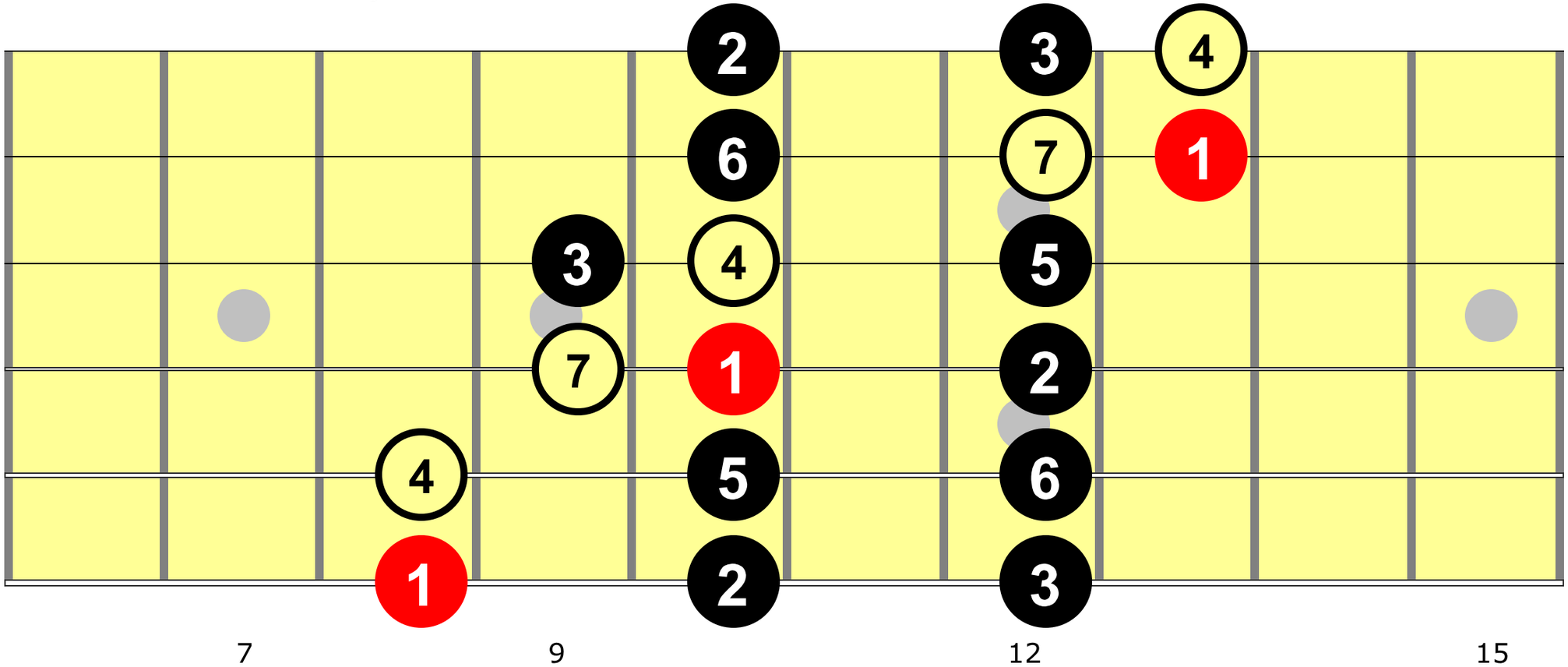C Ionian Position 1 and Major Penatonic scale