



C Major Scale Exercises: Lesson 1

By Christopher Schlegel

In this tutorial we will combine the C Major scale in two different positions with the proper picking techniques learned in the previous tutorial.

In the previous picking technique tutorial we covered three 3 different picking techniques: downstrokes, upstrokes, and alternate picking. We will apply all three picking techniques to the C Major scale, and achieve a basic system of practicing scales for beginner guitarists.

C Major Scale Exercises For Beginners

Open Position

1 2 3 4

T
A
B

3—3—3—3 0—0—0—0 2—2—2—2 3—3—3—3

5 6 7 8

0—0—0—0 2—2—2—2 0—0—0—0 1—1—1—1

9 10 11 12

1—1—1—1 0—0—0—0 2—2—2—2 0—0—0—0

13 14 15 16

3—3—3—3 2—2—2—2 0—0—0—0 3—3—3—3

Fretted Position

17 18 19 20

0—0—0—0 2—2—2—2 3—3—3—3 0—0—0—0

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Musical notation for guitar exercise 1, measures 1-4. The notation is on a six-line staff. Measure 1: 3 3 3 3. Measure 2: 5 5 5 5. Measure 3: 2 2 2 2. Measure 4: 3 3 3 3.

Musical notation for guitar exercise 1, measures 21-24. The notation is on a six-line staff. Measure 21: 5 5 5 5. Measure 22: 2 2 2 2. Measure 23: 4 4 4 4. Measure 24: 5 5 5 5.

Musical notation for guitar exercise 1, measures 25-28. The notation is on a six-line staff. Measure 25: 5 5 5 5. Measure 26: 4 4 4 4. Measure 27: 2 2 2 2. Measure 28: 5 5 5 5.

Musical notation for guitar exercise 1, measures 29-32. The notation is on a six-line staff. Measure 29: 3 3 3 3. Measure 30: 2 2 2 2. Measure 31: 5 5 5 5. Measure 32: 3 3 3 3.