

# Baermann Boot Camp Guide

## Scales

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

- Scale
- Interrupted scales
- Returning scales (major only)
- 3<sup>rds</sup>
- 6<sup>ths</sup>
- Broken chords 1
- Broken chords 2
- Chords of the 7<sup>th</sup> (major only)
- Diverse chords (major only)

## Diminished 7ths (dim<sup>7</sup>)

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

## Technical exercises

- **Octaves (8<sup>va</sup>)**
  - 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.