

TABLE OF CONTENTS

POWER WARM-UP AN OVERVIEW	iv
BLACK AND WHITE CHROMATIC SCALES	1 – 7
A. E, G, Bb, C#	2 – 3
B. F, Ab, B, D	4 – 5
C. F#, A, C, Eb	6 – 7
MODES PARALLEL SCALES	8 – 15
A. Major	10 – 11
B. Harmonic Minor	12 – 13
C. Melodic Minor	14 – 15
BROKEN CHORDS PARALLEL ARPEGGIOS	16 – 21
A. Major	16 – 17
B. Minor	18 – 19
C. Diminished	20 – 21
TOUGH THUMB THUMB POSITION FINGER PATTERNS	22 – 23
A. Finger Pattern 1	23
B. Finger Pattern 2	23
C. Finger Pattern 3	23
HARMONY DOUBLE STOPS	24 – 25
A. Open 5 th Scales	24
B. Major Scales in 3rds	25
C. Interval Combinations	25
ROMANTIC SHIFTS PORTAMENTO SHIFTS	26 – 31
SPEED SHIFT FINGER PATTERN SHIFTING BLOCKS	32 – 36
PUTTING IT ALL TOGETHER	37
SAMPLE CALENDAR	38
POWER WARM-UP PRACTICE ASSIGNMENT	39 – 40