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Modes of the C Major Scale

	Mode Name	Notes								Root Chord	
I	Ionian (Major scale)	C	D	E	F	G	A	B	C	C Maj7	(CEGB)
	Mode intervals	1	2	3	4	5	6	7	8		
ii	Dorian (minor, #6)	D	E	F	G	A	B	C	D	D min7	(DFAC)
	Mode intervals	1	2	b3	4	5	6	b7	8		
iii	Phrygian (minor, b2)	E	F	G	A	B	C	D	E	E min7	(EGBD)
	Mode intervals	1	b2	b3	4	5	b6	b7	8		
IV	Lydian (Major, #4)	F	G	A	B	C	D	E	F	F Maj7	(FACE)
	Mode intervals	1	2	3	#4	5	6	7	8		
V	Mixolydian (Major, b7)	G	A	B	C	D	E	F	G	G Dom7	(GBDF)
	Mode intervals	1	2	3	4	5	6	b7	8		
vi	Aeolian (Natural minor)	A	B	C	D	E	F	G	A	A min7	(ACEG)
	Mode intervals	1	2	b3	4	5	b6	b7	8		
vii	Locrian (minor b2 b5)	B	C	D	E	F	G	A	B	B min7b5	(BDFA)
	Mode intervals	1	b2	b3	4	b5	b6	b7	8		

Modes are the notes of the Major scale, but starting on different degrees of the scale. You can think of each mode as a flavour or colour. Each one has a unique sound and musical flavour.

To familiarize yourself with the individual sound of each mode, try to keep the root note or chord of each mode ringing as you practice the scale.

For example, when practicing the D Dorian mode, have either a Dmin7 chord or a D note ringing underneath.

If you are just starting with modes, C Major is immediately visually easier to understand on a keyboard more so than a guitar.

On any keyboard, the note C is immediately to the left of any two black keys.

Middle C is in the middle of the keyboard. If you play every white key from C to the next C along (CDEFGABC), you are playing the C Major scale.

If you play all the white keys...

- From C to C is the **C Major scale**.
- From D to D is the **D Dorian mode**.
- From E to E is the **E Phrygian mode**.
- From F to F is the **F Lydian mode**.
- From G to G is the **G Mixolydian mode**.
- From A to A is the **A Aeolian mode** (A Natural minor scale).
- From B to B is the **B Locrian mode**.

To play chords on the keyboard, start on C, miss a key, add E, miss a key, add G, miss a key add B. You have CEGB, the notes of a C Major 7 chord. You can play the chord with you left hand while practicing the scale with your right hand.

Keep the shape and move it one key to the right, you will have DFAC (D minor 7), one more key to the right, you have EGBD (E minor 7), etc.



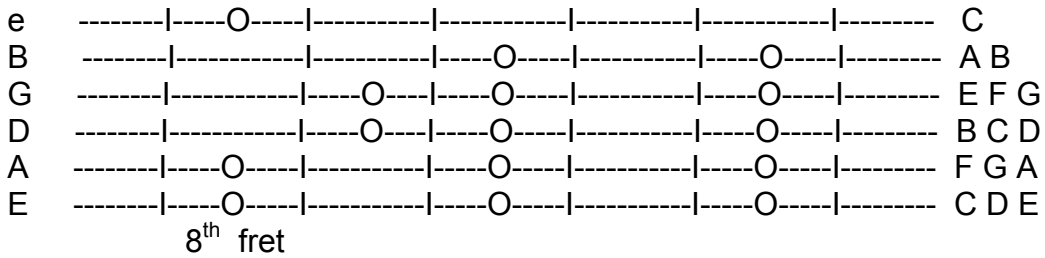
C Major 7 chord



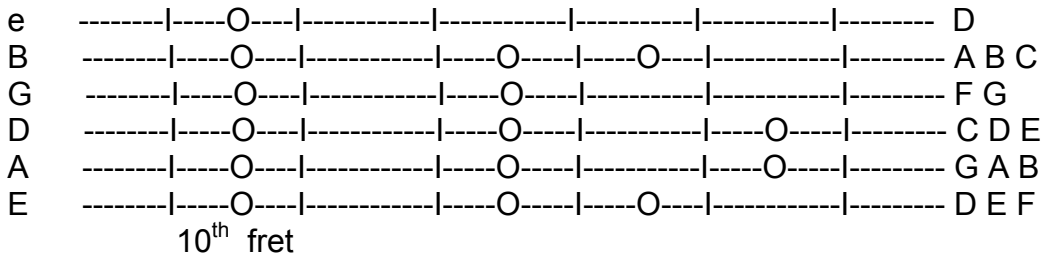
D minor 7 chord

Modes for Guitar : Suggested fingerings for the modes of C Major.

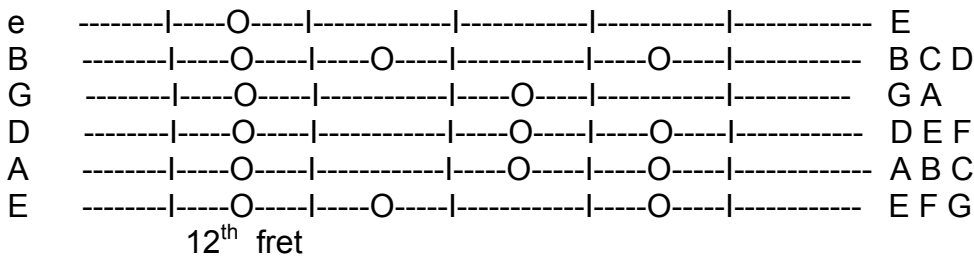
I C Ionian (Major)



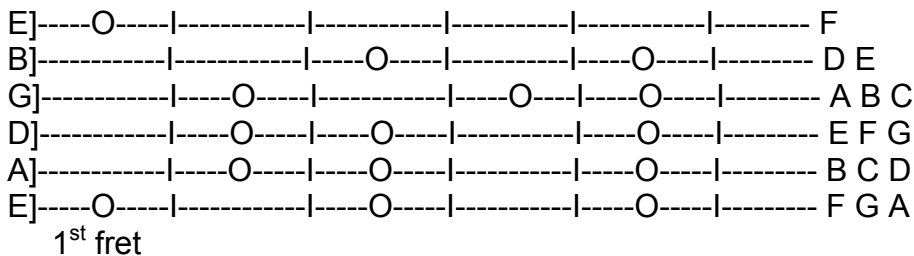
ii D Dorian (minor, #6)



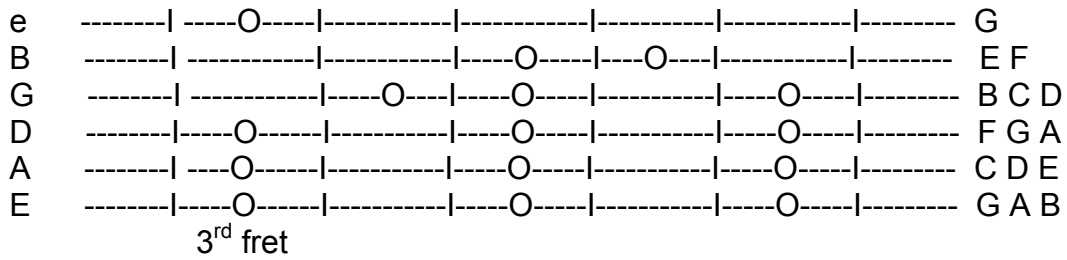
iii E Phrigian (minor, b2)



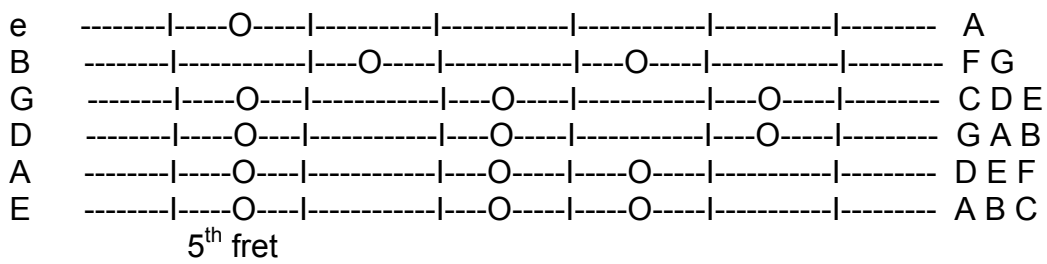
IV F Lydian (Major, #4)



V G Mixolydian (Major, b7)



vi A Aeolian (natural minor scale)



vii B Locrian (minor, b2 b5)

