

# C Major!

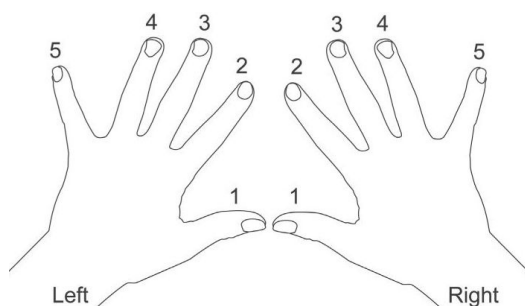
This workbook will take you through playing the C Major Scale, step by step, from the very beginning to playing two octaves, hands together! Do one or two of these exercises a day and in no time you'll not only be able to play C major, but you'll be on your way to playing loads of other scales that use the same fingering!

## REMEMBER:

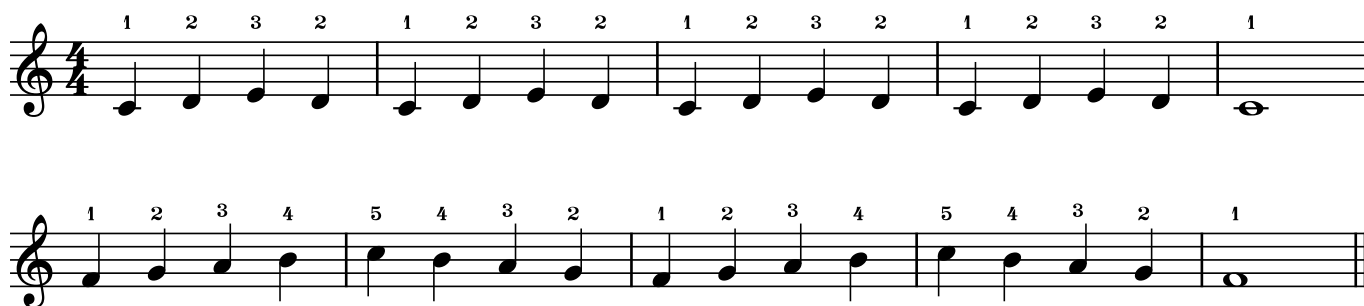
Keep your shoulders, forearms and wrists relaxed, and your fingers in a nice round position with bent fingers - like you're holding a glass ball.

Play slowly and smoothly, one note at a time, with no overlapping.

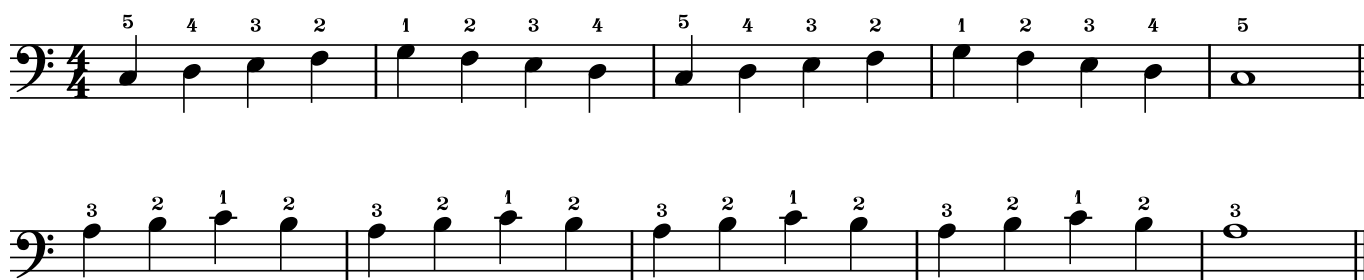
If it's not right, play it slower!



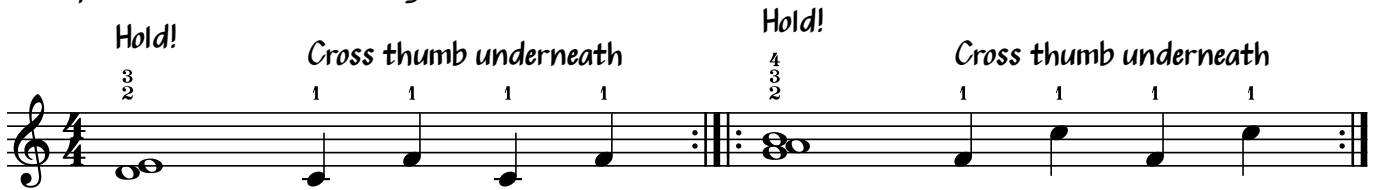
### 1: Right Hand - the bottom bit, and the top bit



### 2: Left Hand - the bottom bit, and the top bit



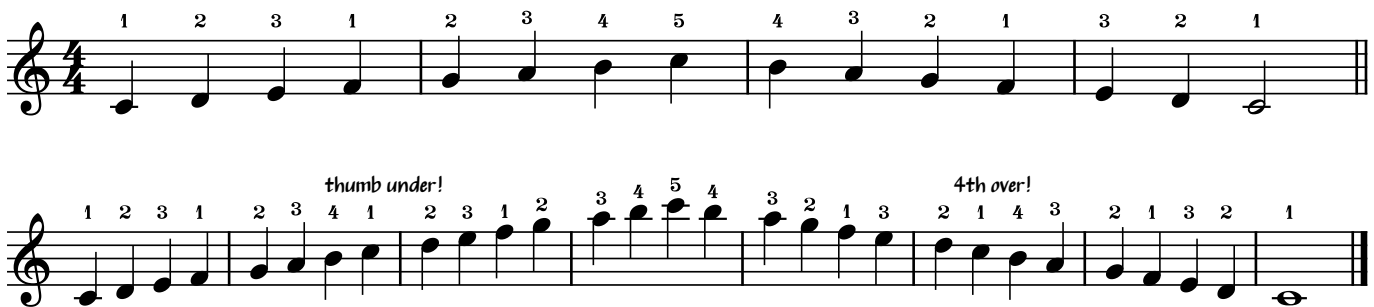
3: Important exercise for the right hand!



4: Important exercise for the left hand!



5: Full scale, Right Hand. First one octave, then two - remember to put your thumb under for the second!



6: Full scale, Left Hand. First one octave, then two - remember to put your 4th over for the second!



7: Hands together, half and half. Go REALLY slowly, and check your fingering in both hands!

Thumb Under

1 2 3 1 2 1 3 2 1 2 3 1 2 1 3 2 1

5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5

Thumb Under

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1

2 1 3 2 1 2 3 1 2 1 3 2 1 2 3 1 2

8: This is it: C Major, first 1 octave, then 2. Take it slow and steady - you can do it!

thumb under third over

1 2 3 1 2 3 4 5 4 3 2 1 3 2 1

5 4 3 2 1 3 2 1 2 3 1 2 3 4 5

thumb under thumb under thumb under

1 2 3 1 2 3 4 1 2 3 1 2 3 4 5 4

5 4 3 2 1 3 2 1 4 3 2 1 3 2 1 2

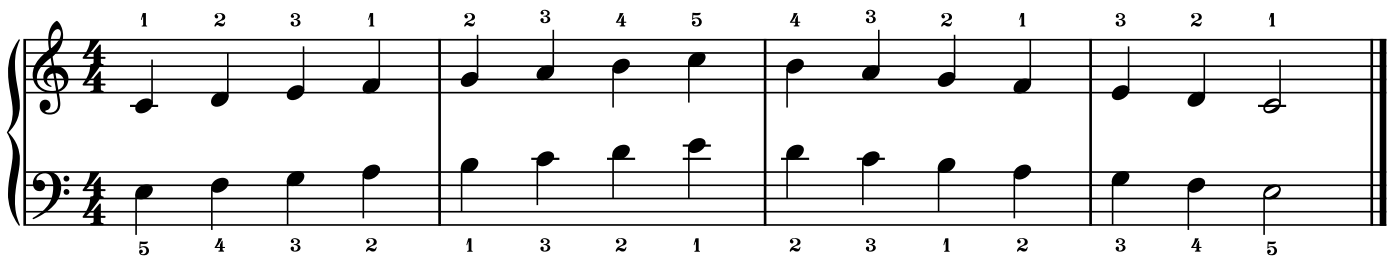
third over fourth over third over

3 2 1 3 2 1 4 3 2 1 3 2 1

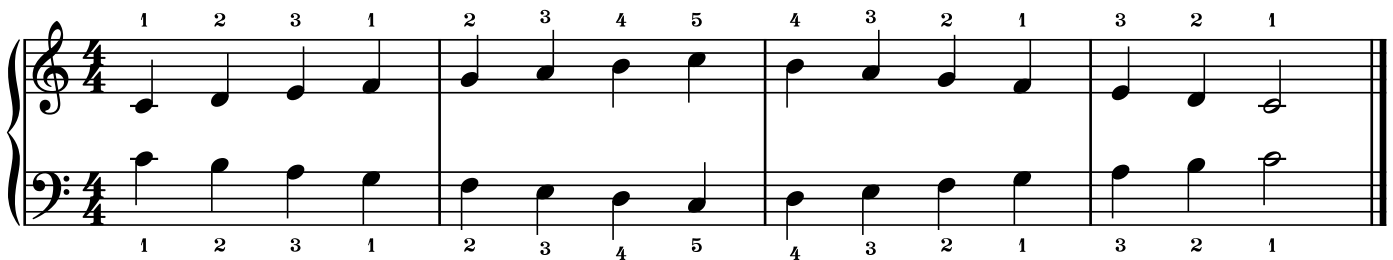
(8) 3 1 2 3 4 1 2 3 1 2 3 4 5

thumb under thumb under thumb under

*Bonus scale 1: play exactly the same fingering, but start the left hand on E. Try swapping over, too!*



*Bonus scale 2: contrary motion - start with both thumbs on middle C and go outwards!*

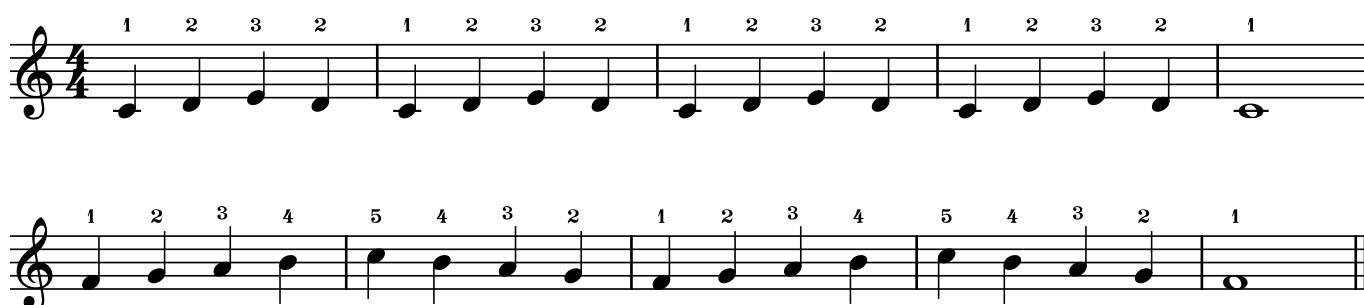


*Congratulations! You've now mastered the C Major Scale!*

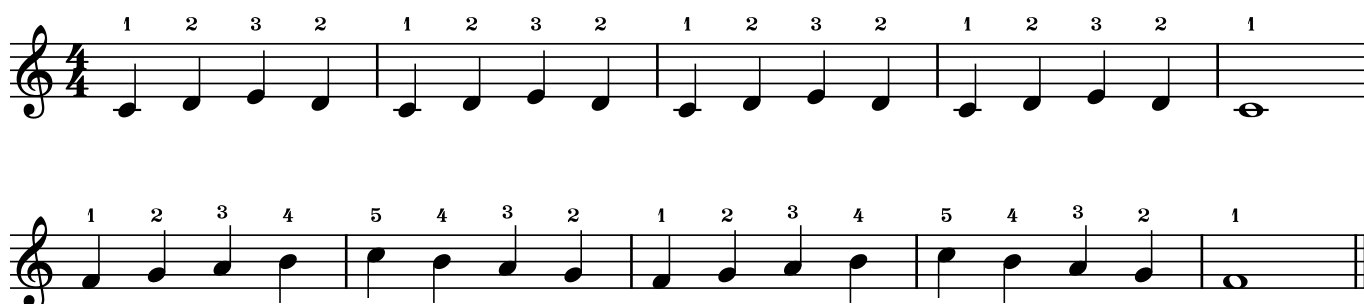
*Next, try making up your own tunes using the notes in C Major, or starting the scale on different notes for different harmonies and effects.*

*Even more exciting: now you can play C Major, you'll find it easy to play D, E G and A majors, and C, D E G and A minors, as they have the same fingering!*

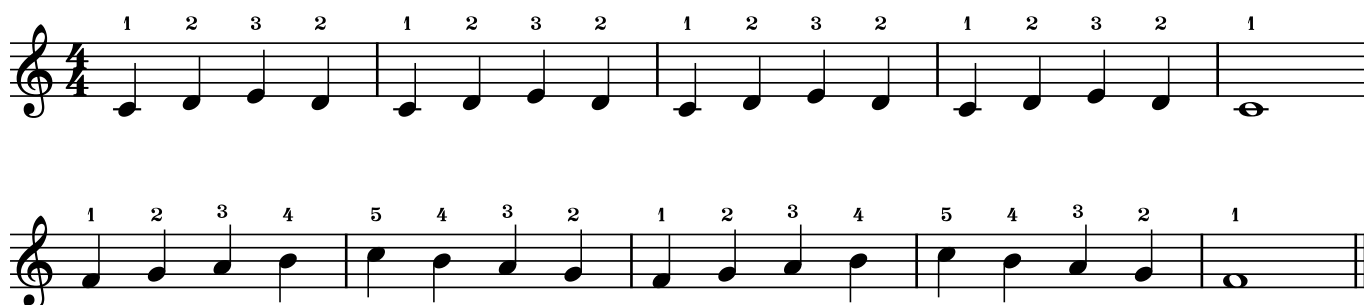
## Exercise title and text



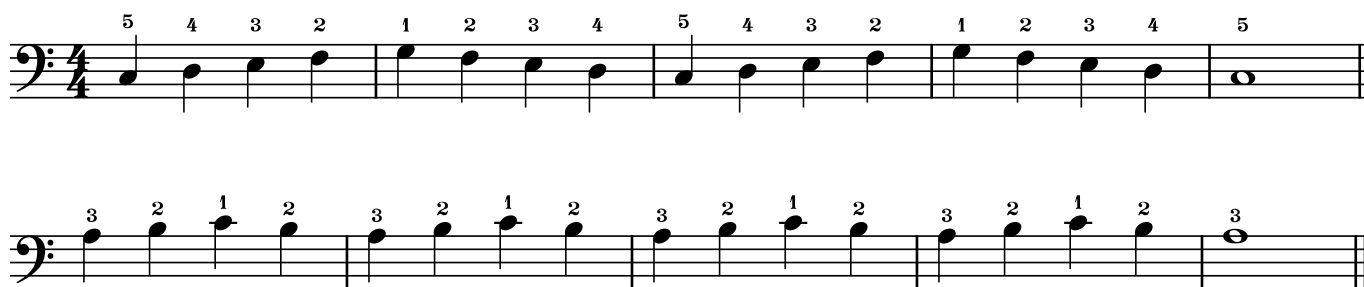
## Exercise title and text



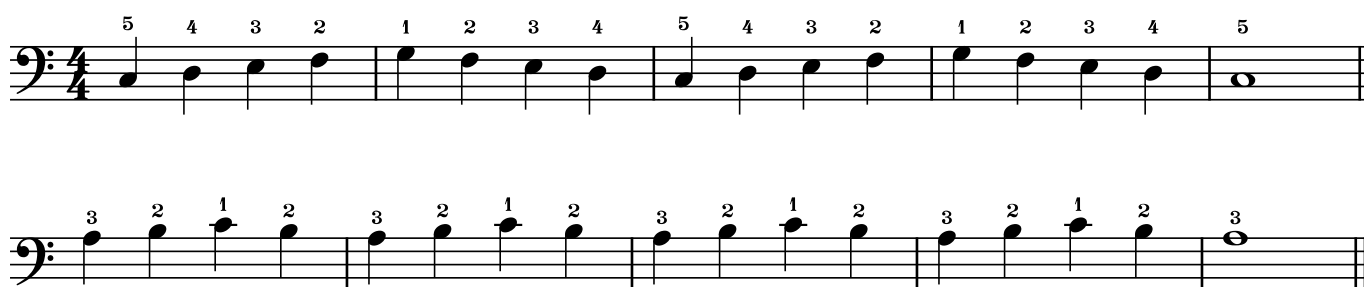
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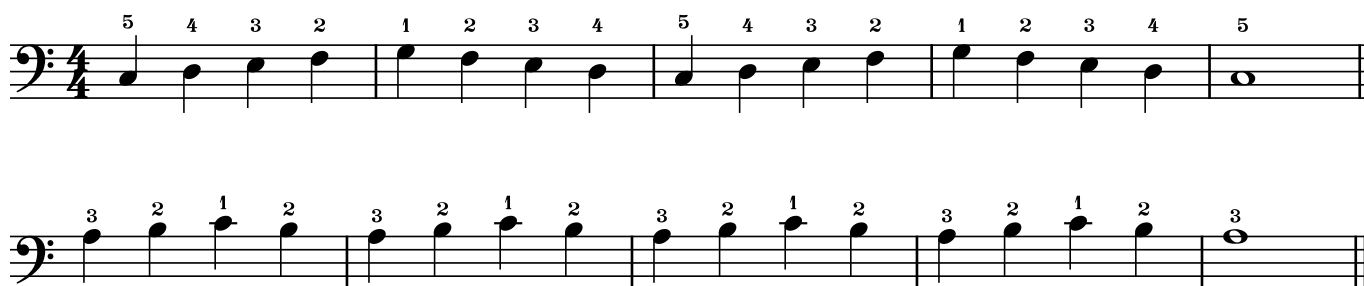
## Exercise title and text



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## Exercise title and text



## Exercise title and text

Hold! 3/2 Cross thumb underneath 1 1 1 1

Hold! 4/3/2 Cross thumb underneath 1 1 1 1

## Exercise title and text

Hold! 3/2 Cross thumb underneath 1 1 1 1

Hold! 4/3/2 Cross thumb underneath 1 1 1 1

## Exercise title and text

Hold! 3/2 Cross thumb underneath 1 1 1 1

Hold! 4/3/2 Cross thumb underneath 1 1 1 1

## Exercise title and text

1 2 3 1 2 3 4 5 4 3 2 1 3 2 1

thumb under!

This musical exercise is written on two staves in 4/4 time. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3. The second staff continues the sequence: C3, D3, E3, F3, G3, A3, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2. Fingering numbers 1-5 are placed above each note. The instruction 'thumb under!' is placed above the 10th note (B3) on the second staff.

## Exercise title and text

1 2 3 1 2 3 4 5 4 3 2 1 3 2 1

thumb under!

This musical exercise is identical to the first one, written on two staves in 4/4 time. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3. The second staff continues the sequence: C3, D3, E3, F3, G3, A3, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2. Fingering numbers 1-5 are placed above each note. The instruction 'thumb under!' is placed above the 10th note (B3) on the second staff.

## Exercise title and text

1 2 3 1 2 3 4 5 4 3 2 1 3 2 1

thumb under!

This musical exercise is identical to the previous ones, written on two staves in 4/4 time. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3. The second staff continues the sequence: C3, D3, E3, F3, G3, A3, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2. Fingering numbers 1-5 are placed above each note. The instruction 'thumb under!' is placed above the 10th note (B3) on the second staff.

## Exercise title and text

4th over!

This musical exercise is written for a 4/4 time signature. The treble clef staff contains a sequence of eighth notes: C4 (finger 2), D4 (finger 1), E4 (finger 4), F4 (finger 3), G4 (finger 2), A4 (finger 1), B4 (finger 3), and C5 (finger 2). The exercise concludes with a whole note C4 (finger 1). The bass clef staff contains a sequence of eighth notes: C3 (finger 5), D3 (finger 4), E3 (finger 3), F3 (finger 2), G3 (finger 1), A3 (finger 3), B3 (finger 2), and C4 (finger 1). This is followed by a sequence of eighth notes: D4 (finger 2), E4 (finger 3), F4 (finger 1), G4 (finger 2), A4 (finger 3), B4 (finger 1), C5 (finger 2), and D5 (finger 5). The exercise concludes with a whole note C4 (finger 5).

## Exercise title and text

4th over!

This musical exercise is written for a 4/4 time signature. The treble clef staff contains a sequence of eighth notes: C4 (finger 2), D4 (finger 1), E4 (finger 4), F4 (finger 3), G4 (finger 2), A4 (finger 1), B4 (finger 3), and C5 (finger 2). The exercise concludes with a whole note C4 (finger 1). The bass clef staff contains a sequence of eighth notes: C3 (finger 5), D3 (finger 4), E3 (finger 3), F3 (finger 2), G3 (finger 1), A3 (finger 3), B3 (finger 2), and C4 (finger 1). This is followed by a sequence of eighth notes: D4 (finger 2), E4 (finger 3), F4 (finger 1), G4 (finger 2), A4 (finger 3), B4 (finger 1), C5 (finger 2), and D5 (finger 5). The exercise concludes with a whole note C4 (finger 5).

## Exercise title and text

4th over!

This musical exercise is written for a 4/4 time signature. The treble clef staff contains a sequence of eighth notes: C4 (finger 2), D4 (finger 1), E4 (finger 4), F4 (finger 3), G4 (finger 2), A4 (finger 1), B4 (finger 3), and C5 (finger 2). The exercise concludes with a whole note C4 (finger 1). The bass clef staff contains a sequence of eighth notes: C3 (finger 5), D3 (finger 4), E3 (finger 3), F3 (finger 2), G3 (finger 1), A3 (finger 3), B3 (finger 2), and C4 (finger 1). This is followed by a sequence of eighth notes: D4 (finger 2), E4 (finger 3), F4 (finger 1), G4 (finger 2), A4 (finger 3), B4 (finger 1), C5 (finger 2), and D5 (finger 5). The exercise concludes with a whole note C4 (finger 5).

## Exercise title and text

This means, play an octave higher than written ————  
8va  
4th over!

Thumb under!

The exercise is written in bass clef on a five-line staff. It consists of four measures of music. The first measure contains four notes: C2 (fingering 1), D2 (fingering 3), E2 (fingering 2), and F2 (fingering 1). The second measure contains four notes: G2 (fingering 4), A2 (fingering 3), B2 (fingering 2), and C3 (fingering 1). The third measure contains four notes: D3 (fingering 3), E3 (fingering 2), F3 (fingering 1), and G3 (fingering 2). The fourth measure contains four notes: A3 (fingering 3), B3 (fingering 1), C4 (fingering 2), and D4 (fingering 3). The notes are all quarter notes. The fingering numbers are placed above each note. The exercise is marked with a dashed line and the text 'This means, play an octave higher than written' and '8va 4th over!' above the first measure. The text 'Thumb under!' is placed above the fourth measure.

## Exercise title and text

This means, play an octave higher than written ————  
8va  
4th over!

Thumb under!

The exercise is written in bass clef on a five-line staff. It consists of four measures of music. The first measure contains four notes: C2 (fingering 1), D2 (fingering 3), E2 (fingering 2), and F2 (fingering 1). The second measure contains four notes: G2 (fingering 4), A2 (fingering 3), B2 (fingering 2), and C3 (fingering 1). The third measure contains four notes: D3 (fingering 3), E3 (fingering 2), F3 (fingering 1), and G3 (fingering 2). The fourth measure contains four notes: A3 (fingering 3), B3 (fingering 1), C4 (fingering 2), and D4 (fingering 3). The notes are all quarter notes. The fingering numbers are placed above each note. The exercise is marked with a dashed line and the text 'This means, play an octave higher than written' and '8va 4th over!' above the first measure. The text 'Thumb under!' is placed above the fourth measure.

## Exercise title and text

This means, play an octave higher than written ————  
8va  
4th over!

Thumb under!

The exercise is written in bass clef on a five-line staff. It consists of four measures of music. The first measure contains four notes: C2 (fingering 1), D2 (fingering 3), E2 (fingering 2), and F2 (fingering 1). The second measure contains four notes: G2 (fingering 4), A2 (fingering 3), B2 (fingering 2), and C3 (fingering 1). The third measure contains four notes: D3 (fingering 3), E3 (fingering 2), F3 (fingering 1), and G3 (fingering 2). The fourth measure contains four notes: A3 (fingering 3), B3 (fingering 1), C4 (fingering 2), and D4 (fingering 3). The notes are all quarter notes. The fingering numbers are placed above each note. The exercise is marked with a dashed line and the text 'This means, play an octave higher than written' and '8va 4th over!' above the first measure. The text 'Thumb under!' is placed above the fourth measure.

Exercise title and text



Exercise title and text



Exercise title and text



## Exercise title and text

Thumb Under

1 2 3 1 2 1 3 2 1 2 3 1 2 1 3 2 1

5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5

## Exercise title and text

Thumb Under

1 2 3 1 2 1 3 2 1 2 3 1 2 1 3 2 1

5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5

## Exercise title and text

Thumb Under

1 2 3 1 2 1 3 2 1 2 3 1 2 1 3 2 1

5 4 3 2 1 2 3 4 5 4 3 2 1 2 3 4 5

## Exercise title and text

Musical score for Exercise 1 in C Major. The exercise is written for piano and consists of five measures. The right hand (treble clef) plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. The left hand (bass clef) plays a sequence of eighth notes: C3, D3, E3, F3, G3, A3, B3, C4. The fingerings for the right hand are 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 3, 2, 1. The fingerings for the left hand are 2, 1, 3, 2, 1, 2, 3, 1, 2, 1, 3, 2, 1, 2, 3, 1, 2. The instruction "Thumb Under" is written below the first measure of the left hand.

## Exercise title and text

Musical score for Exercise 2 in C Major. The exercise is written for piano and consists of five measures. The right hand (treble clef) plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. The left hand (bass clef) plays a sequence of eighth notes: C3, D3, E3, F3, G3, A3, B3, C4. The fingerings for the right hand are 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 3, 2, 1. The fingerings for the left hand are 2, 1, 3, 2, 1, 2, 3, 1, 2, 1, 3, 2, 1, 2, 3, 1, 2. The instruction "Thumb Under" is written below the first measure of the left hand.

## Exercise title and text

Musical score for Exercise 3 in C Major. The exercise is written for piano and consists of five measures. The right hand (treble clef) plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5. The left hand (bass clef) plays a sequence of eighth notes: C3, D3, E3, F3, G3, A3, B3, C4. The fingerings for the right hand are 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 3, 2, 1. The fingerings for the left hand are 2, 1, 3, 2, 1, 2, 3, 1, 2, 1, 3, 2, 1, 2, 3, 1, 2. The instruction "Thumb Under" is written below the first measure of the left hand.

## Exercise title and text

## Exercise title and text

## Exercise title and text

## Exercise title and text

Exercise 1: A piano exercise in C Major. The score consists of two staves (treble and bass clef) with a key signature of one sharp (F#). The exercise is divided into four measures. The first measure contains a sequence of notes: C4, D4, E4, F#4, G4, A4, B4, C5. The second measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. The third measure contains: C4, D4, E4, F#4, G4, A4, B4, C5. The fourth measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. Fingering is indicated by numbers 1-5 above or below the notes. Technique instructions include 'thumb under' and 'third over' for the right hand, and 'third over', 'fourth over', and 'thumb under' for the left hand. A dashed line labeled '8va' indicates an octave shift in the second measure.

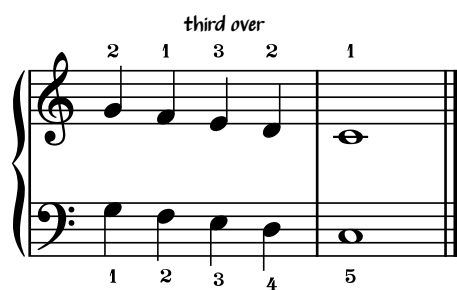
## Exercise title and text

Exercise 2: A piano exercise in C Major. The score consists of two staves (treble and bass clef) with a key signature of one sharp (F#). The exercise is divided into four measures. The first measure contains a sequence of notes: C4, D4, E4, F#4, G4, A4, B4, C5. The second measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. The third measure contains: C4, D4, E4, F#4, G4, A4, B4, C5. The fourth measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. Fingering is indicated by numbers 1-5 above or below the notes. Technique instructions include 'thumb under' and 'third over' for the right hand, and 'third over', 'fourth over', and 'thumb under' for the left hand. A dashed line labeled '8va' indicates an octave shift in the second measure.

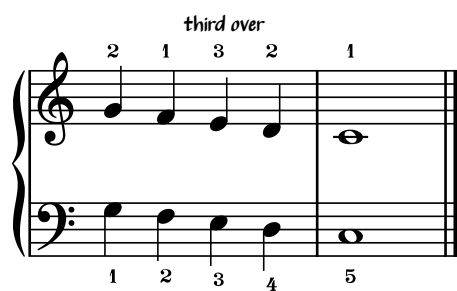
## Exercise title and text

Exercise 3: A piano exercise in C Major. The score consists of two staves (treble and bass clef) with a key signature of one sharp (F#). The exercise is divided into four measures. The first measure contains a sequence of notes: C4, D4, E4, F#4, G4, A4, B4, C5. The second measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. The third measure contains: C4, D4, E4, F#4, G4, A4, B4, C5. The fourth measure contains: C5, B4, A4, G4, F#4, E4, D4, C4. Fingering is indicated by numbers 1-5 above or below the notes. Technique instructions include 'thumb under' and 'third over' for the right hand, and 'third over', 'fourth over', and 'thumb under' for the left hand. A dashed line labeled '8va' indicates an octave shift in the second measure.

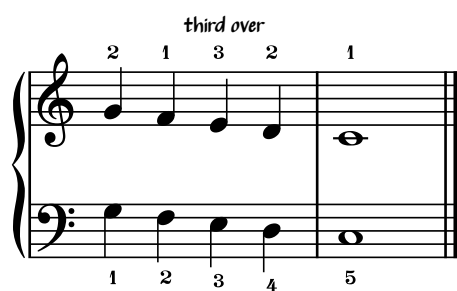
## Exercise title and text



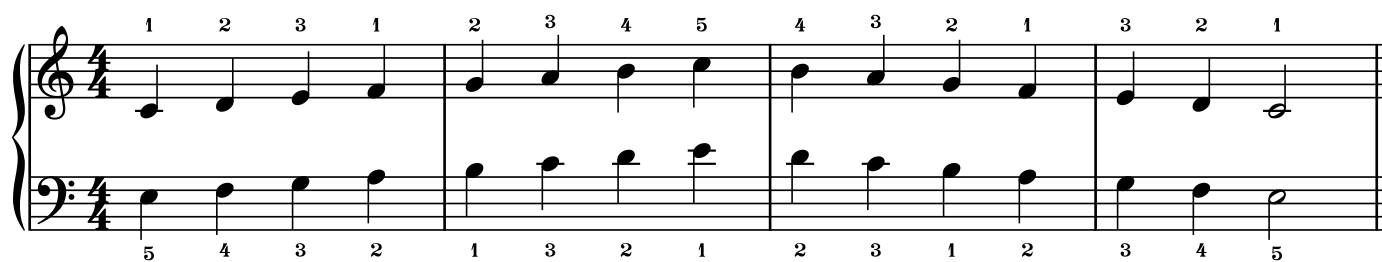
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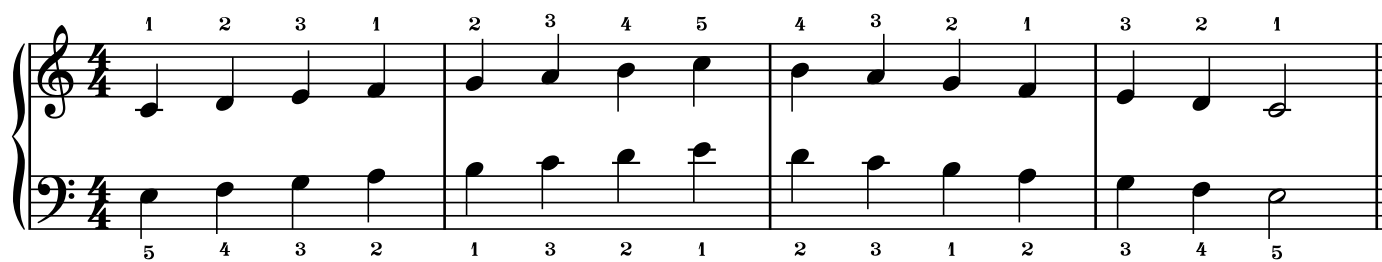
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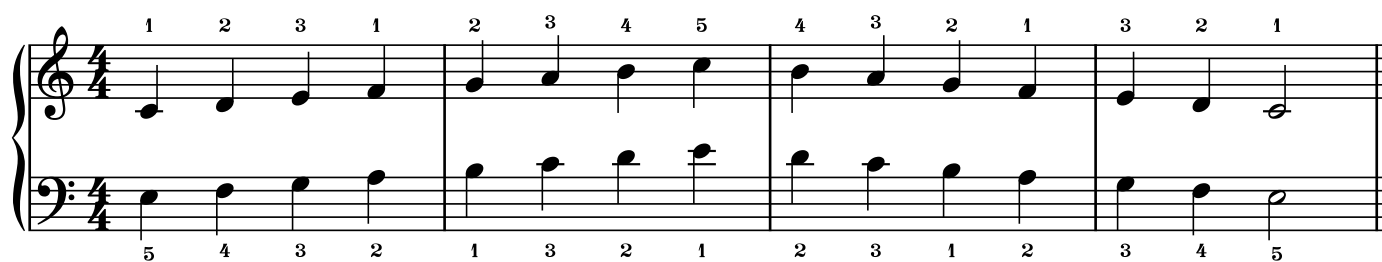
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## Exercise title and text



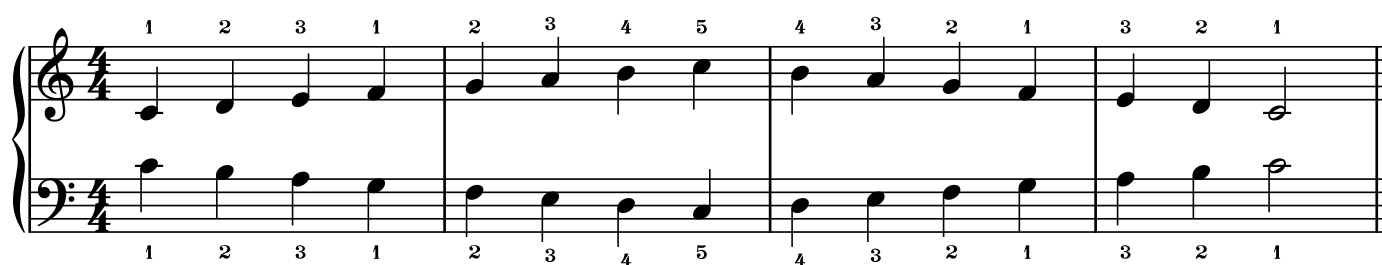
## Exercise title and text



## Exercise title and text



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