

Initial Grade Scales & Arpeggios

Scales • 54 BPM

Arpeggios • 52 BPM

Initial Grade requirements

KEY	EXERCISE	HANDS	
C major	Scale	Hands separate	☐
D minor*	Scale	Hands separate	☐
C major	Contrary motion	Hands together	☐
C major	Arpeggio	Hands separate	☐
D minor	Arpeggio	Hands separate	☐

* D minor may be natural, harmonic or melodic; the harmonic form is shown in this booklet.

How to practise your scales

1 Master the fingering

Practise hands separately and completely master the fingering. Use the same fingering every time; know exactly which finger plays each note. Do not rush to play at speed.

2 Make it even, fluid and legato

Practise each hand separately until the scale is even, fluid and confidently played. Aim for a smooth legato sound: each note should move effortlessly into the next.

3 Use a metronome

Start very slowly, perhaps at 40 bpm. Play two quavers (eighth notes) in the time of one crotchet (quarter-note) click. Increase gradually by around 5-10 bpm when secure.

4 Practise the contrary motion slowly

Start both hands together on C. Keep the pulse steady and make sure the hands move away from and back towards each other evenly. Accuracy and consistency are more important than speed.

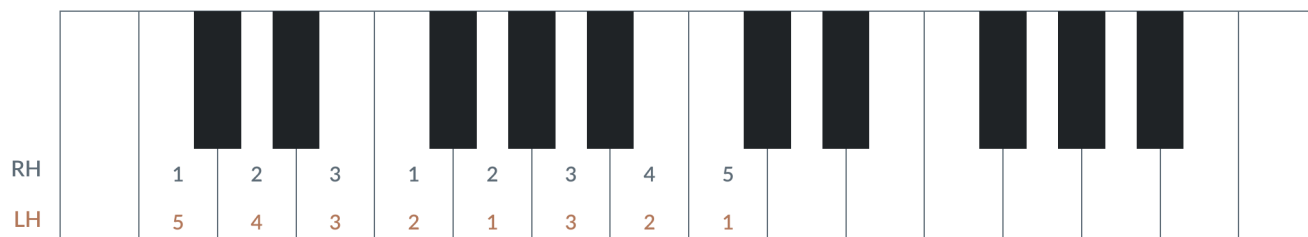
C major

54 BPM

One octave • hands separate

Scale

Hands separate



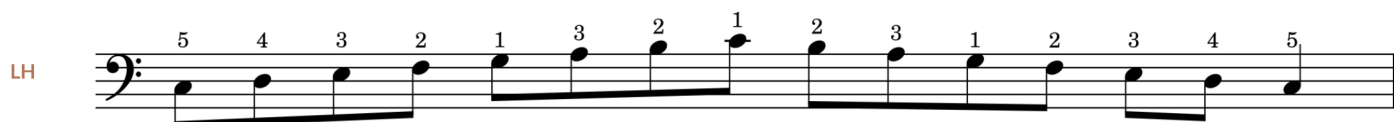
Right hand

RH



Left hand

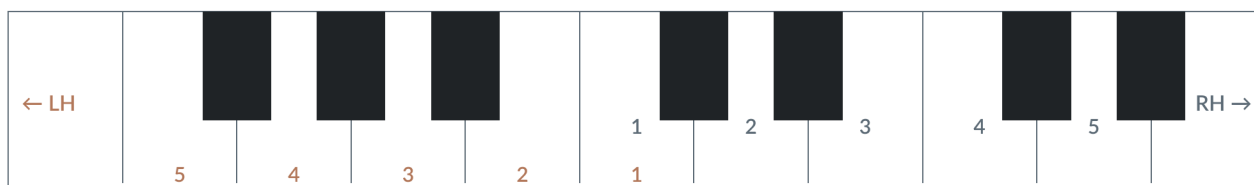
LH



Contrary motion

Hands together

A 5th • start together on C



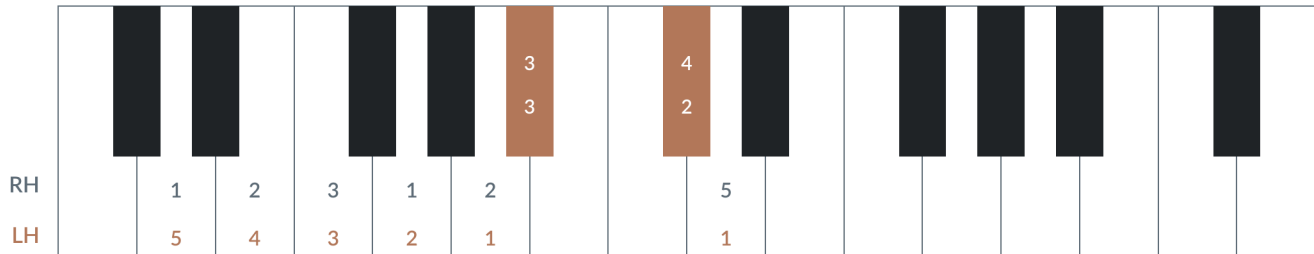
D minor • harmonic

54 BPM

Harmonic minor • Bb • raised 7th = C#

Fingering map

RH above the keys • LH below the keys



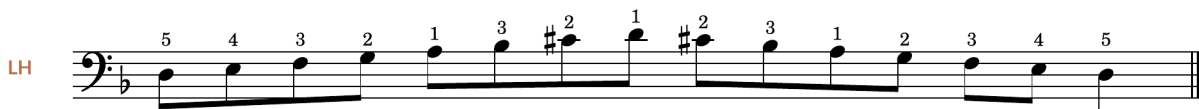
Right hand

RH



Left hand

LH



TARGET Play evenly and confidently at 54 BPM without changing the fingering.

Arpeggios

52 BPM

C major and D minor · a 5th · hands separate

C major

Fingering map

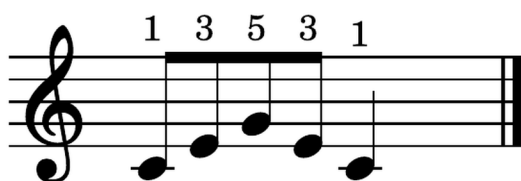
RH above the keys · LH below the keys



Right hand

RH

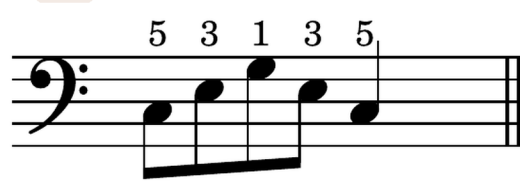
RH



Left hand

LH

LH



D minor

Fingering map

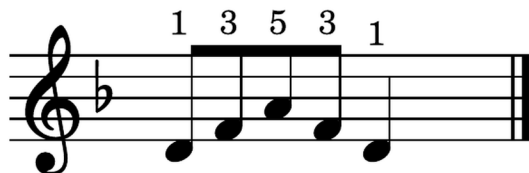
RH above the keys · LH below the keys



Right hand

RH

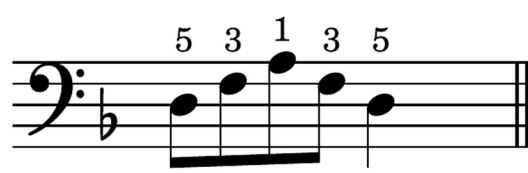
RH



Left hand

LH

LH



TARGET Play smoothly and evenly at 52 BPM with a relaxed hand.