

Harmonic Progression

This progression is designed as a supplement to the daily routine, the goal of this exercise is to practice arpeggios in the context of a key. This could be performed in the key of the day, added to the end of the daily routine (perhaps instead of some of the arpeggio work) or can be practiced separately. It naturally modulates through the circle of fifths, so it is a great way to get through all 12 keys in a relatively short amount of time. This should be practiced with a metronome and drone in the tonic harmony, adjusting the drone for each new key.

At a reasonable speed, this progression can be played in all 12 keys in less than ten minutes, making it a very good way to keep all 12 key areas well-maintained while taking the time to focus on each individually in the rest of the daily routine.

The musical score consists of three systems of bass clef notation, each with two measures of music. The first system is in 9/8 time and features two measures of arpeggiated chords, with the first measure starting on a bass line labeled 'i'. The second system is in 3/4 time and features two measures of arpeggiated chords, with the first measure starting on a bass line labeled 'vi⁶' and the second measure starting on a bass line labeled 'IV⁶⁴'. The third system is in 3/4 time and features two measures of arpeggiated chords, with the first measure starting on a bass line labeled 'I Maj⁷' and the second measure starting on a bass line labeled 'V⁷/IV'. Each measure is marked with a large slur over the notes, and the notes are arpeggiated in a consistent pattern across all systems.