

LVMTA Technic - Level 1

Penta Scales - C F G

repeat 3 times

Penta Scales - Name the whole and half steps in C F G

EX: C-D whole, D-E whole, E-F half, F-G whole

Triads - C F G broken, hand over hand

OR THE FOLLOWING OPTION

Triads - C F G blocked, hand over hand