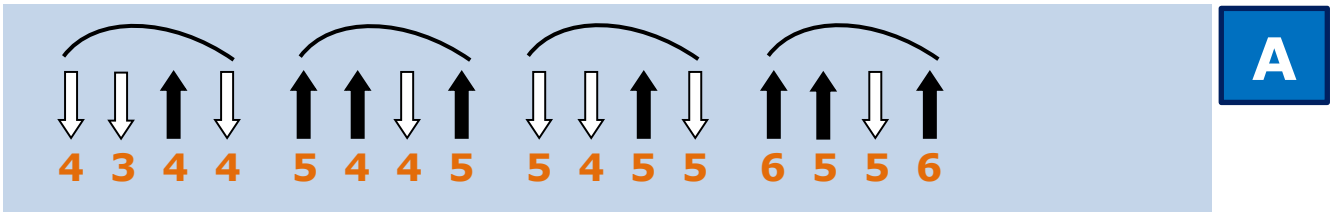


Major Scale In Quadruplets

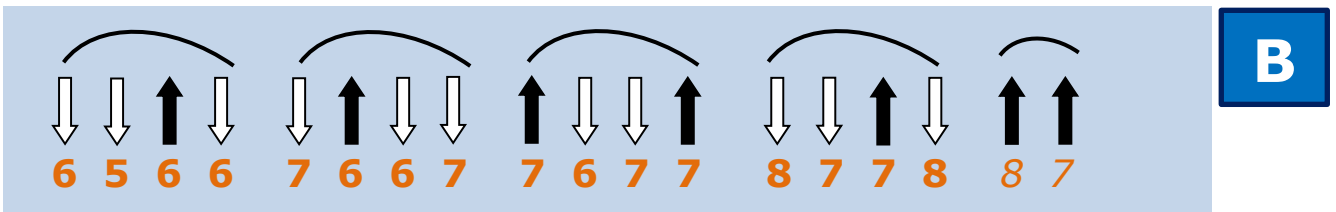
10h

Ascending



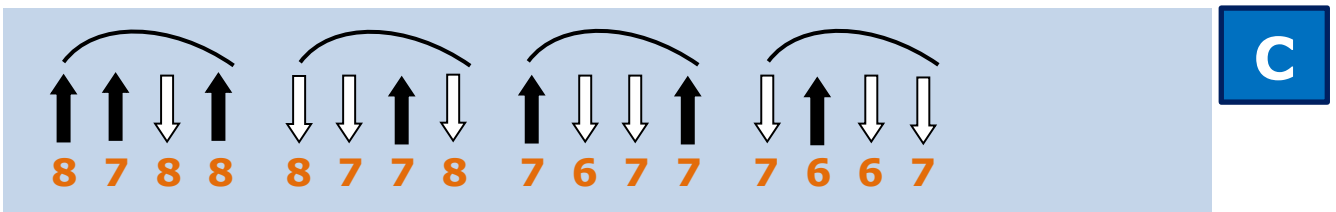
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Ascending



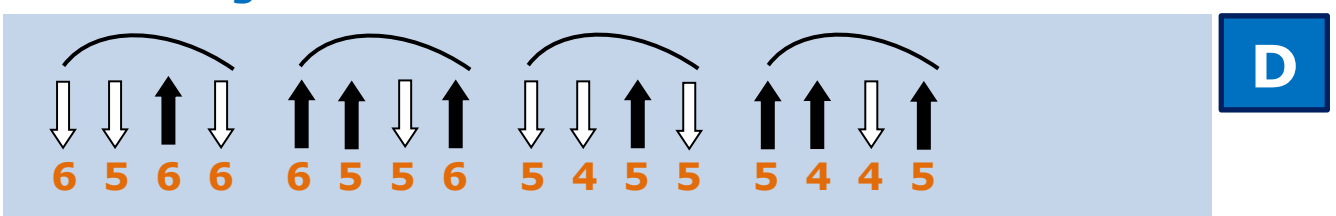
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Descending



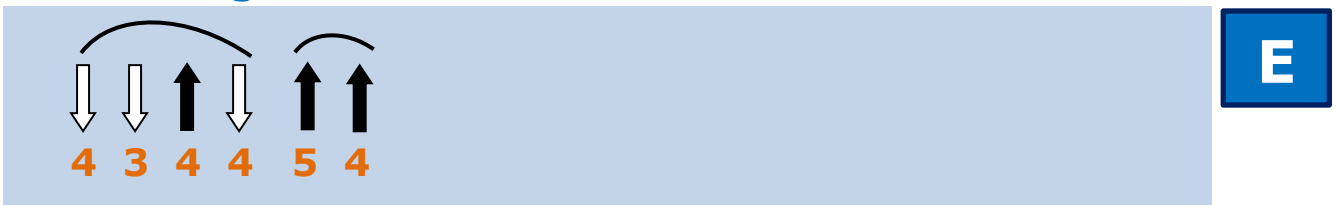
8 7 8 8 8 7 7 8 7 6 7 7 7 6 6 7

Descending



6 5 6 6 6 5 5 6 5 4 5 5 5 4 4 5

Descending



4 3 4 4 5 4

Notes

Using the major scale, we're connecting four note sequences. This is a great way to develop breath control, push-pull technique and controlled movement across the harmonica. It's closely linked to playing phrases in classical and folk music. When the exercise is played through, it becomes a fun melody. Keep the harmonica in your lips at all times.

Legato and Staccato

Using push-pull technique, play each triplet *legato* (smoothly and softly). We have added slurs to help you. Notice how your diaphragm provides the support you need. Ensure you use both hands when you play, as this will promote muscle memory and good navigation. Now try playing the sequences *staccato* (short and detached notes, including the final notes).

Phrasing

Now play the sequences naturally, but emphasise the first note each time. This should help to deliver a measured result. Try to keep your head still, using the weight of the harmonica and the spring between your wrists to move through the patterns.

Breath control, accuracy and endurance

To reinforce everything, see if you can speed up and play through twice while maintaining control. As you do so, pay attention to good tone; relax, drop your jaw. Open your mouth cavity and your vocal tract. Inhale and exhale as you go, moving a column of air from your diaphragm, not from your cheeks or throat. Listen out for stray, unwanted notes and tidy things up for a clean and accurate delivery.