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Phrygian Scale in Progression - L33



If you are looking to write a 'dark' sounding song the Phrygian progression is a great place to start. Lets take a look at the notes in an A Phrygian scale:

A A# C D E F G A

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E|-----|
B|-----|
G|-----|
D|-----5--7-----|
A|-----5--7--8-----|
E|5--6--8-----|
  
```

Note - this scale has the same notes as the F major and D minor scale. The difference between these scales is that in the Phrygian scale 'A' is the tonic (main) note that our ear uses as a reference point.

The chords associated with this scale are:

1 2 3 4 5 6 7
 Am A# C Dm Edim F Gm

```

E|0---1---0--3--3---1--3--|
B|1---3---1--1--3---1--3--|
G|2---3---0--2--3---2--3--|
D|2---3---2--0--2---3--5--|
A|0---1---3-----|
E|-----|
  
```

Try mixing the chords up, but always start on the tonic (the Am in this case). Use the numbering system shown above the chords to write a random song e.g.:

Verse 1, 3 6 5
 Am, C, F, Edim

Chorus 1, 4, 7, 2
 Am, Dm, Gm, A#

Try the same exercise yourself by mixing the numbers - always make sure you start each line on the tonic chord. Would also suggest you use the diminished chord at the end of a section.

Now work out a Bm Phrygian and come up with a song in the same way - you don't have to use all 7 chords as we did in the above example.

Homework

Work through all the main notes and find the Phrygian scale in all of them.