

## Level One Contemporary Idioms

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Scales</b>	<input type="checkbox"/> All Scales are ♩ = 69 <input type="checkbox"/> Swing and Straight Time <input type="checkbox"/> Two octaves <input type="checkbox"/> Hands separate <input type="checkbox"/> Contrary is hands together					
Ionian/Major	C	G	C	G	C	G
Aeolian/Natural Minor	a	e	a	e	a	e
Contrary Motion	C	G	C	G	C	G
Major Pentatonic	C	C	C	C	C	C
Minor Pentatonic	a	a	a	a	a	a
Blues	C	A	C	A	C	A
<b>Triads</b>	<input type="checkbox"/> All triads are hands separate					
Solid ♩ = 100	C, a	G, e	C, a	G, e	C, a	G, e
Broken ♩ = 60	C, a	G, e	C, a	G, e	C, a	G, e
<b>Skills</b>	Sight Reading	Sight Reading	Sight Reading	Sight Reading	Sight Reading	Sight Reading
	Improv	Improv	Improv	Improv	Improv	Improv
	Ear Training	Ear Training	Ear Training	Ear Training	Ear Training	Ear Training
	Background Info.	Background Info.	Background Info.	Background Info.	Background Info.	Background Info.