RCM 1 TECHNIQUE

2-octave Scales
Ascending and descending
♩♩ = 69

Chromatic Scale
Ascending and descending
♫ = 69

2- Octave Contrary Motion
Ascending and descending
♫ = 69

C+

Broken Triad H.S.
♫ = 50

C+

Solid Triad H.S.
♩ = 100

All White Note Triads:

C+   D-   E-   F+   G+   A-