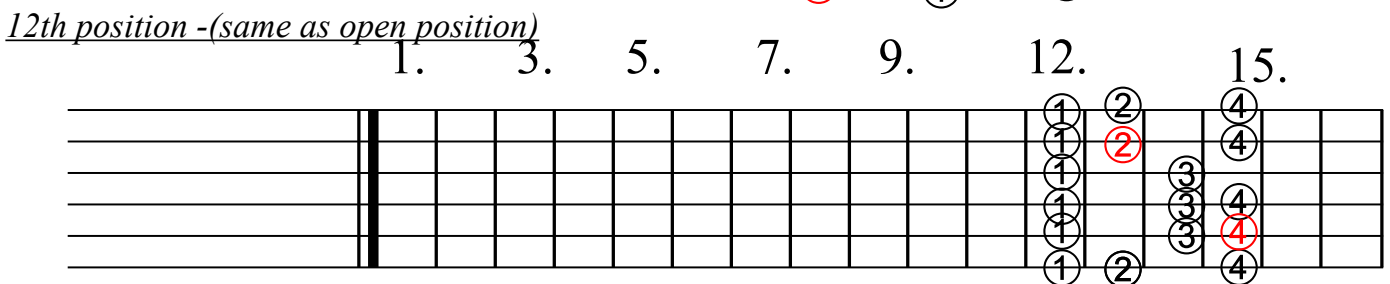
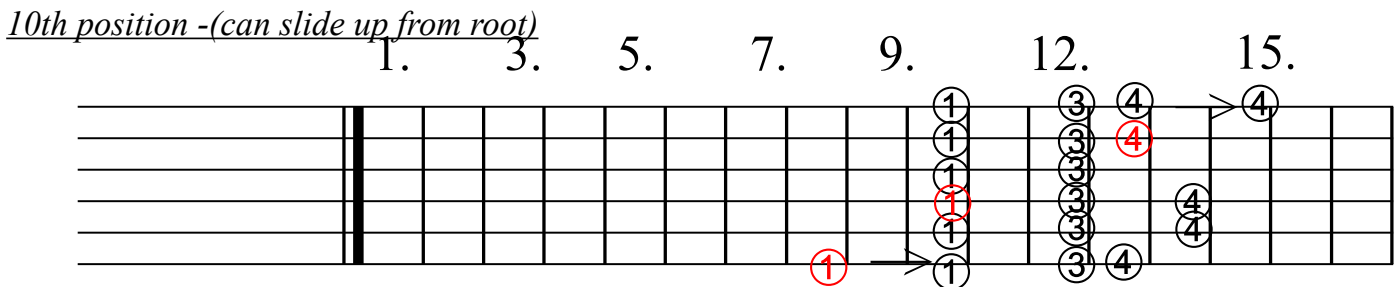
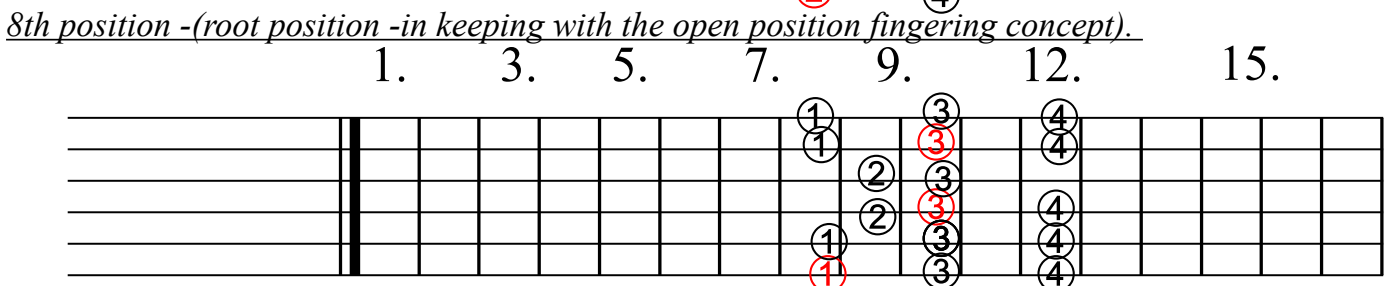
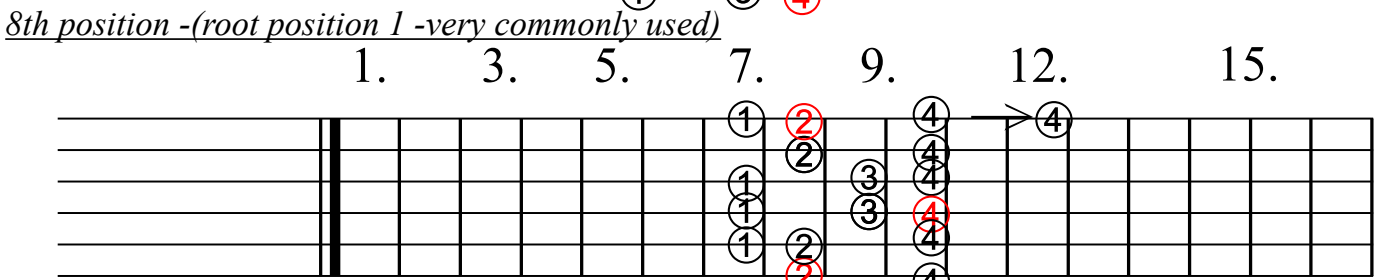
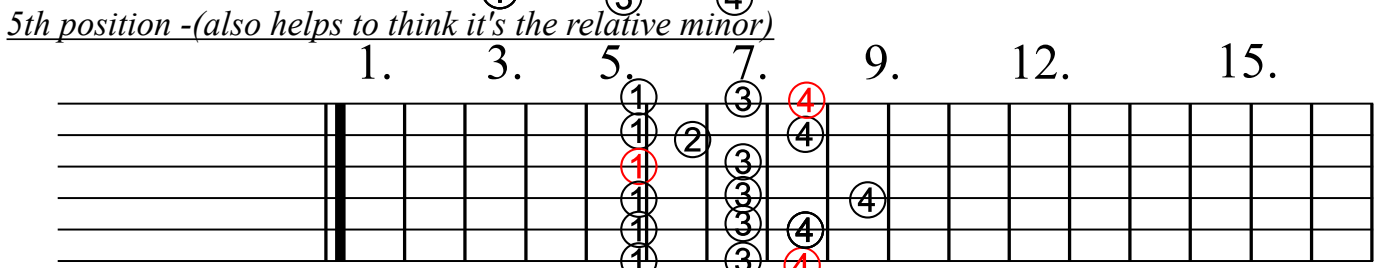
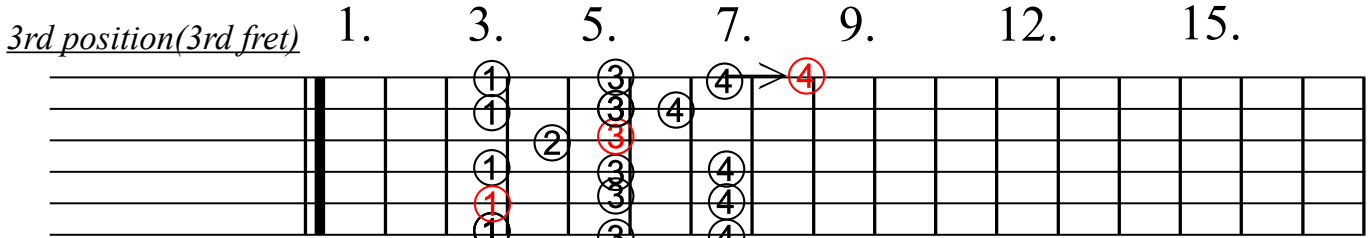
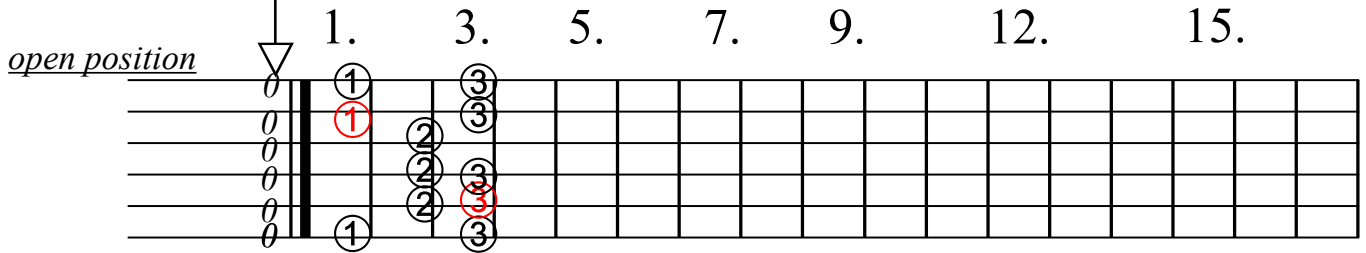
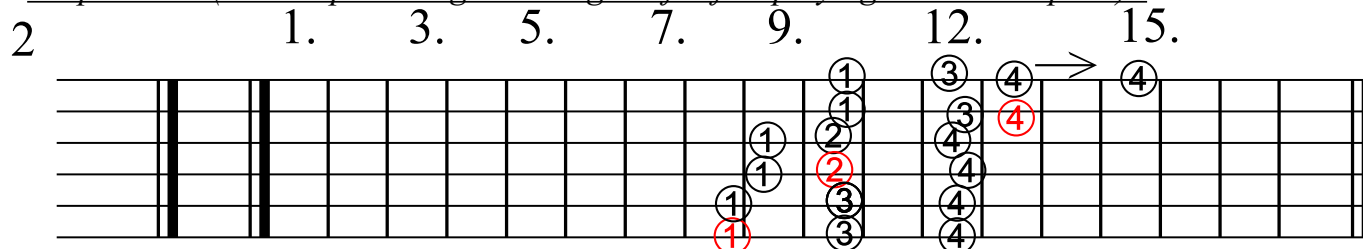


C Maj scale pattern in cage shapes (optimised for open fingerings)

Always take note of where the root note (Red) so you can relate the scale to a landmark on the guitar
 Say the notes as you play them out loud- start & finish on chord tones 1, 3 or 5
 thinnest string on guitar



8th position -(3 notes per string version good for fast playing or hammer/pulls).



Notes: The previous cage patterns are an extension and variation of the usual patterns. These are designed so that they can easily be played in open position for the majority. Note there are 3 versions of position 8 or the root position as they each have an advantage.

Play all scales ascending and descending saying the notes out loud ALWAYS (especially when descending as it makes you think about the notes you are playing).

I am not alone in this belief, but the guitar is an instrument that when learning it help to visualize as often as possible. Eg chords are movable and thus we think of the shape of a certain chord rather than the actual notes of say a Gmaj chord open or barred.

With this view-I like to practice starting with a plan that capitalizes on and caters to this idea of always trying to find a 'visual' reference point. For example: I want to learn the C major scale in all 5 or more cage patterns, I will start by playing a C chord in each position if I can and then also perhaps an arpeggio too. I look closely at the relationships of the chord tones and root notes and where they fit within the scale and again ALWAYS speak the notes out loud when practicing and practice slowly so the brain has time to take snapshots of where things sit on the guitar neck as you are not 'just' learning shapes you are also wanting learn the notes on the guitar strings and to relate the shapes to the notes.

Perhaps when you play the scales the first time start on a root note to get the sound in your ear. Once established then move to starting and ending on a chord tone E.g 1, 3 or 5 of the chord.