

ameB Technical work Practise sheet

1st Grade (full syllabus)

		C major	G major	D major	A major	C harmonic minor	G harmonic minor	D harmonic minor	A harmonic minor	C major C.M	G major CM	A harmonic minor C.M	C chromatic	G chromatic	C major BC	A minor BC
Day 1	RH															
	LH															
	TOG															
Day 2	RH															
	LH															
	TOG															
Day 3	RH															
	LH															
	TOG															
Day 4	RH															
	LH															
	TOG															
Day 5	RH															
	LH															
	TOG															
Day 6	RH															
	LH															
	TOG															
Day 7	RH															
	LH															
	TOG															
Day 8	RH															
	LH															
	TOG															
Day 9	RH															
	LH															
	TOG															
Day 10	RH															
	LH															
	TOG															

tempo: scales: 100, 2 notes per beat
 contrary motion: 66, 2 notes per beat
 broken chords: 48, 3 notes per beat