

PRACTICE ROUTINE

INSTRUCTIONS

you will need: **a metronome; a keyboard.**

1. Tetrachord Cycle #1 [T-T-ST] (**tempo:** 72bpm)

This exercise is based on the tetrachord [T-T-ST] (remember: a tetrachord is four notes that have a specific pattern of intervals between them). Play the tetrachord in a chain, starting on C, so that each time you play it, the last note of the tetrachord becomes the first note of the next. This means that you will play the tetrachord twelve times before you arrive back where you started. Play this whole cycle twice.

2. Double Tetrachord Cycle #1 [T-T-ST] (T) [T-T-ST] (**tempo:** 72bpm)

This exercise is based on the same tetrachord [T-T-ST], but this time you play it twice, with a tone in between. This has exactly the same interval pattern as the major scale (it is, in fact, a major scale!). As in the previous exercise, you should play them in a chain, but this time the second tetrachord becomes the new first tetrachord each time. This is the same as saying "SO becomes the new DO", if you think of the pattern as a major scale. If you do this correctly, starting on C, you should find that you play twelve major scales before arriving back at a C major scale again.

3. Six Divisions of a Pulse (**tempo:** 36bpm)

In this exercise, I'd like you to think back to our first few weeks, when we divided a pulse into eight equal divisions. Here you should do the same with a 1 octave major scale. Choose a major scale (start with C major). The left hand should play an ascending major scale in time with the metronome; the right hand should first play the same note values as the left hand; then play it again, but the right hand plays a division of 2 (1:2); then again, the right hand playing a division of 3 (1:3); then right hand division of 4 (1:4); then division of 6 (1:6); then division of 8 (1:8).