

1.

Sa re ga ma pa dha ni sa'

sa' ni dha pa ma ga re sa

2.

Sasa rere gaga mama papa dhadha nini

sa'sa'/

sa'sa' nini dhadha papa mama gaga rere sasa

3.

Sasasa rerere gagaga mamama-----/

sasasa' ninini dhadhadha

4.

Sasasasa rererere gagagaga  
mamamama-----

Sa'sa'sa'sa' nininini dhadhadhadha

## Two notes variations

5.

(12- 23- 34- 45 -56- 67- 71-  
17- 76- 65 -54 -43 -32 -21)

Sare rega gama mapa padha dhani nisa'/  
sa'ni nidha dhapa pama maga gare resa

R5 ( reverse 5)

21- 32- 43 -54 - 65 - 76 -17- 21

71 -67- 56- 45- 34 - 23- 12- 71

Resa - gare- maga- pama- dhapa- nidha -sa'ni  
- re'Sa'

niSa'- dhani- padha -mapa -gama - rega- sare -  
nisa

6.

( 112- 223- 334 -445 -556- 667- 771,

117- 776- 665 -554 -443 -332 -221) \_

Sasare rerega gagama mamapa papadha  
dhadhani ninisa'/

Sa'sa'ni ninidha dhadhapa papama  
mamaga gagare  
reresas.

# R6

221- 332- 443- 554- 665 -776- 117- 221

771- 667- 556- 445 -334- 223- 112- 771

Reresa - gagare- mamaga- papama-  
dhadhapa - ninidha -sa'sa'ni - re're'Sa'

# 7.

( 122 - 233 -344 - 455 - 566 - 677 - 711,  
177 - 766 - 655 - 544 - 433 - 322 - 211)

Sarere regaga gamama mapapa  
padhadha dhanini nisa'sa' /

Sa'nini nidhadha dhapapa pamama  
magaga garere resasa

# R7

211- 322- 433- 544-655- 766- 177- 211  
711- 677 -566 - 455 -344 - 233 -122- ,711

Resasa garere magaga pamama dhapapa  
nidhadha sanini re'sa'sa'

Nisa'sa' dhanini padhadha mapapa gamama  
regaga sarere ,nisasa

8.

(1112 - 2223 - 3334 - 4445- 5556)

Sasasare rererega gagagama mamamapa  
Papapdha dhadhadhani nininisa' /

Sa'sa'sa'ni nininidha dhadhadhapa papapama  
mamamaga gagagare rereresasa.

R8

2221- 3332- 4443- 5554- 6665- 7776- 1777-

2111

7771- 6667- 5554- 4445- 3334- 2223- 1112-  
7771

Rereresaga gagagare mamamaga papapma  
dhadhadhapa nininidha sasasani rereresaga'

Nininisa dhadhadhani papapdha mamamapa  
gagagama Rererega sasasare \_nininisa

9.

( 1222- 2333 - 3444 - 4555 - 5666 -6777 -  
7111

1777- 7666 - 6555 - 5444 - 4333 - 3222 -  
2111)

Sarerere regagaga gamamama mapapapa  
Padhadhadha dhaninini nisa'sa'sa'

Sa'ninini nidhadhadha dhapapapa  
pamamama magagaga garerere resasasa.

R9

2111- 3222- 4333- 5444- 6555- 7666- 1777-  
2111

7111- 6777- 5666- 4555- 3444- 2333- 1222-  
7111

Resasasa- garerere- magagaga- pamamama-  
dhapapapa- nidhadhadha - sa'ninini- resasasa'

Nisasasa' dhaninini padhadhadha mapapapa  
Gamamama regagaga  
Sarererere nisasasa

Three notes variations

( 123 - 234 - 345 - 456 - 567 - 671/

176 - 765 - 654 - 543 - 432 - 321)

Sarega regama gamapa mapadha  
padhani dhanisa'

Sa'nidha nidhapa dhapama pamaga  
magare garesa

## R10

(321- 432- 543- 654 -765- 176 -217- 321)

761- 567- 456- 345- 234- 123- 712- 671

Garesa- magare- pamaga- dhapama-  
nidhapa- sanidha- resani- garesa

Dhanisa- padhani- mapadha- gamapa-  
regama- sarega- nisare- dhanisa

( 1123 - 2234 - 3345 -4456 - 5567 - 6678/  
8876 - 7765 - 6654 - 5543 - 4432 - 3321 )

Sasarega reregama gagamapa  
mamapadha papadhani dhadhanisa'

Sa'sa'nidha ninidhapa dhadhapama  
papamaga mamagare gagaresa

**R11**

3321- 4432- 5543- 6654- 7765- 1176- 2217-  
**3321**

6671- 5567- 4456- 3345- 2234- 1123- 7712-  
6671

Gagaresa- mamagare- papamaga-  
dhadhapama- ninidhapa- sasanidha- reresani-  
gagaresa

Dhadhanisa- papadhani- mamapadha-  
gagamapa- reregama- sasarega- ninisare-  
dhadhanisa

# 12.

( 1223- 2334 - 3445 - 4556 - 5667 - 6778/  
8776- 7665 - 6554 - 5443 - 4332 - 3221)

Sarerega regagama gamamapa mapapadha  
padhadhani dhaninisa'

Sa'ninidha nidhadhapa dhapapama  
pamamaga magagare gareresesa

# R12

Gareresesa magagare pamamaga dhapapama  
nidhadhapa saninidha resasani gareresesa

Dhaninisa padhadhani  
Mapapadha gamamapa regagama  
Sarerega nisasare dhaninisa.

# 13.

1233- 2344 - 3455 - 4566 - 5677 - 6788/

8766 -7655 - 6544 -5433 - 4322 - 3211

Saregaga regamama gamapapa  
mapadhadha padhanini dhanisa'sa'

Sa'nidhadha nidhapapa dhapamama  
pamagaga magarere garesasa

## R13

Garesasa magarere pamagaga dhapamama  
Nidhapapa sanidhadha resanini garesasa

Dhanisasa padhanini mapadhadha  
gamapapa regamama saregaga nisarere  
dhanisasa.

## Four notes

14.

1234 - 2345- 3456 - 4567 - 5678

8765 - 7654 - 6543 -5432- 4321

Saregama regamap gamapadha mapadhani  
padhanisa'

Sa'nidhapa nidhapama dhapamaga  
pamagare magaresa

**R14**

Magaresa pamagare dhapamaga nidhapama  
Sanidhapa

Padhanisa mapadhani gamapadha regamapa  
Saregama nisarega dhanisare padhanisa

**Five notes**

**15.**

12345 - 23456 - 34567- 45678

87654- 76543 -65432 -54321

Saregamapa - regamapadha - gamapadhani -  
mapadhanisa'

Sa'nidhapaa - nidhapamaga - dhapamagare -  
pamagaresa

## R15

Pamagaresa dhapamagare nidhapamaga  
Sanidhapama

Mapadhanisa gamapadhani regamapadha  
Saregamapa

## Six notes

16.

123456 - 234567- 345678

876543 - 765432 - 654321

Saregamapadha - regamapadhani -  
gamapadhanisa'

Sa'nidhapamaga - nidhapamagare -  
dhapamagaresa

## R16

Dhapamagaresa nidhapamagare  
Sanidhapamaga

Gampadhanisa regamapadhani  
Saregamapadha

## Seven notes

17.

1234567- 2345678

8765432 - 7654321

Saregamapadhani - regamapadhaniSa'

Sa'nidhapamagare - nidhapamagaresa

# R17

Nidhapamagaresa Sa'nidhapamagare

Regamapadhanisa' saregamapadhani

## Progression patterns

### 18.

Sare

Sarega

Saregama

Saregamapa

Saregamapadha

Saregamapadhani

SaregamapadhaniSa'

Sani

Sanidha

Sanidhapa

Sanidhapama

Sanidhapamaga

Sanidhapamagare  
Sanidhapamagaresa

19.

Resa  
Garesa  
Magaresa  
Pamagaresa  
Dhapamagaresa  
Nidhapamagaresa  
Sanidhapamagaresa.

Nisa  
Dhanisa  
Padhanisa  
Mapadhanisa  
Gamapadhanisa  
Regamapadhanisa  
SaregamapadhaniSa'

20.

Sare  
Sarega re  
Saregama gare  
Saregamap amagare  
Saregamapadha pamagare  
Saregamapadhani dhapamagare  
Saregamapadhanisa nidhapamagaresa

Sani  
Sanidha ni  
Sanidhapa dhani  
Sanidhapama padhani  
Sanidhapamaga mapadhani  
Sanidhapamagare gamapadhani  
Sanidhapamagaresa regamapadhanisa.

