

PRACTICING SCALES CHART – BASIC – ABRSM & TRINITY SYLLABUS						
SCALES	Mon	Tue	Wed	Thu	Fri	Sat
MAJOR SCALE / ARPEGGIO						
MINOR HARMONIC SCALE / ARPEGGIO						
MINOR MELODIC SCALE / ARPEGGIO						
DIMINISHED 7th ARPEGGIO						
DOMINANT 7th ARPEGGIO						
CHROMATIC SCALE						
DOUBLE STOPS SCALES 3^{rds} / 6^{ths} / 8^{ves}						
ŠEVČÍK TECHNICAL EXERCISES – ‘Basic’ - various						
TOTAL SCALES PRACTICE TIME						10 – 15 min.

PRACTICING SCALES & EXERCISES CHART – ADVANCED – CARL FLESCH & IVAN GALAMIAN						
SCALES	Mon	Tue	Wed	Thu	Fri	Sat
ALL SCALES & ARPEGGIOS – 1 OCTAVE on 1 STRING						
ALL SCALES & ARPEGGIOS – 3 OCTAVES						
CHROMATIC SCALES – 3 OCTAVES						
DOUBLE STOPS SCALES 3^{rds} / 6^{ths} / 8^{ves} – 2/3 OCTAVES						
SCALES IN HARMONICS / LEFT HAND PIZZICATO						
ŠEVČÍK TECHNICAL EXERCISES – ‘Advanced’ - various						
TOTAL SCALES PRACTICE TIME						15 – 30 min.