

The "STEPS AHEAD" System

Preliminary Patterns

"Getting past MAJOR and MIXOLYDIAN"

Play each pattern through the circle of keys

C, F, Bb, Eb, Ab, Db, Gb, b, E, A, D, G

for ionian (major), mixolydian, dorian, aolian (natural minor), phrygian, locrian, and lydian modes, plus the melodic minor and whole tone scales

1 Ionian (major), mixolydian, lydian
 2 Ionian (major), mixolydian
 3 Ionian (major), mixolydian
 4 Ionian (major)
 5 Ionian (major)
 6 Mixolydian, Dorian
 7 Dorian/ aolian (natural minor)
 8 Dorian/ aolian (natural minor)
 9 Dorian/ aolian (natural minor)
 10 Aolian (natural minor), phrygian
 11 Melodic Minor
 12 Locrian, whole tone
 13 Lorcrian, phrygian
 14 Lorcrian, phrygian
 15 Lydian, whole tone
 16 Lydian

SPELLING OUT THE MAJOR SCALES FOR THE LAST TIME.....

51 Key of C *C Instruments start
 C D E F G A B C
 1 2 3 4 5 6 7 1

Key of F
 F G A Bb C D E F
 1 2 3 4 5 6 7 1

Key of Bb
 Bb C D Eb F G A Bb
 1 2 3 4 5 6 7 1

Key of Eb
 Eb F G Ab Bb C D Eb
 1 2 3 4 5 6 7 1

55 Key of Ab
 Ab Bb C Db Eb F G Ab
 1 2 3 4 5 6 7 1

Key of Db
 Db Eb F Gb Ab Bb C Db
 1 2 3 4 5 6 7 1

Key of Gb
 Gb Ab Bb Cb Db Eb F Gb
 1 2 3 4 5 6 7 1

Key of B
 B C# D# E F# G# A# B
 1 2 3 4 5 6 7 1

59 Key of E
 E F# G# A B C# D# E
 1 2 3 4 5 6 7 1

Key of A *Eb Instruments start
 A B C# D E F# G# A
 1 2 3 4 5 6 7 1

Key of D *Bb Instruments start
 D E F# G A B C# D
 1 2 3 4 5 6 7 1

Key of G
 G A B C D E F# G
 1 2 3 4 5 6 7 1