



BONE-FU



Scales You Need to Know

Scales & Arpeggios
for Trombone

Thomas Sullivan

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First Songs for Trombone & How to Play Them

Bone-Fu: Daily Exercises for Trombone

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Author's Acknowledgements

I'd like to thank my parents for all of their love and support. To Jean Kessler, Larry Viel, Rob Mesite and Don Carnohan I offer my gratitude for providing me with the solid foundation of great teaching that made me it possible for me to pursue a life in music. To George Broussard, Carroll Dashiell, Dave Taylor, and John Swallow, I am forever indebted for your expert instruction, and artistic inspiration.

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About the Author

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Introduction

It's impossible to overstate the importance of knowing your Major and minor scales. Scales build coordination on your instrument. Scales train your ear and teach you about the harmonic structure of your song.

If you've ever had to perform either your major or minor scales for a teacher, or at an audition you've probably played something that looked like this:



The 8 note scale. It's at the core of any musical training you'll receive and is something that every well rounded musician must eventually know.

Eight pitches arranged on a five note staff. Those eight pitches that are easy enough to handle when your scale is in the key of C Major. They become another matter entirely when you begin to add sharps or flats into the mix:



C sharp Major? Not so much fun.

The problem with the 'look at your scales on a staff and memorize them' approach is that you spend so much of brain power keeping track of sharps or flats that you don't ever truly *hear* the scale. The music theory behind each scale (the key signature) is important, but it's not as important in the beginning as hearing the arrangement of the pitches and understanding the relationships between each note.

What if there were another way?

Scale Diagrams

The 'Bone-Fu' approach to scales is this: Learn the basic foundation of your scales in the quickest and simplest way possible. Put the scale into your body and into your ear before you get hung up on all of the sharps or flats in the key signature. We accomplish this by presenting the scale in non-traditional notation.

Here's an example of the scale lessons you'll find in this book...

B^b Major & minor (start on low B^b)

At the top are instructions:

- Choose a rhythm
- Begin on the lowest note of the scale
- Play up the Major scale to the 5th and then down
- Repeat for minor (lower the 3rd one 1/2 step)
- Repeat the process for the arpeggio

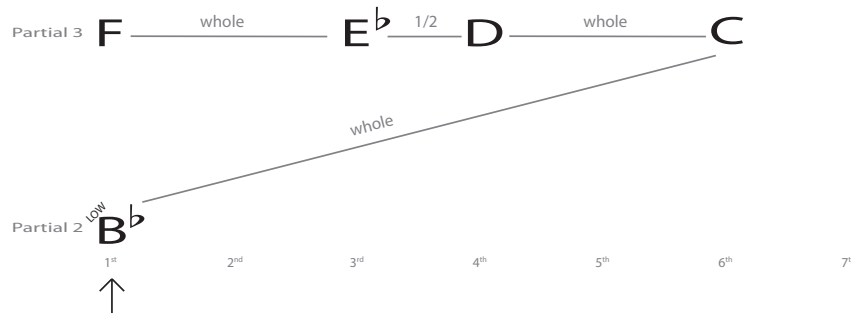
Alternate Positions: F in 6th

Choose a five note rhythm from here...



Play that rhythm using these five notes

Major scale



then...

Lower the 3rd one half step to play the **minor scale**

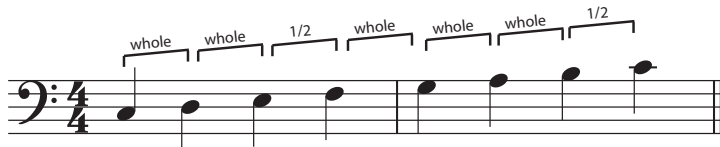
Then repeat the process for the minor scale...

These scale diagrams are a visual approach to the 'Scales You Need to Know'. They instantly remind the beginner student of the partials and positions of the notes as well as the arrangement of the whole steps and half steps of the scale. The student is able to focus on what matters most: The sound and intonation of the scale. Once these scales are mastered then it's much easier to go back and work with the scales in more standard notation.

Why are there only five notes?

Scales to the 5th

At the most basic level, an eight note scale is just a collection of whole steps and half steps:



A "Scale to the 5th" is the first five notes of an 8 note scale...



This is the key to learning to play scales quickly and easily. Five note scales provide the basic foundation of every eight note scale that you eventually want to learn. If you master all of your five note scales then it's a simple matter to combine them into eight note scales. Five note scales are also more accessible to a beginner student who might have a more limited range on the instrument.

Combining Five Note Scales

Every 'Scale to the 5th' can be made into a full eight note scale by 'Combining at the 4th'.

Here's how it works:

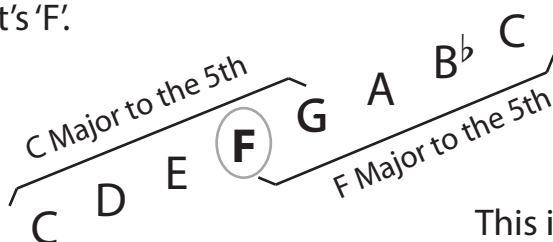
Play a Scale to the 5th (choose Major or minor... it doesn't matter) and pay attention to the 4th note:

C Major Scale to the 5th



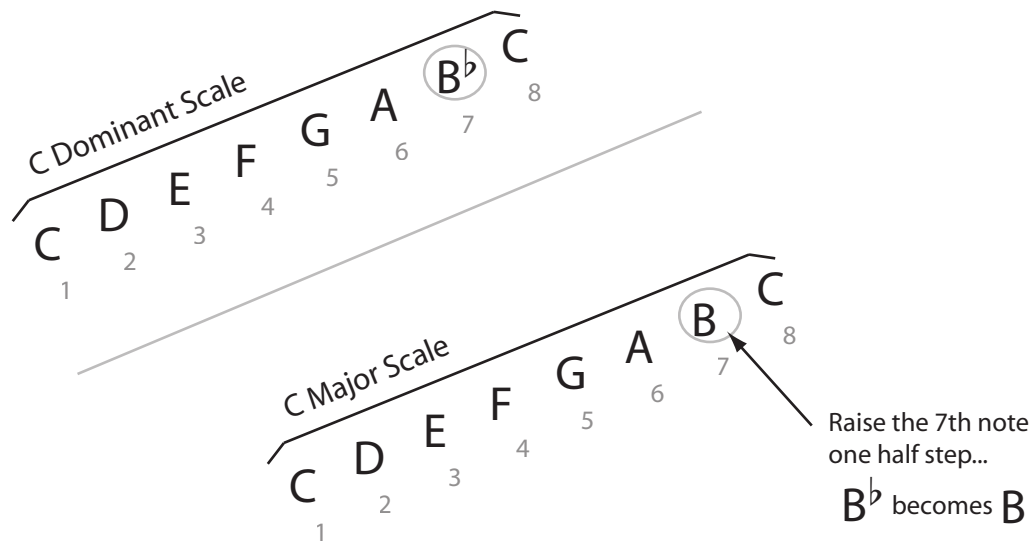
'Combine at the 4th' by combining the C Major Scale to the 5th, with another Major scale to the 5th built on the fourth note.

In this case it's 'F'.

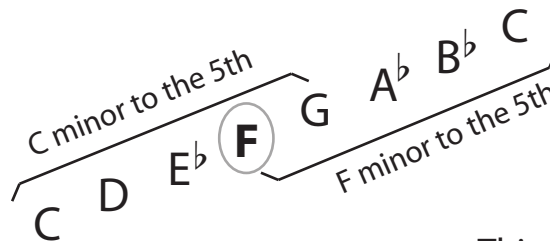


This is called a 'Dominant scale'.

**In order to create a full 8 note Major scale..
raise the seventh note of the Dominant scale one half step:**



**Minor scales work the same way,
but it's not necessary to alter any notes...**



This is called a 'pure minor scale'.

Learning scales in these smaller chunks simplifies and speeds up the process of playing the larger eight note scales because your body is already accustomed to playing the two parts of the scale separately.

Whole Whole Half Whole

Five note scales become even simpler when you focus on the intervals that make up the scale. There's a simple formula that will help you play every Major & minor scale that you ever need to play.

**A Major scale to the 5th is made up of a
whole step, a whole step, a half step, and whole step.**

**A minor scale to the 5th is the same as a Major scale,
but you lower the 3rd note one half step**

It's extremely important for you to be conscious of the whole steps and half steps you're playing, especially those between partials. Remember that if you stay within the same partial, whole steps and half steps are easy... One slide position equals one half step and two slide positions equals one whole step. If you begin to notice the whole steps and half steps *between* partials then every scale can easily and efficiently be yours.

Just remember the formula:

The intervals in a Major scale to the 5th are whole step, whole step, half step and whole step.

minor scales are just like Major scales, except you lower the 3rd note one half step

Major Scale to the 5th	=	whole step	whole step	half step	whole step
minor Scale to the 5th	=	same as the Major scale but... Lower the 3rd one half step			

How to Use this Book

In the first section of 'Scales You Need to Know' you'll find scale diagrams for fourteen five note scales and arpeggios (the root, 3rd and fifth of the scale), starting with B flat Major & minor. Each scale diagram is presented on the left hand page of two page spread. On the right hand page you'll find the scales and arpeggios exercises written in more traditional staff notation.

Make sure that you feel completely at ease with the scale and can play it from memory using all three of the rhythms provided before you move on to playing the exercises in staff notation. Scales are something that we never stop playing, so it's completely acceptable to revisit the staff examples later on as your skill on the instrument improves. Remember that your goal is to completely internalize these five note scales. Focus on hearing the intervals. Practice both the Major and minor scales & arpeggios on each page.

As your range improves you'll be able to play more and more five note scales which will allow you to move on to the second section of 'Scales You Need to Know'. Here you'll find lessons designed to help you turn the five note scales you know into the eight note Major & minor scales that are your ultimate goal. If you've been diligent in mastering your five note scales then the eight note scales should come together rather quickly. If you find yourself having difficulty with an eight note scale then review the two five note scales that the eight note scale is built on.

It's time to play some five note scales...

"I've got a theory that if you give 100% all of the time,
somehow things will work out in the end."

- Larry Bird

5 NOTE

SCALES
& ARPEGGIOS

5 Note Scales

& Arpeggios

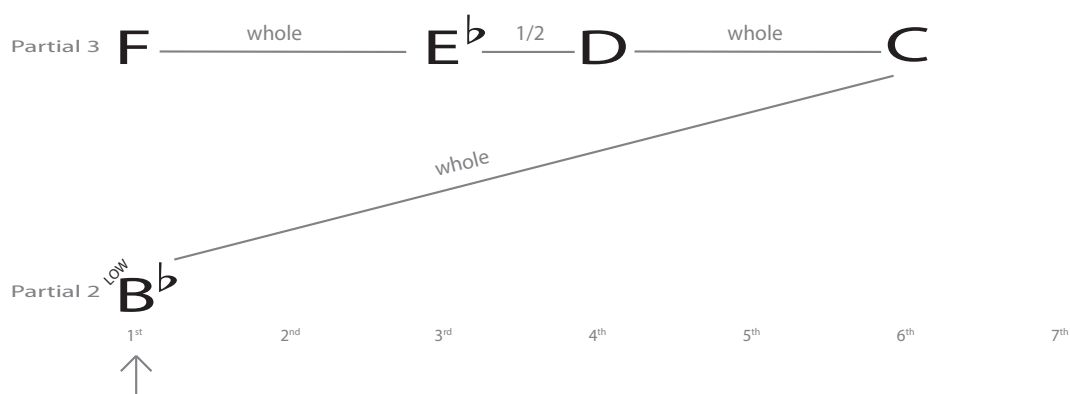
B^b Major & minor (start on low B^b)

- Choose a rhythm
- Begin on the lowest note of the scale
- Play up the Major scale to the 5th and then down
- Repeat for minor (lower the 3rd one 1/2 step)
- Repeat the process for the arpeggio

Alternate Positions: F in 6th



Major scale

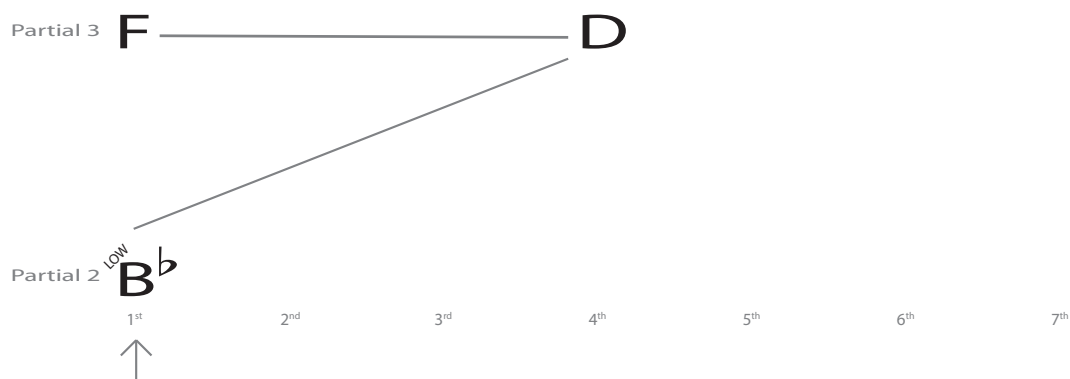


then...

Lower the 3rd one half step to play the **minor scale**



Major arpeggio (root / 3rd / 5th)



then...

Lower the 3rd one half step to play the **minor arpeggio**

B^b Major

Scales

Three staves of B^b major scales in bass clef, 4/4 time. The first staff shows the scale in eighth notes. The second staff shows the scale in quarter notes. The third staff shows the scale in half notes.

Arpeggio

One staff of B^b major arpeggio in bass clef, 4/4 time.

B^b minor lower the 3rd one 1/2 step

Scales

Three staves of B^b minor scales in bass clef, 4/4 time. The first staff shows the scale in eighth notes. The second staff shows the scale in quarter notes. The third staff shows the scale in half notes.

Arpeggio

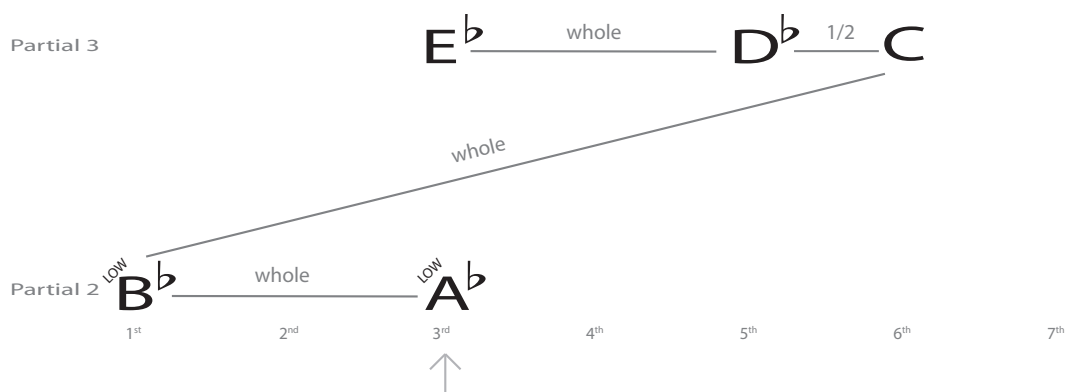
One staff of B^b minor arpeggio in bass clef, 4/4 time.

A^b Major & minor (start on low A^b)

- Choose a rhythm
- Begin on the lowest note of the scale
- Play up the Major scale to the 5th and then down
- Repeat for minor (lower the 3rd one 1/2 step)
- Repeat the process for the arpeggio



Major scale

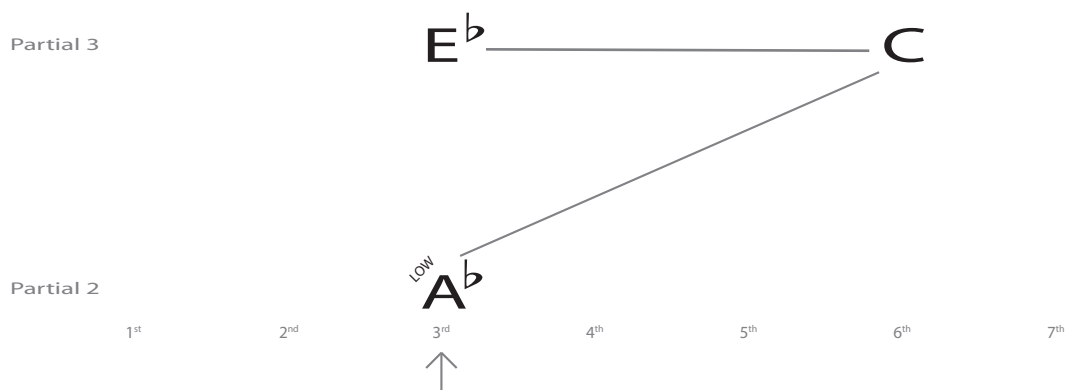


then...

Lower the 3rd one half step to play the **minor scale**



Major arpeggio (root / 3rd / 5th)



then...

Lower the 3rd one half step to play the **minor arpeggio**

A^b Major

Scales

Three staves of A^b major scales in bass clef, 4/4 time. The first staff shows the scale in eighth notes. The second staff shows the scale in quarter notes. The third staff shows the scale in eighth notes with a triplet of eighth notes in the first measure of the second phrase.

Arpeggio

One staff of A^b major arpeggio in bass clef, 4/4 time. The arpeggio is played in eighth notes, ascending and then descending.

A^b minor lower the 3rd one 1/2 step

Scales

Three staves of A^b minor scales in bass clef, 4/4 time. The first staff shows the scale in eighth notes. The second staff shows the scale in quarter notes. The third staff shows the scale in eighth notes with a triplet of eighth notes in the first measure of the second phrase.

Arpeggio

One staff of A^b minor arpeggio in bass clef, 4/4 time. The arpeggio is played in eighth notes, ascending and then descending.

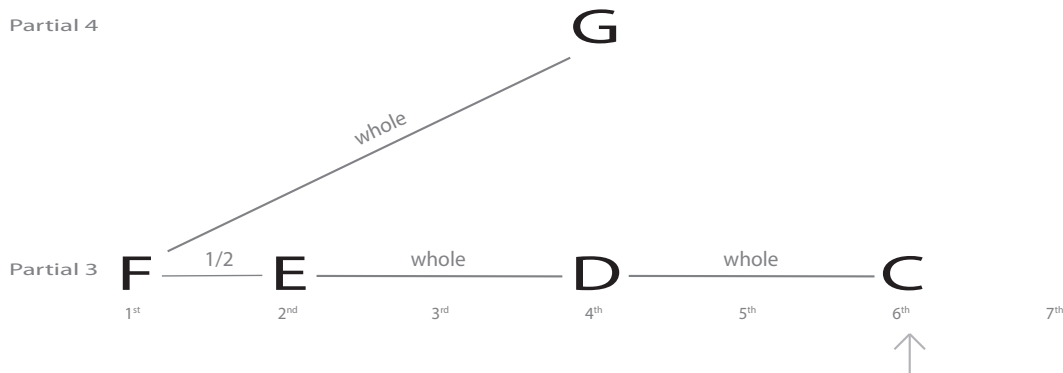
C Major & minor

- Choose a rhythm. Start on the lowest note.
Play the scale & arpeggio, both Major & minor. Up & Down.

Alternate Positions: F in 6th
E in 7th



Major scale



then...

Lower the 3rd one half step to play the **minor scale**



Major arpeggio (root / 3rd / 5th)

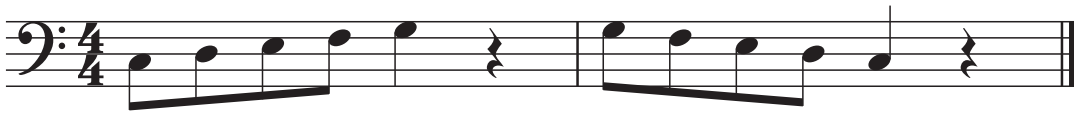
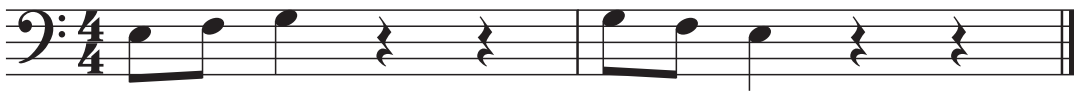


then...

Lower the 3rd one half step to play the **minor arpeggio**

C Major

Scales

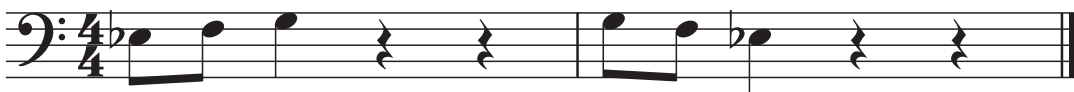


Arpeggio



C minor lower the 3rd one 1/2 step

Scales



Arpeggio



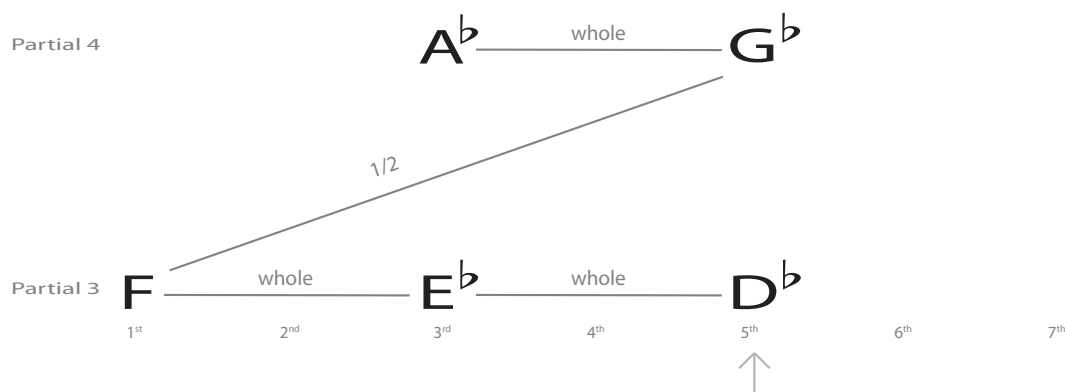
***D^b* Major & minor**

- Choose a rhythm. Start on the lowest note.
Play the scale & arpeggio, both Major & minor. Up & Down.

Alternate Positions: F in 6th
A^b in 7th
F^b in 7th



Major scale

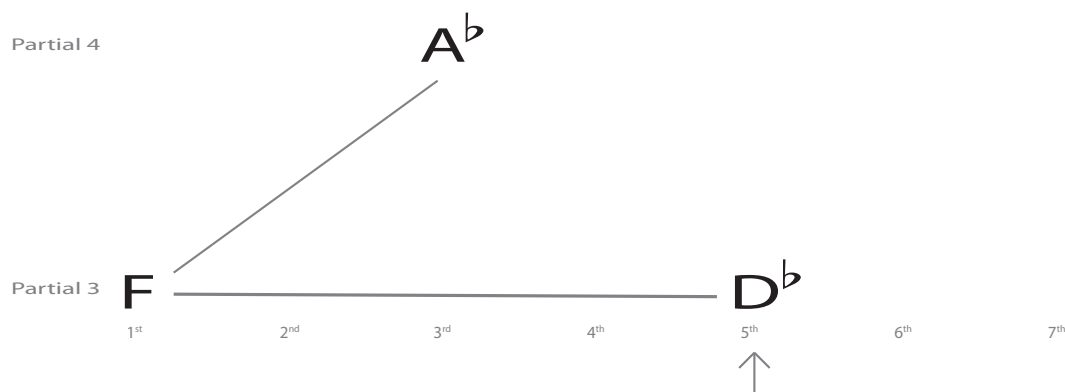


then...

Lower the 3rd one half step to play the **minor scale**



Major arpeggio (root / 3rd / 5th)



then...

Lower the 3rd one half step to play the **minor arpeggio**

You now have the range to play the 'A^b' 8 note scales on p. 48

D^bMajor

Scales



Arpeggio

**D^b minor** lower the 3rd one 1/2 step

Scales



Arpeggio



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8 NOTE

SCALE

8 Note Scales

A^b Major & minor (start on low A^b) ☐

• Review the A flat scales on p. 10 and the D flat scales on p. 14 if necessary.

A^b Major (start on low A^b)

- 1.) Play the A^b Major 5 note scale.
- 2.) Play the D^b Major 5 note scale.
- 3.) Combine A^b Major, with D^b Major... *Notice the 7th note.*
- 4.) **Combine A^b Major, with D^b Major... Raise the 7th note.** G^b becomes G

You just played the A^b Major 8 Note Scale.

A^b minor (start on low A^b)

- 1.) Play the A^b minor 5 note scale.
- 2.) Play the D^b minor 5 note scale.
- 3.) **Combine A^b minor, with D^b minor.**
- 4.) No changes necessary...

You just played the A^b minor 8 Note Scale.

B^bMajor & minor (start on low B^b) ☐

• Review the B flat scales on p. 8 and the E flat scales on p. 18 if necessary.

B^bMajor (start on low B^b)

- 1.) Play the B^b Major 5 note scale.
- 2.) Play the E^b Major 5 note scale.
- 3.) Combine B^b Major, with E^b Major... *Notice the 7th note.*
- 4.) **Combine B^b Major, with E^b Major... Raise the 7th note.** A^b becomes A

You just played the B^b Major 8 Note Scale.

B^bminor (start on low B^b)

- 1.) Play the B^b minor 5 note scale.
- 2.) Play the E^b minor 5 note scale.
- 3.) **Combine B^b minor, with E^b minor.**
- 4.) No changes necessary...

You just played the B^b minor 8 Note Scale.

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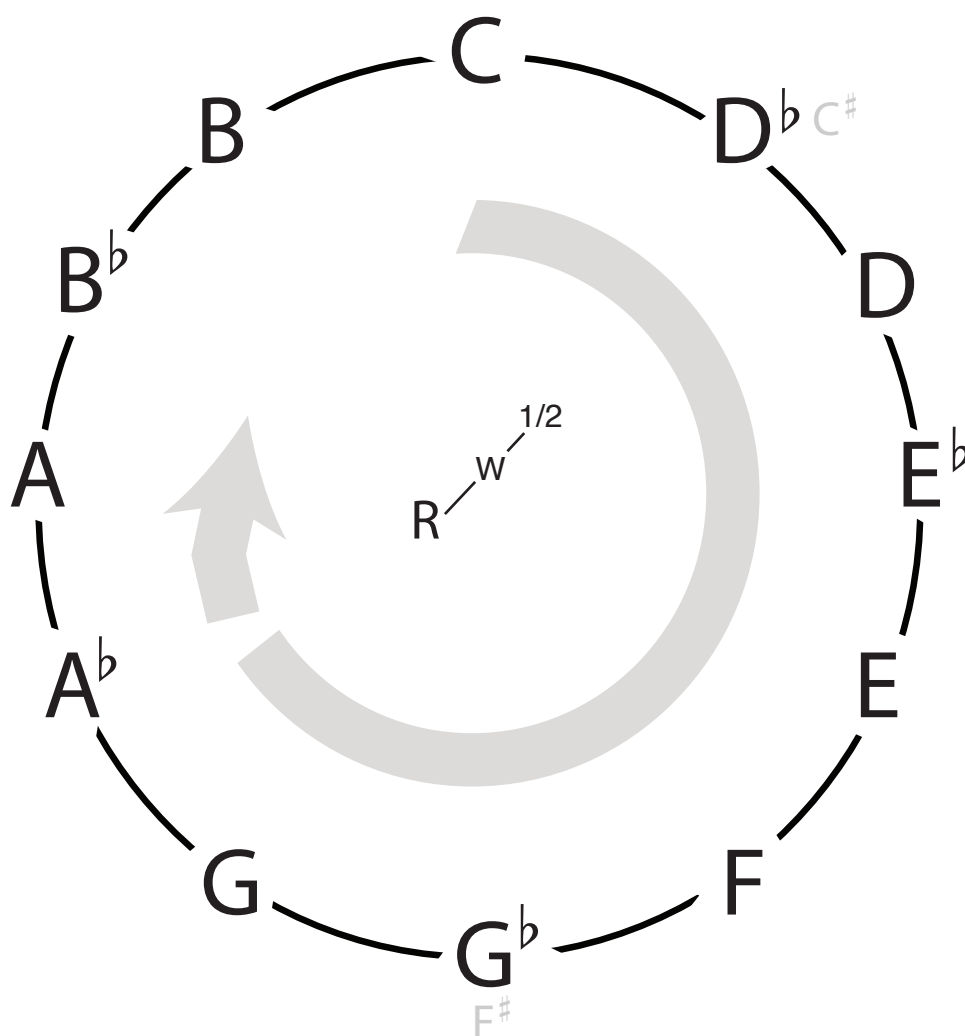
APPENDIX

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Root, whole step, 1/2 step The beginning of a minor scale

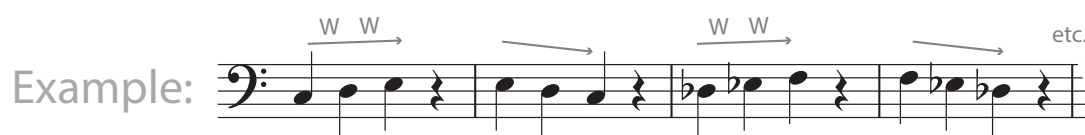
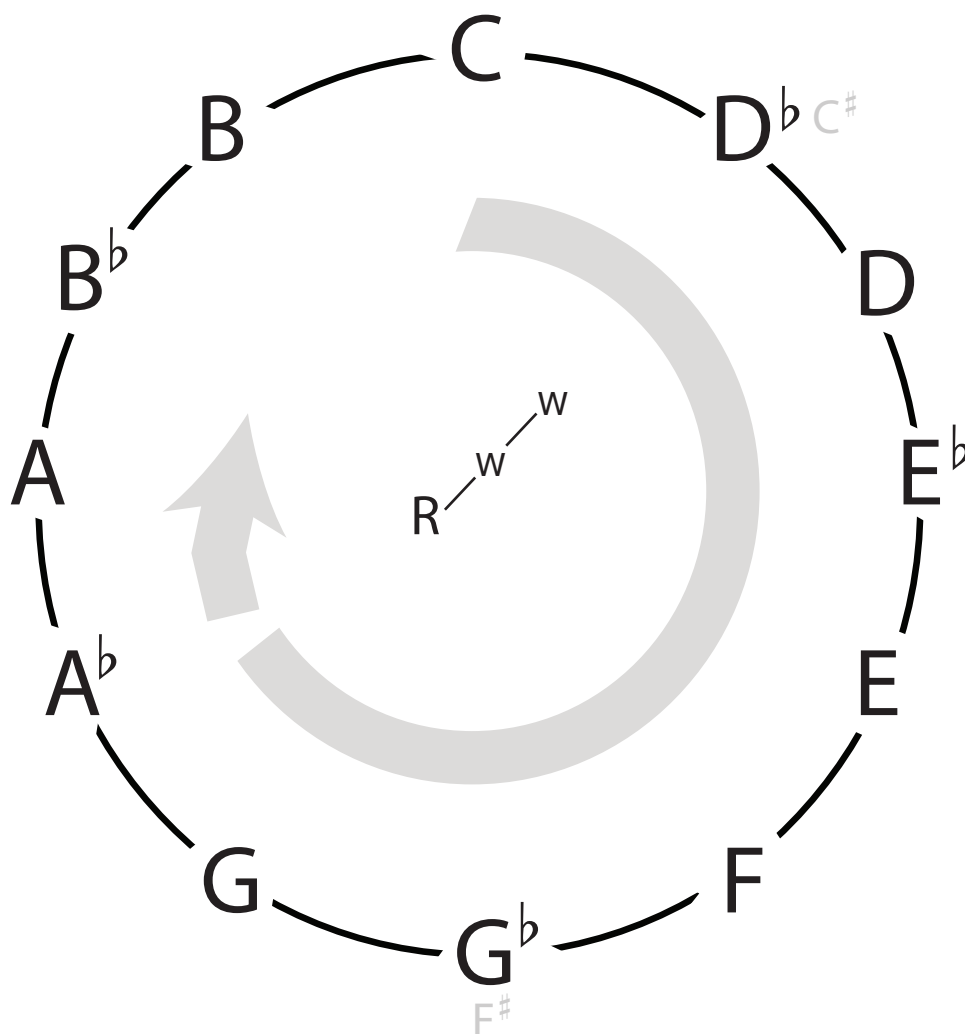
- Choose a rhythm, then begin on the lowest note in your range.
- Play this rhythm moving **up one whole step, then up one half step, then back down**.
- Repeat the process on all twelve notes that you see below.
 - Once these intervals are fully in your ear play Lesson 1 & 2 on the right.



Lesson 1**Lesson 2**

Root, whole step, whole step The beginning of a Major scale

- Choose a rhythm, then begin on the lowest note in your range.
- Play this rhythm moving **up one whole step, then another whole step, then back down.**
- Repeat the process on all twelve notes that you see below.



Lesson 3**Lesson 4**



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Chromatic Scales

- Begin each lesson at a very slow tempo ♩ = 80 and gradually speed up.
- Be conscious of the placement of the notes in relation to the up and down tapping of your foot.

Lesson 9



Lesson 10



Lesson 11



Lesson 12





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