

Baermann Boot Camp Guide

Scales

Each scale should be practiced daily in all the following patterns:

- Scale
- Interrupted scales
- Returning scales (major only)
- 3^{rds}
- 6^{ths}
- Broken chords 1
- Broken chords 2
- Chords of the 7th (major only)
- Diverse chords (minor only)

Diminished 7ths (dim⁷)

- Pattern 1 – E G Bb C#
- Pattern 2 – F Ab B D
- Pattern 3 – F# A C Eb

Technical exercises

- **Octaves (8^{va})**
 - section 1 – measures 1-8
 - section 2 – measures 9-17
 - section 3 – measures 18-25
 - section 4 – measures 26-33
 - section 5 – measures 34-49
 - section 6 – measures 50-68
 - section 7 – measures 69-82 (end)
- **Staccato & Trill (S&T)**
 - section 1 – measures 1-8
 - section 2 – measures 9-21
 - section 3 – measures 22-28
 - section 4 – measures 29-59
 - section 5 – measures 60-113
 - section 6 – measures 114-149
 - section 7 – measures 150-175 (end)

- **Triplets (trips)**
 - section 1 – measures 1-57
 - section 2 – measures 58-113
 - section 3 – measures 114-161 beat 1
 - section 4 – measures 161 beat 2-212 (end)

Recommended tempos*

- Week 1: 40-50 BPM
- Week 2: 50-60 BPM
- Week 3: 60-70 BPM
- Week 4: 70-80 BPM

*Individual tempos may vary. Never practice your scales faster than you can play them cleanly.