

CAGED Horizontal Adjacent Forms | Lydian Scales

Benefits

- Develop visualization of the connections of the CAGED forms on the guitar neck
- By playing each of the 5 forms beginning with either lowest closed position and ascending through adjacent forms, or the 12th position and descending through adjacent forms, we connect the various forms across the guitar neck in the order of the word CAGED
- Similar to a mental puzzle, we develop stronger visualization and memorization of the fingerboard
- Memorization of the cycle of 4ths (C, F, Bb, Eb, Ab, Db, Gb/F#, B, E, A, D, G, C) without reliance on the E and A strings

How to practice

- For each form, play Chord > Scale x2 > Chord, then move to the next form by following the horizontal arrows
- When you have played all 5 adjacent forms (one row), change keys by following the vertical arrows
- Say (out loud) each new key as you play the first chord therein
- Always start on the **root (red)** of the scale, ascending to the highest pitch, descending to the lowest pitch, and then returning to the **root** to finish

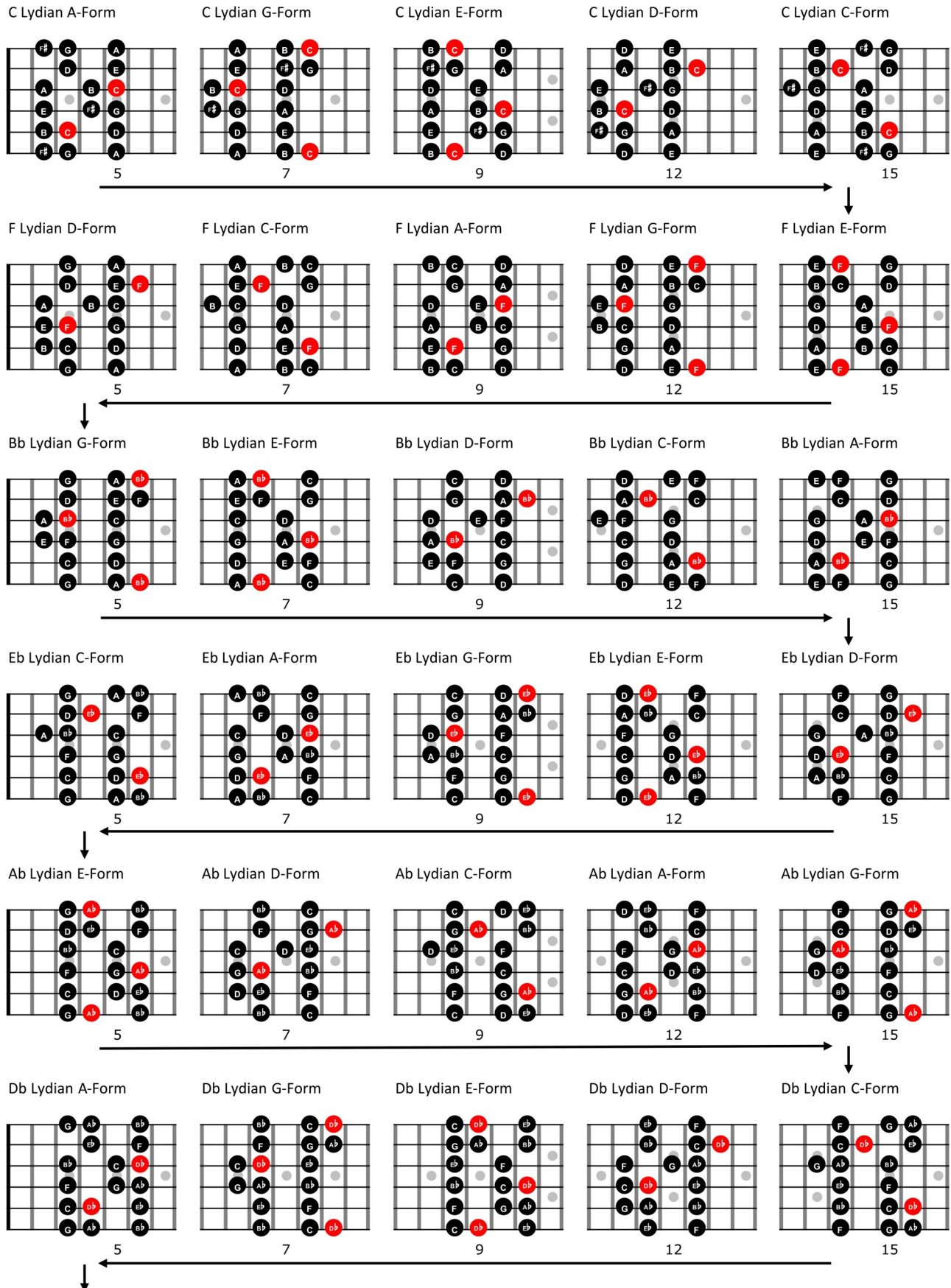
Notes about the exercise

- This exercise can take a considerable amount of time for all 12 keys. You can instead practice 4 keys at a time:
 - ♦ C ascending, F descending, Bb ascending, Eb descending
 - ♦ Ab ascending, Db descending, Gb/F# ascending, B descending
 - ♦ E ascending, A descending, D ascending, G descending
- Pay close attention to fret numbering to ensure you are playing the correct key
- When ascending the forms follow the cyclic order of the word CAGED (...AGEDCAGEDC...)
- When descending the forms follow the cyclic order of the word CAGED backwards (...CDEGACDEGA...)
- Always practice at a comfortable metronome tempo, slowly increasing BPM as you become more proficient
- Notice where the **roots** of different forms overlap; (C and A) begin on the same root on the A string, (G and E) begin on the same **root** on the E string
- Get off page ASAP, these pages outline an exercise and can be read as such however, the concept is repetitive and should be internalized and can then be applied to other content

Suggested prerequisite knowledge

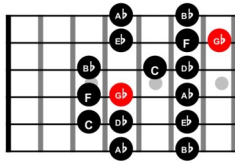
- Left hand fingerings
- How to find the names of the natural pitches and the direction of sharps (#) and flats (b) on the fingerboard
- Familiarity with reading chord and scale charts
- Familiarity with the CAGED system (5 forms as chords/triads and scales)
- Familiarity with major modes (the major scale can be played starting with different notes to create a different mode)

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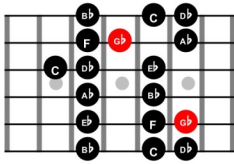
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Gb Lydian D-Form



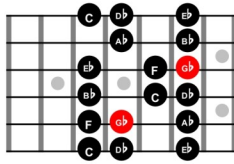
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Gb Lydian C-Form



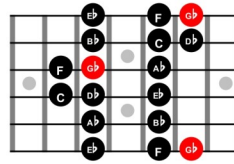
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Gb Lydian A-Form



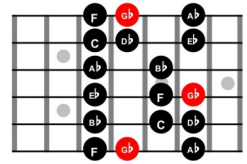
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Gb Lydian G-Form



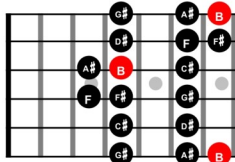
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Gb Lydian E-Form



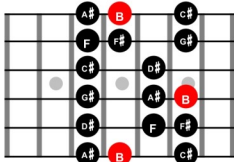
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B Lydian G-Form



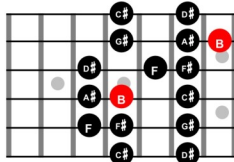
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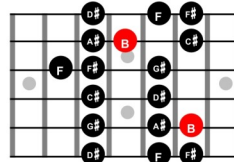
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B Lydian D-Form



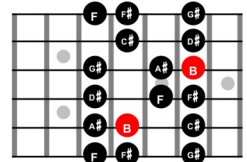
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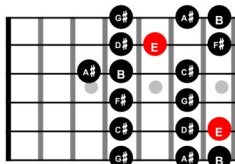
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B Lydian A-Form



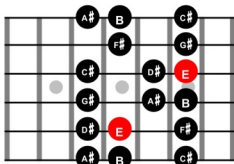
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E Lydian C-Form



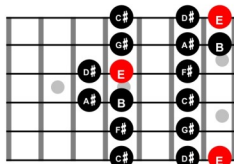
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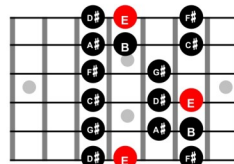
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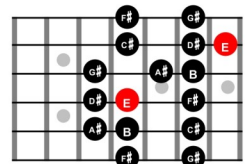
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E Lydian E-Form



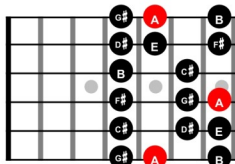
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E Lydian D-Form



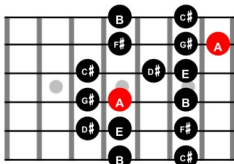
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A Lydian E-Form



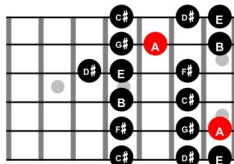
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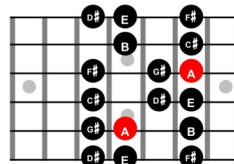
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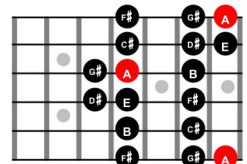
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A Lydian A-Form



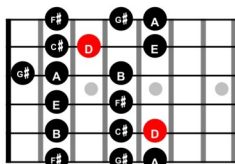
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A Lydian G-Form



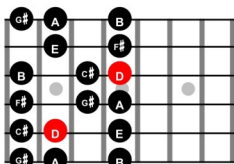
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D Lydian C-Form



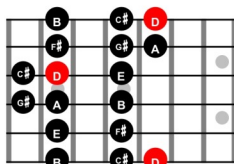
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D Lydian A-Form



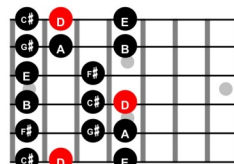
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D Lydian G-Form



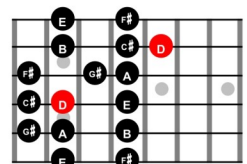
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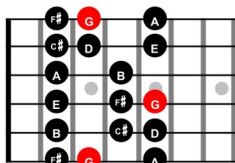
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D Lydian D-Form



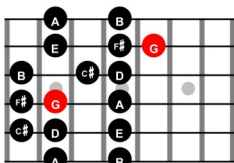
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G Lydian E-Form



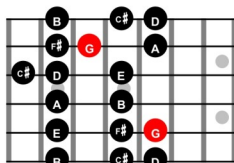
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G Lydian D-Form



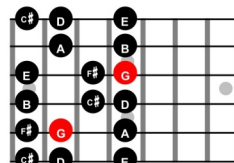
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G Lydian C-Form



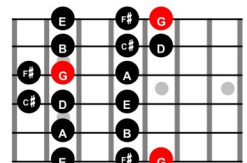
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G Lydian A-Form



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G Lydian G-Form



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