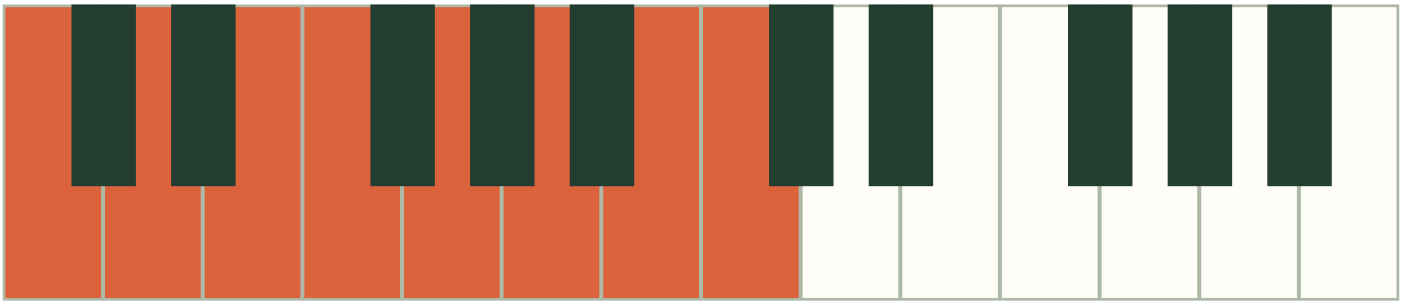
C major: one octave

A suggested starting fingering | Ascending, then reverse the sequence to descend

C4 D4 E4 F4 G4 A4 B4 C5



Right hand

1 2 3 1 2 3 4 5

Left hand

5 4 3 2 1 3 2 1

Right thumb passes after E; the left third finger crosses after G.

1 = thumb, 2 = index, 3 = middle, 4 = ring, 5 = little finger. Use the left-hand sequence in a comfortable lower octave; the diagram is a pitch reference, not a requirement to overlap hands.

Begin with one hand at a comfortable speed. Notice where the thumb changes position, release unnecessary tension and coordinate both hands only when each part is clear. These conventional suggestions may need adaptation for the player and context; stop if a movement hurts.

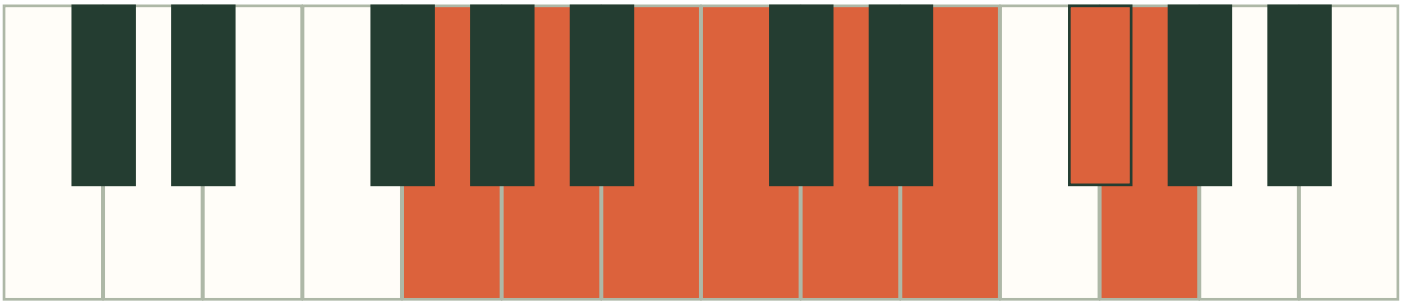
Practice note: tempo _____ date _____ one thing I noticed _____

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G major: one octave

A suggested starting fingering | Ascending, then reverse the sequence to descend

G4 A4 B4 C5 D5 E5 F#5 G5



Right hand

1 2 3 1 2 3 4 5

Left hand

5 4 3 2 1 3 2 1

Keep F-sharp in the written collection; the fourth right finger reaches it.

1 = thumb, 2 = index, 3 = middle, 4 = ring, 5 = little finger. Use the left-hand sequence in a comfortable lower octave; the diagram is a pitch reference, not a requirement to overlap hands.

Begin with one hand at a comfortable speed. Notice where the thumb changes position, release unnecessary tension and coordinate both hands only when each part is clear. These conventional suggestions may need adaptation for the player and context; stop if a movement hurts.

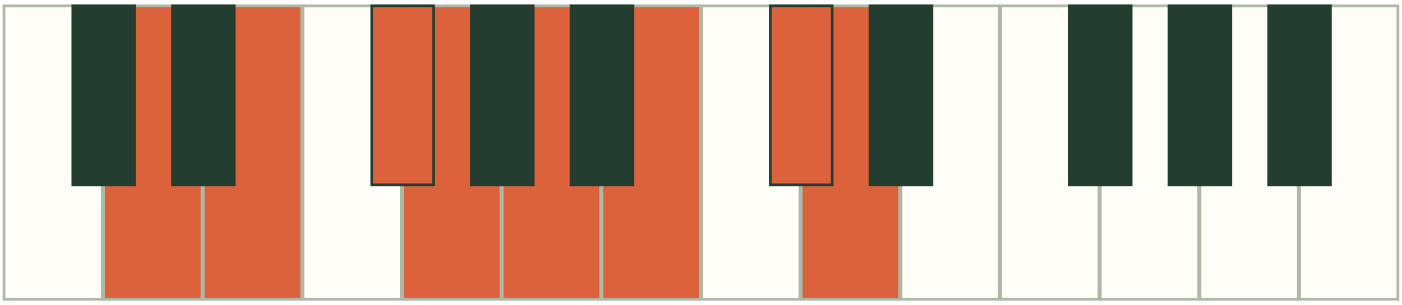
Practice note: tempo _____ date _____ one thing I noticed _____

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D major: one octave

A suggested starting fingering | Ascending, then reverse the sequence to descend

D4 E4 F#4 G4 A4 B4 C#5 D5



Right hand

1 2 3 1 2 3 4 5

Left hand

5 4 3 2 1 3 2 1

The scale contains F-sharp and C-sharp. Name them before coordinating hands.

1 = thumb, 2 = index, 3 = middle, 4 = ring, 5 = little finger. Use the left-hand sequence in a comfortable lower octave; the diagram is a pitch reference, not a requirement to overlap hands.

Begin with one hand at a comfortable speed. Notice where the thumb changes position, release unnecessary tension and coordinate both hands only when each part is clear. These conventional suggestions may need adaptation for the player and context; stop if a movement hurts.

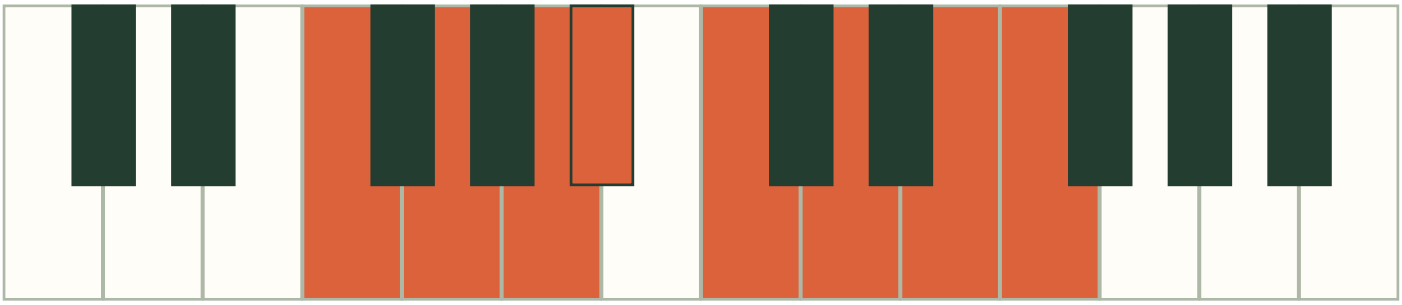
Practice note: tempo _____ date _____ one thing I noticed _____

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F major: one octave

A suggested starting fingering | Ascending, then reverse the sequence to descend

F4 G4 A4 Bb4 C5 D5 E5 F5



Right hand

1 2 3 4 1 2 3 4

Left hand

5 4 3 2 1 3 2 1

The right-hand thumb passes after B-flat (finger four), unlike the C-major pattern.

1 = thumb, 2 = index, 3 = middle, 4 = ring, 5 = little finger. Use the left-hand sequence in a comfortable lower octave; the diagram is a pitch reference, not a requirement to overlap hands.

Begin with one hand at a comfortable speed. Notice where the thumb changes position, release unnecessary tension and coordinate both hands only when each part is clear. These conventional suggestions may need adaptation for the player and context; stop if a movement hurts.

Practice note: tempo _____ date _____ one thing I noticed _____

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