How to use this to practice: Each "measure" shows what the M3, P4, P5, M6, Octave are to the lowest note. Play these pairs (C to E, C to F, etc.) to practice recognizing intervals. Note that these are only "ascending intervals": C up to E is a M3, C down to E is a m6th!

The 12 measures show the selected intervals with the 12 different first notes as the "roots." Practice playing notes ascending (e.g. C up to E), descending (E down to C), simultaneously, and separated by octaves.

Sing them!