

## How to Practice Scales

Practicing scales using PLUS 1 practice. By using Plus 1 practice, we move beyond the difficult points, or beyond the bar lines where it is normal for students to make a pause. It's usually the stress of an upcoming measure, or the change of a difficult fingering etc., that creates this stress. Follow the instructions below on how to use this practicing technique for playing scales.

1. Play the first note hard and hold the note until you are ready to move.
2. Play the first note and add the 2nd.
3. Play the first note with a lot of strength, hold the note, then play the 2nd and 3rd note as fast as possible.
4. Play the first note with strength, hold, then push as fast as possible to play the 2nd, 3rd & 4th note. Continue until you can play the scale up and down the piano.

Using C Scale I have written out the practice example using plus 1.  
When practicing, you should sound exactly like each measure.

The image displays seven musical staves illustrating the Plus 1 practice technique for the C major scale. Each staff shows a sequence of notes with specific fingering and dynamic markings. The first staff shows a single note (C4) with a forte (>) dynamic and a fermata-like hold, with the number '1' below it. The second staff shows two notes (C4, D4) with a 'Pause' label below the first note and a 'Push' label below the second note, with fingering '1' and '2 3' respectively. The third staff shows three notes (C4, D4, E4) with 'Pause' and 'Push' labels, and fingering '1', '2 3', and '1'. The fourth staff shows four notes (C4, D4, E4, F4) with 'Pause' and 'Push' labels, and fingering '1', '2 3 1 2'. The fifth staff shows five notes (C4, D4, E4, F4, G4) with 'Pause' and 'Push' labels, and fingering '1', '2 3 1 2 3'. The sixth staff shows six notes (C4, D4, E4, F4, G4, A4) with 'Pause' and 'Push' labels, and fingering '1', '2 3 1 2 3'. The seventh staff shows seven notes (C4, D4, E4, F4, G4, A4, B4) with 'Pause' and 'Push' labels, and fingering '1', '2 3 1 2 3 4'. The eighth staff shows the full eight-note scale (C4, D4, E4, F4, G4, A4, B4, C5) with 'Pause' and 'Push' labels, and fingering '1', '2 3 1 2 3 4 5'.

This is an example using 1 octave, but you should practice until you can the scale up and down the piano several octaves.

This practice technique can be practiced on all Scales.