

## 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 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 note labeled 'i'. The second system is in 3/4 time and features two measures of arpeggiated chords, with the first measure starting on a note labeled 'vi<sup>6</sup>' and the second measure starting on a note labeled 'IV<sup>64</sup>'. The third system is in 3/4 time and features two measures of arpeggiated chords, with the first measure starting on a note labeled 'I Maj<sup>7</sup>' and the second measure starting on a note labeled 'V<sup>7</sup>/IV'. Each measure is marked with a large number (1, 5, or 9) above the staff, indicating the measure number within the system. The notes are arpeggiated, with stems pointing up and down, and are connected by a long slur across the two measures of each system.