

SCALES 24 PART I
Bb LYDIAN

REPEAT EACH 8-12X
SLOW-MED-FAST

RHYTHMS ①

Bb C D E F G A Bb C D E F G A Bb C D
5 6 8 10 5TH POS

FOR SCALES:
1, 11, 111, 1111

5 6 8 10
5 7 8

PICK ALL DOWN OR ALT PICK

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5 5 5 5 5 7 7 7 7 8 8 8 8 8
5 5 5 5 5 7 7 7 7 8 8 8 8 8
6 6 6 6 6 8 8 8 8 8

GROUPS OF 5

③

6 8 5 7 8 8 5 7 8 5 5 7 8 7 8 5 7 8

④

8 7 5 8 7 7 5 8 7 5 5 8 7 5 8 8 7 5 8 6

STHS

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6 8 5 7 8 8 5 7 8 5 6 8 10 5 6 8

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10 8 6 5 8 6 5 7 8 6 5 7 8 7 5 5 8 7 7 5 8 8 7 5 8 8 6