge, showing measures 58 through 60. The key signature has one sharp (F#) and the time signature is 3/4. The notes are G, A, B, C, D, E, F, G.

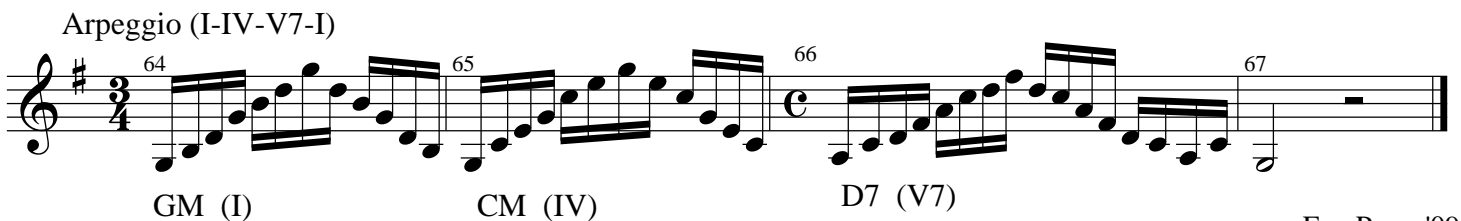
G Pentatonic



61 62 63

Detailed description: This block contains the eighth staff of the scale challenge, showing measures 61 through 63. The key signature has one sharp (F#) and the time signature is 3/4. The notes are G, A, B, C, D, G.

Arpeggio (I-IV-V7-I)



64 65 66 67

GM (I) CM (IV) D7 (V7)

Detailed description: This block contains the ninth staff of the scale challenge, showing measures 64 through 67. The key signature has one sharp (F#) and the time signature is 3/4. The notes are G, B, D, G, C, E, G, B, D, G, F#, A, C, E, G, F#, A, C, E, G.

Violin

Scale Challenge 2009 A Major / f# minor

A Major

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Musical notation for the A Major scale in treble clef, 2/4 time signature. The scale is written across two staves, with measures numbered 1 through 15. The notes are: A4, B4, C#5, D5, E5, F#5, G#5, A5, A4, G#4, F#4, E4, D4, C#4, B3, A3.

f# natural minor (relative to AM)

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Musical notation for the f# natural minor scale in treble clef, 2/4 time signature. The scale is written across one staff, with measures numbered 16 through 31. The notes are: A3, B3, C#4, D4, E4, F#4, G#4, A4, A3, G#3, F#3, E3, D3, C#3, B2, A2.

f# harmonic minor

32 33 34 35 36 37 38 39

Musical notation for the f# harmonic minor scale in treble clef, 2/4 time signature. The scale is written across one staff, with measures numbered 32 through 39. The notes are: A3, B3, C#4, D4, E4, F#4, G#4, A4, A3, G#3, F#3, E3, D3, C#3, B2, A2.

f# melodic minor

40 41 42 43 44

Musical notation for the f# melodic minor scale in treble clef, 2/4 time signature. The scale is written across one staff, with measures numbered 40 through 44. The notes are: A3, B3, C#4, D4, E4, F#4, G#4, A4, A3, G#3, F#3, E3, D3, C#3, B2, A2.

A Chromatic

45 46 47 48 49 50 51 52 53 54 55 56 57

Musical notation for the A Chromatic scale in treble clef, common time signature. The scale is written across two staves, with measures numbered 45 through 57. The notes are: A3, A#3, B3, B#3, C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4.

A Whole Tone

58 59 60

Musical notation for the A Whole Tone scale in treble clef, 3/4 time signature. The scale is written across one staff, with measures numbered 58 through 60. The notes are: A3, B3, C#4, D4, E4, F#4, G#4, A4.

A Pentatonic

61 62 63

Musical notation for the A Pentatonic scale in treble clef, 3/4 time signature. The scale is written across one staff, with measures numbered 61 through 63. The notes are: A3, B3, C#4, E4, A4.

Arpeggio (I-IV-V7-I)

64 65 66 67

Musical notation for the Arpeggio (I-IV-V7-I) scale in treble clef, 3/4 time signature. The scale is written across one staff, with measures numbered 64 through 67. The notes are: A3, B3, C#4, E4, A4, A3, B3, C#4, E4, A4, A3, B3, C#4, E4, A4, A3, B3, C#4, E4, A4.

AM (I)

DM (IV)

E7 (V7)

Violin

Scale Challenge 2009 C Major / a minor

C Major

Musical notation for the C Major scale in 2/4 time, measures 1 through 15. The notes are: 1 C, 2 D, 3 E, 4 F, 5 G, 6 A, 7 B, 8 C, 9 D, 10 E, 11 F, 12 G, 13 A, 14 B, 15 C.

a natural minor (relative to CM)

Musical notation for the a natural minor scale in 2/4 time, measures 16 through 31. The notes are: 16 C, 17 D, 18 E, 19 F, 20 G, 21 A, 22 B, 23 C, 24 D, 25 E, 26 F, 27 G, 28 A, 29 B, 30 C, 31 D.

a harmonic minor

Musical notation for the a harmonic minor scale in 2/4 time, measures 32 through 39. The notes are: 32 C, 33 D, 34 E, 35 F#, 36 G, 37 A, 38 B, 39 C.

a melodic minor

Musical notation for the a melodic minor scale in 2/4 time, measures 40 through 44. The notes are: 40 C, 41 D, 42 E, 43 F#, 44 G.

C Chromatic

Musical notation for the C Chromatic scale in 2/4 time, measures 45 through 57. The notes are: 45 C, 46 C#, 47 D, 48 D#, 49 E, 50 E#, 51 F, 52 F#, 53 G, 54 G#, 55 A, 56 A#, 57 B.

C Whole Tone

Musical notation for the C Whole Tone scale in 2/4 time, measures 58 through 60. The notes are: 58 C, 59 D, 60 E.

C Pentatonic

Musical notation for the C Pentatonic scale in 2/4 time, measures 61 through 63. The notes are: 61 C, 62 D, 63 E.

Arpeggio (I-IV-V7-I)

Musical notation for the Arpeggio (I-IV-V7-I) scale in 2/4 time, measures 64 through 67. The notes are: 64 C, 65 D, 66 E, 67 F.

CM (I)

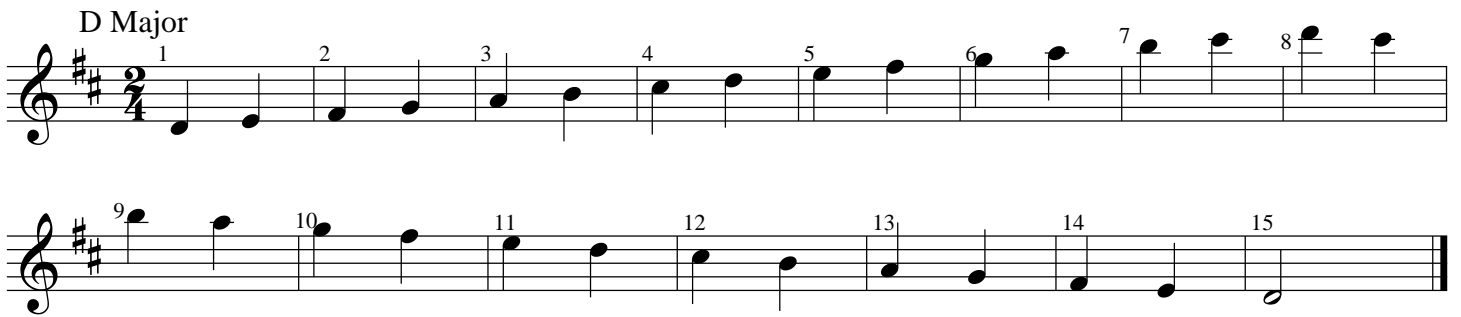
FM (IV)

G7 (V7)

Violin

Scale Challenge 2009 D Major / b minor

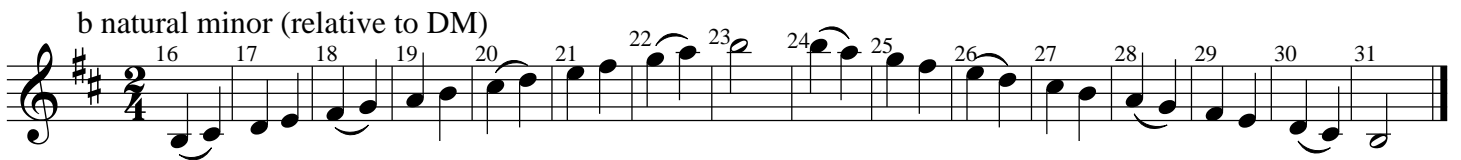
D Major



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Detailed description: This block contains the first two staves of the D Major scale. The first staff shows measures 1 through 8, and the second staff shows measures 9 through 15. The key signature has two sharps (F# and C#), and the time signature is 2/4. The notes are: 1 (D), 2 (E), 3 (F#), 4 (G), 5 (A), 6 (B), 7 (C#), 8 (D), 9 (E), 10 (F#), 11 (G), 12 (A), 13 (B), 14 (C#), 15 (D).

b natural minor (relative to DM)



16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Detailed description: This block contains the third staff of the scale challenge, which is the b natural minor scale. It spans measures 16 to 31. The notes are: 16 (D), 17 (E), 18 (F), 19 (G), 20 (A), 21 (B), 22 (C), 23 (D), 24 (E), 25 (F), 26 (G), 27 (A), 28 (B), 29 (C), 30 (D), 31 (E).

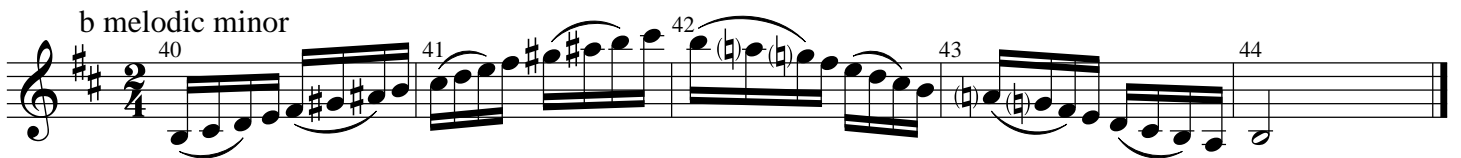
b harmonic minor



32 33 34 35 36 37 38 39

Detailed description: This block contains the fourth staff of the scale challenge, which is the b harmonic minor scale. It spans measures 32 to 39. The notes are: 32 (D), 33 (E), 34 (F), 35 (G#), 36 (A), 37 (B), 38 (C), 39 (D).

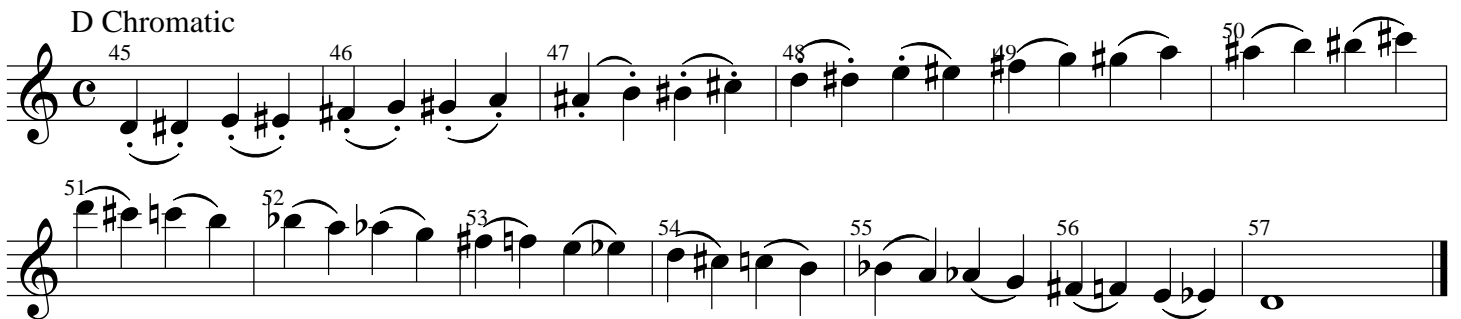
b melodic minor



40 41 42 43 44

Detailed description: This block contains the fifth staff of the scale challenge, which is the b melodic minor scale. It spans measures 40 to 44. The notes are: 40 (D), 41 (E), 42 (F#), 43 (G), 44 (A).

D Chromatic



45 46 47 48 49 50 51 52 53 54 55 56 57

Detailed description: This block contains the sixth and seventh staves of the scale challenge, which is the D Chromatic scale. It spans measures 45 to 57. The notes are: 45 (D), 46 (D#), 47 (E), 48 (E#), 49 (F), 50 (F#), 51 (G), 52 (G#), 53 (A), 54 (A#), 55 (B), 56 (B#), 57 (C).

D Whole Tone



58 59 60

Detailed description: This block contains the eighth staff of the scale challenge, which is the D Whole Tone scale. It spans measures 58 to 60. The notes are: 58 (D), 59 (E), 60 (F).

D Pentatonic



61 62 63

Detailed description: This block contains the ninth staff of the scale challenge, which is the D Pentatonic scale. It spans measures 61 to 63. The notes are: 61 (D), 62 (E), 63 (F).

Arpeggio (I-IV-V7-I)



64 65 66 67

Detailed description: This block contains the tenth staff of the scale challenge, which is an arpeggio exercise. It spans measures 64 to 67. The notes are: 64 (D), 65 (E), 66 (F), 67 (G).

DM (I)

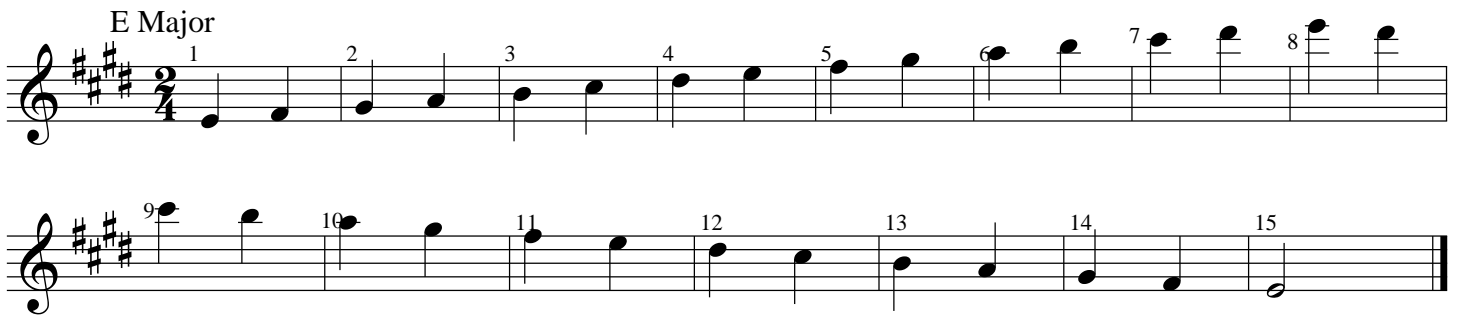
GM (IV)

A7 (V7)

Violin

Scale Challenge 2009 E Major / c# minor

E Major



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Detailed description: This block contains the first two staves of the E Major scale. The first staff shows measures 1 through 8, and the second staff shows measures 9 through 15. The key signature has three sharps (F#, C#, G#) and the time signature is 2/4. The notes are: 1. E4, 2. F#4, 3. G#4, 4. A4, 5. B4, 6. C#5, 7. D5, 8. E5, 9. D5, 10. C#4, 11. B4, 12. A4, 13. G#4, 14. F#4, 15. E4.

c# natural minor (relative to EM)



16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Detailed description: This block contains the third staff of the scale challenge, which is the c# natural minor scale. It spans measures 16 to 31. The notes are: 16. E4, 17. F#4, 18. G#4, 19. A4, 20. B4, 21. C#5, 22. D5, 23. E5, 24. D5, 25. C#4, 26. B4, 27. A4, 28. G#4, 29. F#4, 30. E4, 31. D4.

c# harmonic minor



32 33 34 35 36 37 38 39

Detailed description: This block contains the fourth staff of the scale challenge, which is the c# harmonic minor scale. It spans measures 32 to 39. The notes are: 32. E4, 33. F#4, 34. G#4, 35. A4, 36. B4, 37. C#5, 38. D5, 39. E4.

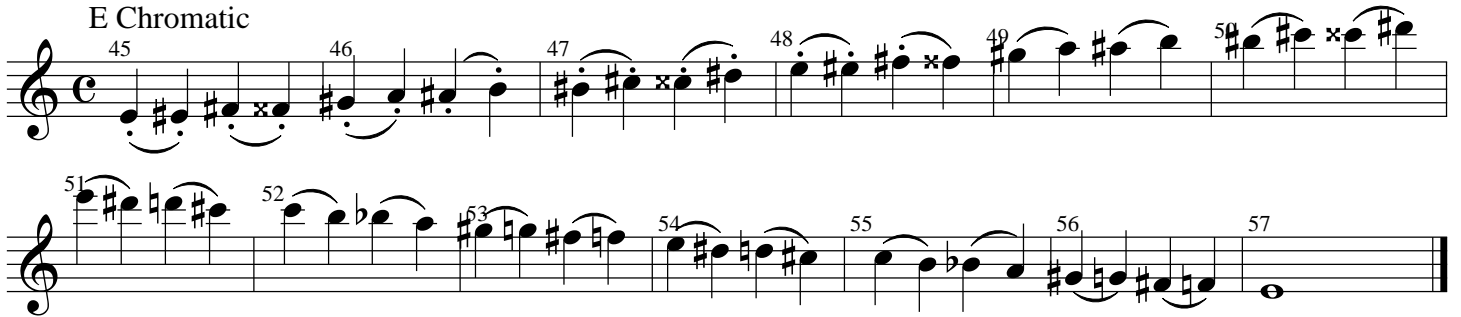
c# melodic minor



40 41 42 43 44

Detailed description: This block contains the fifth staff of the scale challenge, which is the c# melodic minor scale. It spans measures 40 to 44. The notes are: 40. E4, 41. F#4, 42. G#4, 43. A4, 44. B4.

E Chromatic



45 46 47 48 49 50 51 52 53 54 55 56 57

Detailed description: This block contains the sixth staff of the scale challenge, which is the E Chromatic scale. It spans measures 45 to 57. The notes are: 45. E4, 46. F#4, 47. G#4, 48. A4, 49. B4, 50. C#5, 51. D5, 52. E5, 53. D5, 54. C#4, 55. B4, 56. A4, 57. G#4.

E Whole Tone



58 59 60

Detailed description: This block contains the seventh staff of the scale challenge, which is the E Whole Tone scale. It spans measures 58 to 60. The notes are: 58. E4, 59. F#4, 60. G#4.

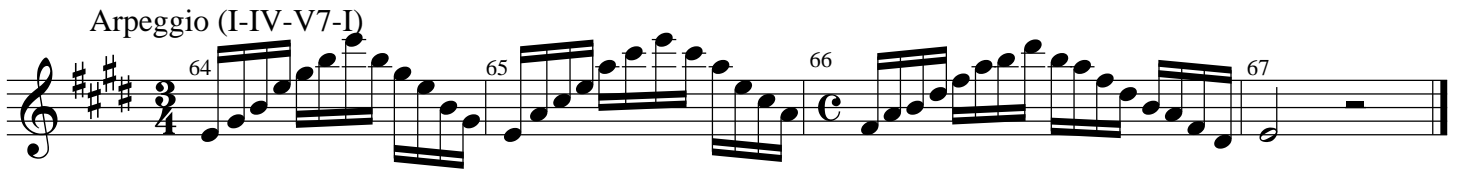
E Pentatonic



61 62 63

Detailed description: This block contains the eighth staff of the scale challenge, which is the E Pentatonic scale. It spans measures 61 to 63. The notes are: 61. E4, 62. F#4, 63. G#4.

Arpeggio (I-IV-V7-I)



64 65 66 67

Detailed description: This block contains the ninth staff of the scale challenge, which is an arpeggio exercise. It spans measures 64 to 67. The notes are: 64. E4, 65. F#4, 66. G#4, 67. A4.

EM (I) AM (IV) B7 (V7)

Violin

Scale Challenge 2009 F Major / d minor

F Major

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Musical notation for the F Major scale in 2/4 time, measures 1 through 15. The notes are: 1 (F), 2 (G), 3 (A), 4 (Bb), 5 (C), 6 (D), 7 (E), 8 (F), 9 (G), 10 (A), 11 (Bb), 12 (C), 13 (D), 14 (E), 15 (F).

d natural minor (relative to FM)

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Musical notation for the d natural minor scale in 2/4 time, measures 16 through 31. The notes are: 16 (F), 17 (G), 18 (Ab), 19 (Bb), 20 (C), 21 (D), 22 (Eb), 23 (F), 24 (G), 25 (Ab), 26 (Bb), 27 (C), 28 (D), 29 (Eb), 30 (F), 31 (G).

d harmonic minor

32 33 34 35 36 37 38 39

Musical notation for the d harmonic minor scale in 2/4 time, measures 32 through 39. The notes are: 32 (F), 33 (G), 34 (Ab), 35 (Bb), 36 (C), 37 (D), 38 (Eb), 39 (F).

d melodic minor

40 41 42 43 44

Musical notation for the d melodic minor scale in 2/4 time, measures 40 through 44. The notes are: 40 (F), 41 (G), 42 (Ab), 43 (Bb), 44 (C).

F Chromatic

45 46 47 48 49 50 51 52 53 54 55 56 57

Musical notation for the F Chromatic scale in 2/4 time, measures 45 through 57. The notes are: 45 (F), 46 (F#), 47 (G), 48 (G#), 49 (A), 50 (Ab), 51 (Bb), 52 (B), 53 (B#), 54 (C), 55 (Cb), 56 (D), 57 (Db).

F Whole Tone

58 59 60

Musical notation for the F Whole Tone scale in 2/4 time, measures 58 through 60. The notes are: 58 (F), 59 (G), 60 (A).

F Pentatonic

61 62 63

Musical notation for the F Pentatonic scale in 2/4 time, measures 61 through 63. The notes are: 61 (F), 62 (G), 63 (A).

Arpeggio (I-IV-V7-I)

64 65 66 67

FM (I) BbM (IV) C7 (V7)

Musical notation for the F Major arpeggio in 2/4 time, measures 64 through 67. The notes are: 64 (F), 65 (A), 66 (C), 67 (F).

Cartwheel Scales

Donna Stark Fox

Violin

Musical staff 1: Violin, measure 1-7. Key signature: one sharp (F#), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

8

Musical staff 2: Violin, measure 8-14. Key signature: two flats (Bb, Eb), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

15

Musical staff 3: Violin, measure 15-21. Key signature: three sharps (F#, C#, G#), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

22

Musical staff 4: Violin, measure 22-28. Key signature: two flats (Bb, Eb), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

29

Musical staff 5: Violin, measure 29-35. Key signature: four sharps (F#, C#, G#, D#), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

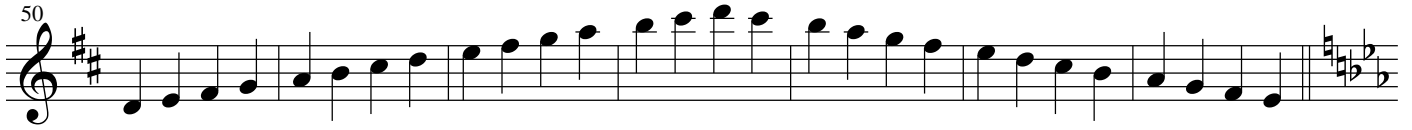
36

Musical staff 6: Violin, measure 36-42. Key signature: three sharps (F#, C#, G#), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

43

Musical staff 7: Violin, measure 43-49. Key signature: four sharps (F#, C#, G#, D#), time signature: 4/4. The scale starts on G4 and ascends stepwise to G5, then descends stepwise to G4.

50



57



64



71



78



85



Violin

Three Octave Major Scale

G Major

1

2

A-Flat Major

1

4

A Major

1

4

B-Flat Major

2

3

C Major

2

3