

Full Exercise

Speed Training
Rene Orion Salmon
Chromatic Scaling

Words & Music by Rene Orion Salmon

♩ = 60

Figure 1A

After completing exercise, increase tempo by 10. Until you hit your desired speed.

1

T
A
B

③

Figure 2A

5

④

Figure 3A

9

④

13

④

Figure 4A

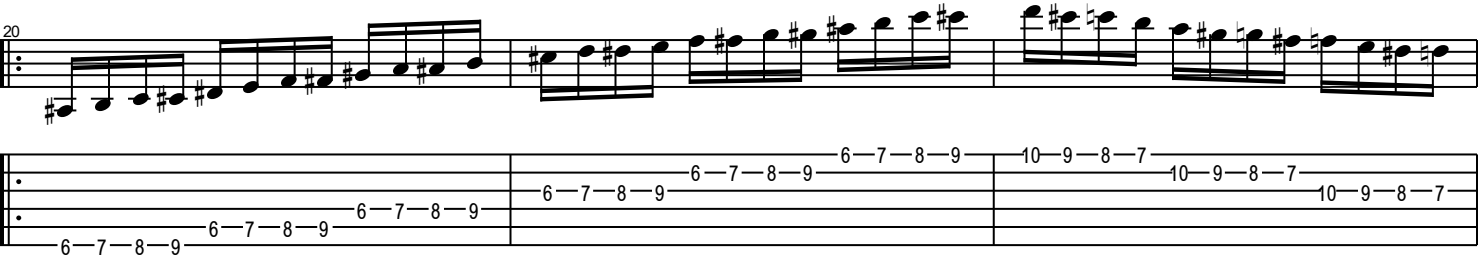


Figure 5A

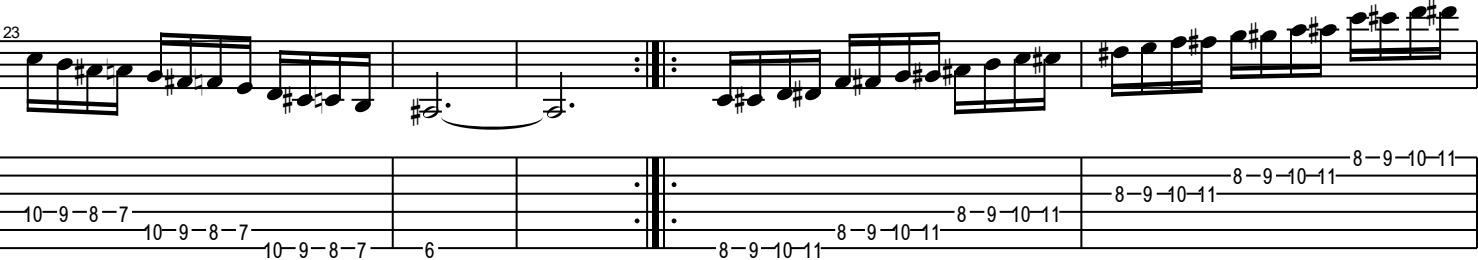


Figure 6A

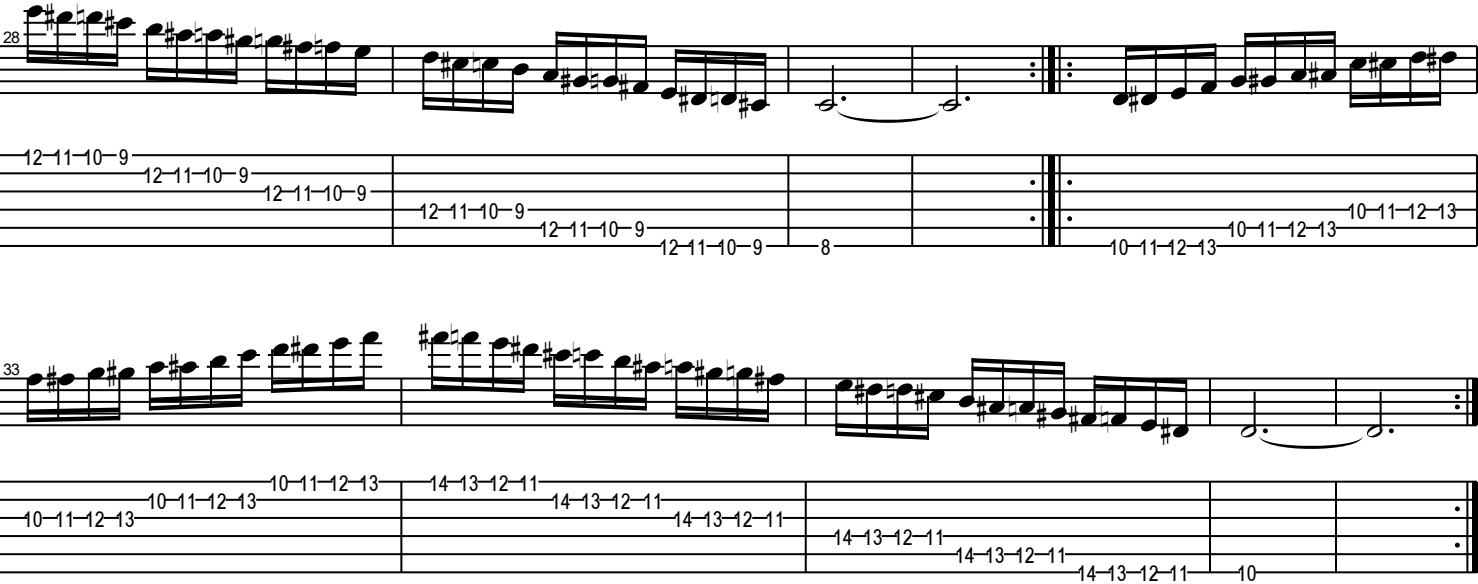


Figure 7A

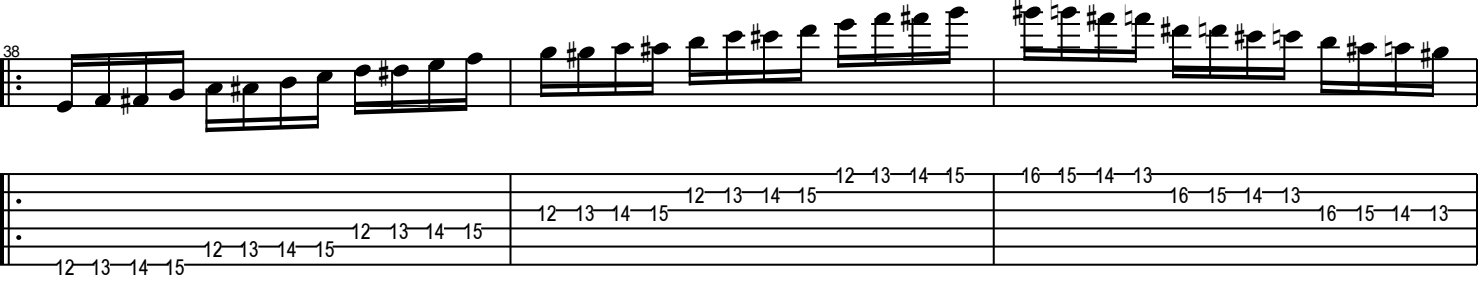


Figure 8A



Figure 9A

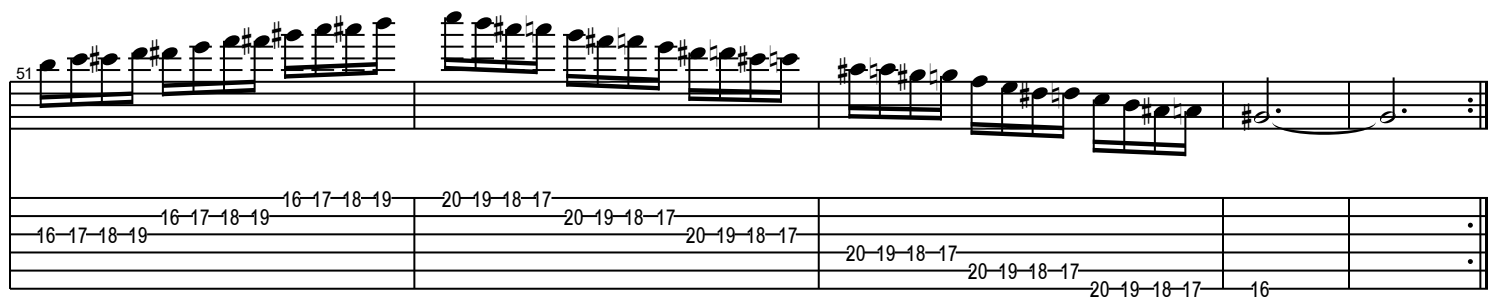


Figure 10A

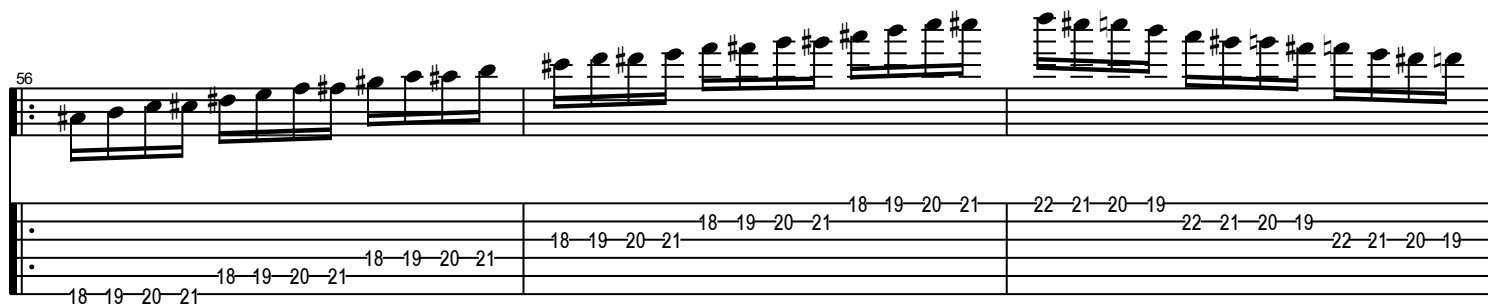
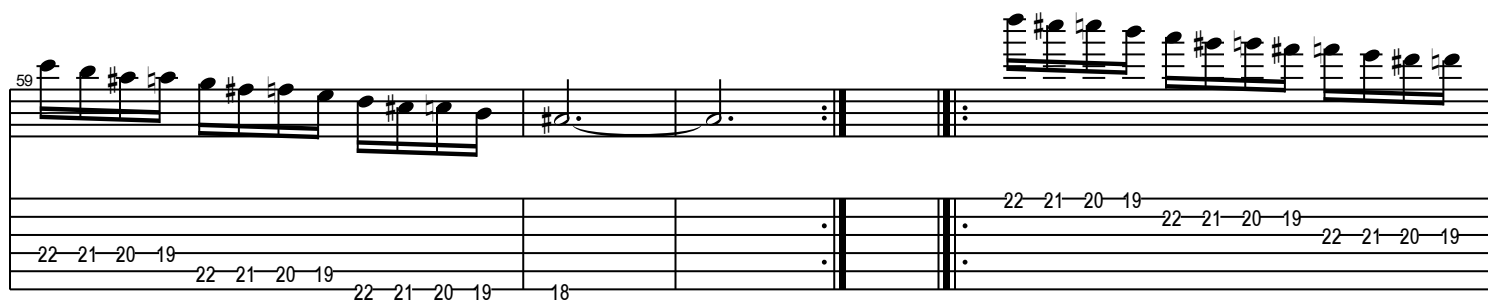


Figure 11A



64

22-21-20-19 22-21-20-19 22-21-20-19 18-19-20-21 18-19-20-21 18-19-20-21 18-19-20-21 22

Figure 1B

69

20-19-18-17 20-19-18-17 20-19-18-17 20-19-18-17 20-19-18-17 16-17-18-19 16-17-18-19

Figure 2B

72

16-17-18-19 16-17-18-19 20 18-17-16-15 18-17-16-15 18-17-16-15 18-17-16-15 18-17-16-15

Figure 3B

77

14-15-16-17 14-15-16-17 14-15-16-17 18 18-17-16-15 18-17-16-15 18-17-16-15

81

18-17-16-15 18-17-16-15 14-15-16-17 14-15-16-17 14-15-16-17 18

Figure 4B

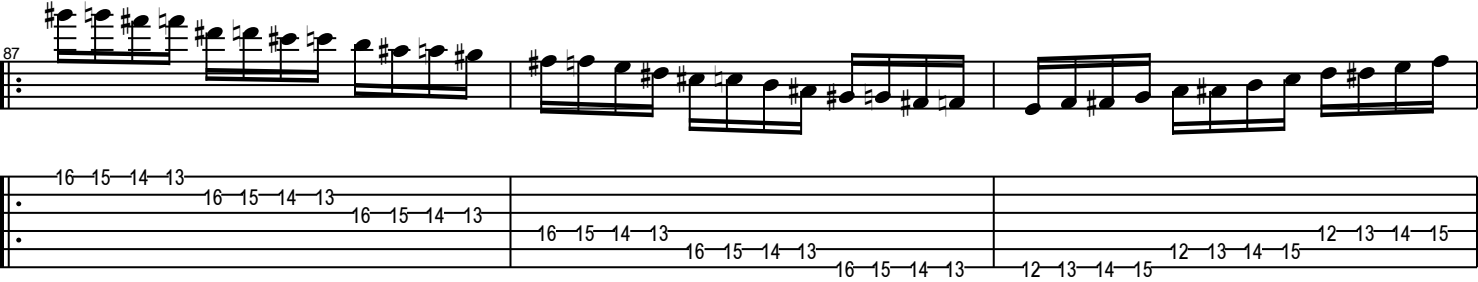


Figure 5B

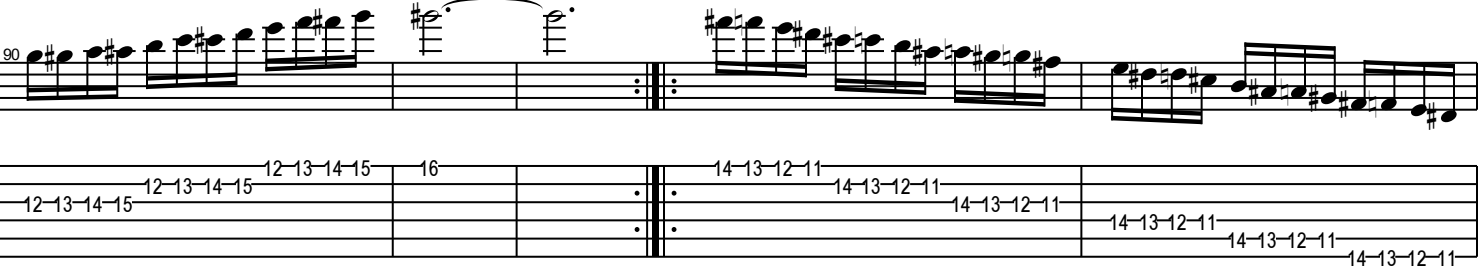


Figure 6B

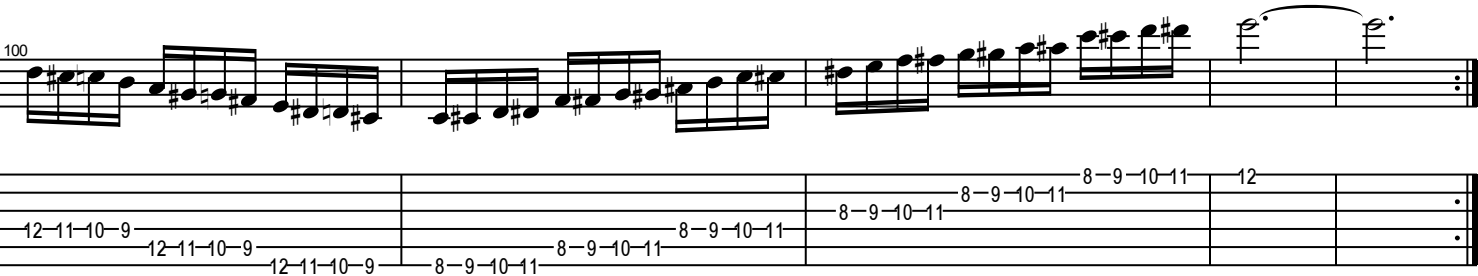


Figure 7B

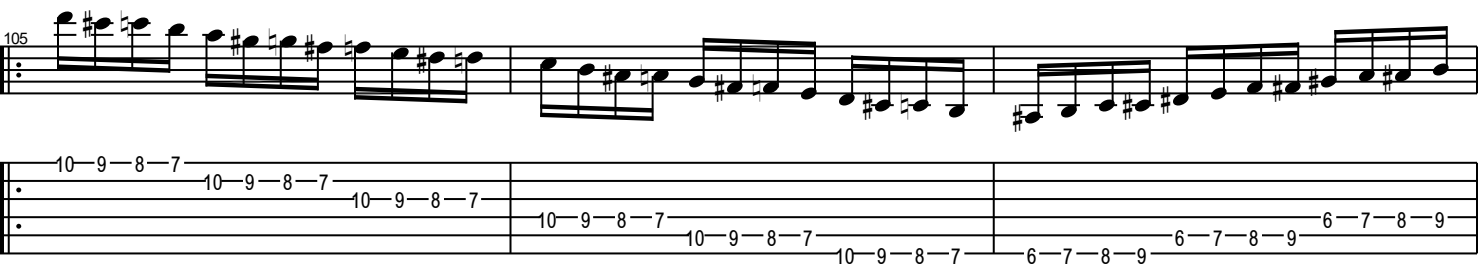


Figure 8B

108

6-7-8-9 6-7-8-9 6-7-8-9 10 8-7-6-5 8-7-6-5 8-7-6-5 8-7-6-5 8-7-6-5 8-7-6-5

Figure 9B

113

4-5-6-7 4-5-6-7 4-5-6-7 4-5-6-7 8 6-5-4-3 6-5-4-3 6-5-4-3

118

6-5-4-3 6-5-4-3 6-5-4-3 2-3-4-5 2-3-4-5 2-3-4-5 2-3-4-5 6

Figure 10B

123

4-3-2-1 4-3-2-1 4-3-2-1 4-3-2-1 4-3-2-1 0-1-2-3 0-1-2-3 0-1-2-3

126

0-1-2-3 0-1-2-3 4