

Scales and Stride

Fm7 Bb7 Eb Cm

Bb Ab G F Eb D C D Eb Eb F G Ab
 Eb C Ab Bb G

F Ab Bb Ab Eb Bb C C
 Eb Eb D D G G Eb Eb

Fm7 Bb7 Eb

F#m7 B7 E C#m

B A G# F# E D# C# D# E E F# G# A
 E C# A B G#

F# A B A E B C# C#
 E E D# D# G# G# E E

F#m7

B7

E

Musical notation for the first system, featuring a treble and bass clef with a key signature of three sharps (F#, C#, G#). The melody in the treble clef consists of eighth notes: F#4, A4, B4, C5, B4, A4, G#4. The bass clef accompaniment features a steady eighth-note bass line: F#3, B3, C4, B3, A3, G#3, with chords: F#m7 (F#3, A3, B3, C4), B7 (B3, D4, F#4, A4), and E (E3, G#3, B3).

Gm7

C7

F

Dm

Musical notation for the second system, featuring a treble and bass clef with a key signature of one flat (Bb). The melody in the treble clef consists of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The bass clef accompaniment features a steady eighth-note bass line: G3, Bb3, C4, Bb3, A3, G3, with chords: Gm7 (G3, Bb3, C4, D4), C7 (C3, Eb3, F3, G3), F (F3, Ab3, C4, D4), and Dm (D3, F3, Ab3). A final melodic phrase in the treble clef consists of eighth notes: F4, G4, A4, Bb4.

C Bb A G F E D E F A F G A Bb

F A C D D A F F E C A F D A F

Gm7

C7

F

Musical notation for the third system, featuring a treble and bass clef with a key signature of one flat (Bb). The melody in the treble clef consists of eighth notes: G4, A4, Bb4, C5, Bb4, A4, G4. The bass clef accompaniment features a steady eighth-note bass line: G3, Bb3, C4, Bb3, A3, G3, with chords: Gm7 (G3, Bb3, C4, D4), C7 (C3, Eb3, F3, G3), and F (F3, Ab3, C4, D4).

Abm7 Db7 Gb Ebm

Db Cb Bb Ab Gb F Eb F Gb Ab Bb Cb

Ab Cb Db Cb Gb Db Eb Eb Gb Bb Gb

Abm7 Db7 Gb

Am7 D7 G Em

D C B A G F# E F# G A B C

G B

A C D C G D E E G B G

Am7

D7

G

Bbm7

Eb7

Ab

Fm

B

Db
Ab

Eb

Db
Gb

Ab

Eb
C
Ab

F

F
C
Ab

Bbm7

Eb7

Ab

Bm7 E7 A F#m

E D C# B A G# F# G# A A B C# D
 A F# D E C#

B D E D A E F# F#
 A G# C# C#
 A A

Bm7 E7 A

Cm7 F7 Bb Gm

F Eb D C Bb A G A Bb C D Eb
 Bb G Eb F D

C Eb F Eb Bb F G G
 Bb Ab Ab D Bb D D
 Bb Bb

Cm7 F7 B \flat

This system contains three measures of music. The first measure is marked with Cm7, the second with F7, and the third with B \flat . The melody in the treble clef consists of eighth notes: C4, D4, E4, F4, G4, A4, B4, and C5. The bass line consists of quarter notes: C3, F2, C3, F2, C3, F2, C3, and F2.

C \sharp m7 F \sharp 7 B G \sharp m

F \sharp E D \sharp C \sharp B A \sharp G \sharp A \sharp B B C \sharp D \sharp E
 B G \sharp E F \sharp D \sharp

C \sharp E F \sharp E B F \sharp G \sharp G \sharp
 B A A D \sharp D \sharp
 B B

This system contains three measures of music. The first measure is marked with C \sharp m7, the second with F \sharp 7, and the third with B and G \sharp m. The melody in the treble clef consists of eighth notes: C \sharp 4, D \sharp 4, E4, F \sharp 4, G \sharp 4, A \sharp 4, B4, and C5. The bass line consists of quarter notes: C \sharp 3, F \sharp 2, C \sharp 3, F \sharp 2, C \sharp 3, F \sharp 2, C \sharp 3, and F \sharp 2. Chord voicings are provided for each measure.

C \sharp m7 F \sharp 7 B

This system contains three measures of music. The first measure is marked with C \sharp m7, the second with F \sharp 7, and the third with B. The melody in the treble clef consists of eighth notes: C \sharp 4, D \sharp 4, E4, F \sharp 4, G \sharp 4, A \sharp 4, B4, and C5. The bass line consists of quarter notes: C \sharp 3, F \sharp 2, C \sharp 3, F \sharp 2, C \sharp 3, F \sharp 2, C \sharp 3, and F \sharp 2.

Dm7

G7

C

Am

G F E D C B A B C D E F
 C A F G B A G E
 D F C G F C G A A
 C C C C C C

Dm7

G7

C

C

C

Ebm7

Ab7

Db

Bbm

Ab Gb F Eb Db C Bb C Db Eb F Gb
 Db Bb Gb Ab F Db
 Eb Gb Ab Gb Db Ab Bb Bb
 Db F Db F Db

E♭m7

A♭7

D♭

Musical notation for the first system, featuring a treble and bass clef with chords E♭m7, A♭7, and D♭.

Em7

A7

D

Bm

Musical notation for the second system with chord labels and letter-based notes.

Chord labels: Em7, A7, D, Bm

Notes (Trebble Clef): A G F# E D C# B C# D E F# G

Notes (Bass Clef): E G A G D A B B D F# D B F# D

Em7

A7

D

Musical notation for the third system, featuring a treble and bass clef with chords Em7, A7, and D.

If you have enjoyed this exercise, please consider making a donation or purchasing one of my books.
 -- Nate