1) Play all runs as "jazz 8ths." 2) Learn to see these runs without the paper (in other words, by visualizing the notes on the fingerboard, not on the paper). 3) Then transpose to lots of other keys using the same visual pictures. And try transposing just one bar at a time to other keys too.

Give descriptions of the runs on a separate adjoining page (ala "Performance Notes").

Variation on the previous example:

Variation given in red:

Variation on the variation:
Compare with last two examples:
GIVE DESCRIPTIONS OF THE RUNS (ala "Performance"
Diatomic Major Scale Runs
on a separate adjoining page).

1) PLAY ALL RUNS AS JAZZ 8THS.
2) LEARN TO SEE THESE RUNS
3) THEN TRANSPOSE TO LOTS OF
OTHER KEYS
USING THE SAME
VISUAL PICTURES.

AND TRY IMPROVISATION.
TIME TO OTHER KEYS.