

NEFS 2025: Block 6 Technical Exercises

A. Cycle of Modes

1. 8-note 1 Octave

The exercise consists of five staves of treble clef music in common time (C). Each staff contains a sequence of eighth notes, starting from a central pitch and moving up and down the scale to cover an octave. The notes are: C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The first staff starts on C4, the second on D4, the third on E4, the fourth on F4, and the fifth on G4. Each staff ends with a double bar line.

Rhythms

The Rhythms section consists of five staves of treble clef music. Each staff is labeled with a letter (a) through (h) and contains a specific rhythmic pattern. The time signatures are: a) common time (C), b) 6/8, c) 6/8, d) 3/2 and 3/4, e) 3/4, f) 3/4, g) 3/4, and h) 3/4. The patterns involve various note values such as quarter, eighth, and sixteenth notes, as well as rests and beams.

2. 6-note Hexatonic

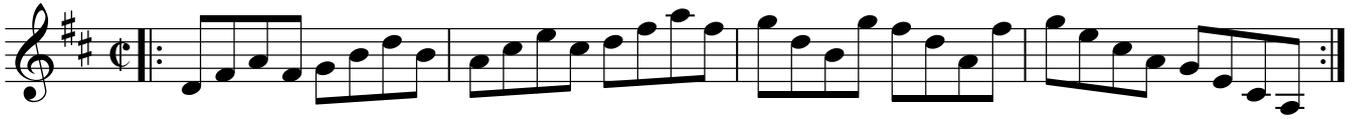
Five staves of musical notation in 6/8 time, each containing a sequence of six notes. The notes are: C4, D4, E4, F4, G4, A4. The first staff starts with a treble clef and a 6/8 time signature. The notes are written as eighth notes, with stems pointing down for the first three notes and up for the last three. The second staff continues the sequence with eighth notes, stems pointing up for the first three and down for the last three. The third staff continues with eighth notes, stems pointing down for the first three and up for the last three. The fourth staff continues with eighth notes, stems pointing up for the first three and down for the last three. The fifth staff continues with eighth notes, stems pointing down for the first three and up for the last three, ending with a double bar line.

Rhythms

Ten staves of musical notation for rhythm exercises, labeled a) through j). Each staff is in treble clef. a) 6/8 time, notes: C4, D4, E4, F4, G4, A4. b) 6/8 time, notes: C4, D4, E4, F4, G4, A4. c) 9/8 time, notes: C4, D4, E4, F4, G4, A4. d) 9/8 time, notes: C4, D4, E4, F4, G4, A4. e) 9/8 time, notes: C4, D4, E4, F4, G4, A4. f) 9/8 time, notes: C4, D4, E4, F4, G4, A4. g) 3/4 time, notes: C4, D4, E4, F4, G4, A4. h) 3/4 time, notes: C4, D4, E4, F4, G4, A4. i) C time, notes: C4, D4, E4, F4, G4, A4. j) 2/4 time, notes: C4, D4, E4, F4, G4, A4.

B. Triad Exercise: Primary Triads in Sharps

1. D major



2. G major

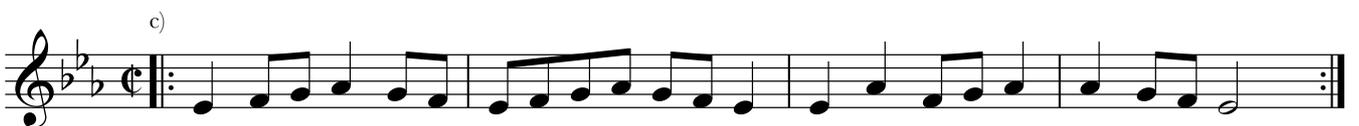


3. A major



C. Capo 1 Finger Positions

1. Capo 1 Primary - Flat Keys



2. Capo 1 Secondary - Sharp Keys

