

Week #1: Key of C

Scales

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

Triads in Inversions - Solid

135 125 135 135 135 135 125 135
531 531 521 531 531 521 531 531

Triads in Inversions - Broken

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

Arpeggios

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

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

Cadences

C	F	C	G7	C
135	135	135	145	135
C	F	C	G7	C
531	521	531	521	531

Practice Instructions:

Practice each exercise hands separately 3x.

Once you have mastered them, try each exercise hands together.

Add the metronome as you are able.

Ear Training: Sing a pitch and find it on the piano.

Try singing higher notes, middle notes and lower notes and see if you can play those notes on the piano.

2-3 minutes.