

# 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)

Musical notation for the Circle of Fourths/Fifths exercise for marimba. It consists of a single staff with a treble clef. The melody starts on middle C (C4) and moves through the notes of the circle of fourths: C, F, Bb, Eb, Ab, Db, Gb, B, E, A, D, G. The notes are written as quarter notes, with a bass clef used for the lower notes (Bb, Eb, Ab, Db, Gb) to indicate they are below the staff.

## Circle of Fourths/Fifths

(practice order for xylophone, vibraphone, glockenspiel) Begin on middle C (C4)

Musical notation for the Circle of Fourths/Fifths exercise for xylophone, vibraphone, and glockenspiel. It consists of a single staff with a treble clef. The melody starts on middle C (C4) and moves through the notes of the circle of fourths: C, F, Bb, Eb, Ab, Db, Gb, B, E, A, D, G. The notes are written as quarter notes, with a bass clef used for the lower notes (Bb, Eb, Ab, Db, Gb) to indicate they are below the staff. The exercise ends with a double bar line and a 12/8 time signature.

## Chromatic Scale

L or R lead

Musical notation for the Chromatic Scale exercise. It consists of two staves with a treble clef. The first staff starts at measure 7 and contains a chromatic scale from C4 to G5. The second staff starts at measure 9 and contains a chromatic scale from G4 down to C3. The exercise ends with a double bar line and a 4/4 time signature.

## Broken Rhythm Scales & Arpeggios

Major, Natural Minor, Harmonic Minor, Melodic Minor

L or R lead

Musical notation for the Broken Rhythm Scales & Arpeggios exercise. It consists of a single staff with a treble clef. The melody starts at measure 12 and contains a broken rhythm scale in 4/4 time, moving through the notes of the major, natural minor, harmonic minor, and melodic minor scales.

Arpeggio

Musical notation for the Broken Rhythm Scales & Arpeggios exercise. It consists of a single staff with a treble clef. The melody starts at measure 14 and contains an arpeggio in 4/4 time, moving through the notes of the major, natural minor, harmonic minor, and melodic minor scales.

## George Hamilton Green Style Scale Exercise

L or R lead

Musical notation for the George Hamilton Green Style Scale Exercise. It consists of a single staff with a treble clef. The melody starts at measure 16 and contains a scale exercise in 4/4 time, moving through the notes of the major, natural minor, harmonic minor, and melodic minor scales.

Musical notation for the George Hamilton Green Style Scale Exercise. It consists of a single staff with a treble clef. The melody starts at measure 18 and contains a scale exercise in 5/4 time, moving through the notes of the major, natural minor, harmonic minor, and melodic minor scales. The exercise ends with a double bar line and a 5/4 time signature.

### Modes of a Scale

21 L lead Ionian                      Dorian                      Phrygian

24 Lydian                      Mixolydian                      Aeolian

27 Locrian                      Ionian

### Inverted Triads

29 root      third      fifth      root      root      fifth      third      root

l r l r l r l r      l r l r l r l r      r l r l etc.

### Seventh Chord Arpeggios

34 L or R lead      Major Seventh                      Dominant Seventh $\flat$

38 Minor Seventh                      Half-Diminished Seventh $\flat$

41 Fully-Diminished Seventh

### Inverted Seventh Chords

45 Major Seventh  
root                      third                      fifth                      seventh

48 root                      seventh                      fifth                      third

51 Dominant Seventh

54 3

57 Minor Seventh

60

63 Half-Diminished Seventh

66

69 Fully-Diminished Seventh

72

### Measured Rolls - Interval Expansion and Contraction

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

75 minor second major second minor third major third perfect fourth tritone

81 perfect fifth minor sixth major sixth minor seventh major seventh octave

87 major seventh minor seventh major sixth minor sixth perfect fifth tritone

93 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      similité to octaves, then contract

r r l l r r l l r r l l

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

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