

## Practice Method

This method of practice is something I learned from the great Gary Campbell when I studied with him at the University of Miami in 1983. It is referred to throughout this book as “the routine” and a thorough understanding of how it works will greatly enhance not only your experience of the material presented here, but will enrich and inform your own musical explorations. There are two main components of this method. The first being the Practice Sequence/Grid or Matrix which deals with directional combinations and second, the Intervallic Families, which is based on the division of the octave. The Practice Sequence is designed to make sure that you work through whatever material you are practicing in all directional combinations. Below, you are given the basic layout. **The four directions are: 1. up 2. down 3. up-down and 4. down-up. And the two global directions are: A. Ascending and B. Descending. When we combine these elements, we end up with: 1A through 4B.** This is a very effective way to work on basic material. The example given here illustrates how to implement this technique while working on diatonic 3rds. As you can see, 1A has the 3rds going up as you ascend the scale and 1B has the 3rds going up as you descend. 2A has the 3rds going down as you ascend and then 2B has them going down as you descend. 3A through 4B follow the same scheme except the 3rds are now alternating directions. The next step is to substitute diatonic 4ths for 3rds and then 5ths, 6ths, 7ths etc... This should be done of course, in all keys. The next step is to do the same thing... 3rds through 7ths in all directional combinations but working through melodic minor scales. So, diatonic 3rds in C major might not be a challenge but 6ths in Ab melodic minor might take a little more time. You can then pick any other type of scale and work it through this matrix. The goal here is to have a rock solid foundation and control of these basic elements in all keys...

### DIATONIC INTERVALS

Ascending	Descending
<p>1a <b>up</b></p>	<p>1b</p>
<p>2a <b>down</b></p>	<p>2b</p>
<p>3a <b>up-down</b></p>	<p>3b</p>
<p>4a <b>down-up</b></p>	<p>4b</p>