Two-Mallet Proficiencies

Glenn Schaft (2016)

All exercises should be played in the Circle of Fifths - C, F, Bb, Eb, Ab, Db, Gb, B, E, A, D, G

Circle of Fourths/Fifths
(practice order for 4-5 octave marimba) Begin on middle C (C4)

Circle of Fourths/Fifths
(practice order for xylophone, vibraphone, glockenspiel) Begin on middle C (C4)

L or R lead

Chromatic Scale

Broken Rhythm Scales & Arpeggios
Major, Natural Minor, Harmonic Minor, Melodic Minor

L or R lead

George Hamilton Green Style Scale Exercise

L or R lead

Arpeggio
Modes of a Scale

L lead Ionian
Dorian
Phrygian

Lydian
Mixolydian
Aeolian

Locrian
Ionian

Inverted Triads

root third fifth

L or R lead Major Seventh
Dominant Seventh

Minor Seventh
Half-Diminished Seventh

Fully-Diminished Seventh

Seventh Chord Arpeggios

L or R lead Major Seventh
Dominant Seventh

Minor Seventh
Half-Diminished Seventh

Fully-Diminished Seventh

Inverted Seventh Chords

Major Seventh

Minor Seventh

Major Seventh

Dominant Seventh
Mineral Seventh

Half-Diminished Seventh

Fully-Diminished Seventh

Measured Rolls - Interval Expansion and Contraction

8, 7, 6, 5, 4, 3, or 2 attacks per quarter note

Minor second  major second  minor third  major third  perfect fourth  tritone

Perfect fifth  minor sixth  major sixth  minor seventh  major seventh  octave

Major seventh  minor seventh  major sixth  minor sixth  perfect fifth  tritone

Perfect fourth  major third  minor third  major second  minor second
Unmeasured Legato Rolls - Interval Expansion and Contraction

98 minor second  major second  minor third

104 major third  perfect fourth  tritone

110 perfect fifth  minor sixth  major sixth

116 minor seventh  major seventh  octave

122 major seventh  minor seventh  major sixth

128 minor sixth  perfect fifth  tritone

134 perfect fourth  major third  minor third

139 major second  minor second

Double Strokes - Interval Expansion & Contraction

144 minor second  major second  simile to octaves, then contract

Parallel Thirds - G.H. Green Ex. #3

Parallel Octaves - G.H. Green Ex. #3