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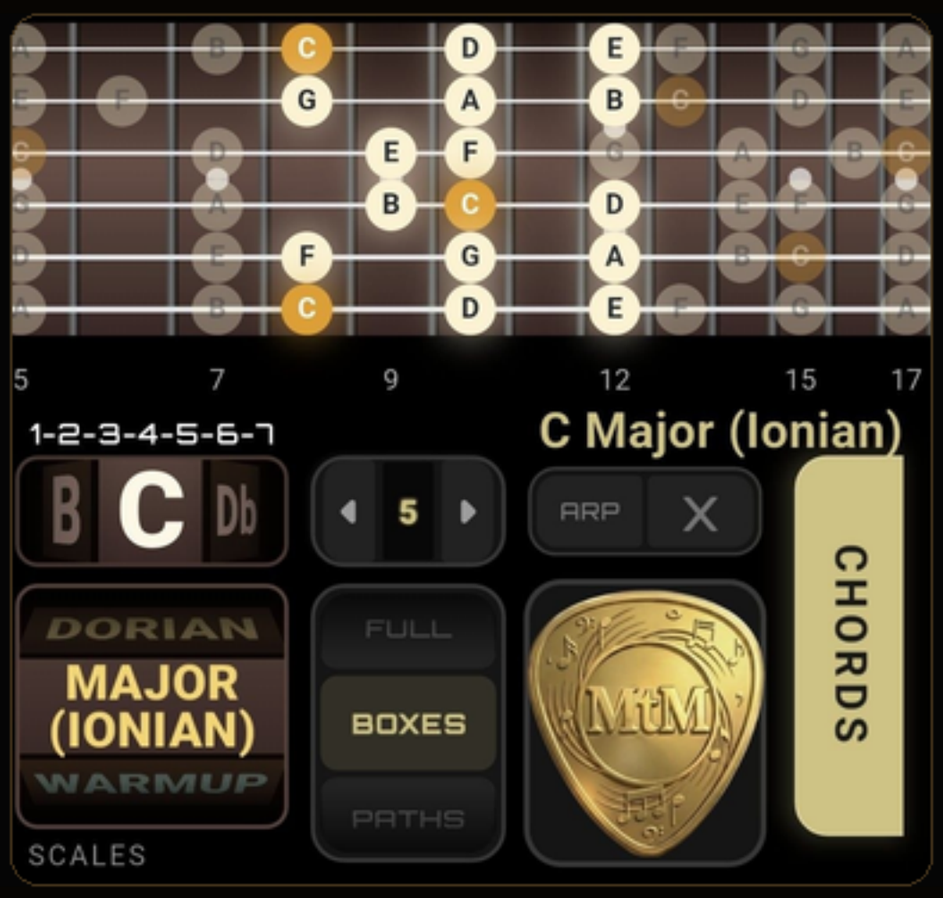
C Major: CAGED vs 3NPS

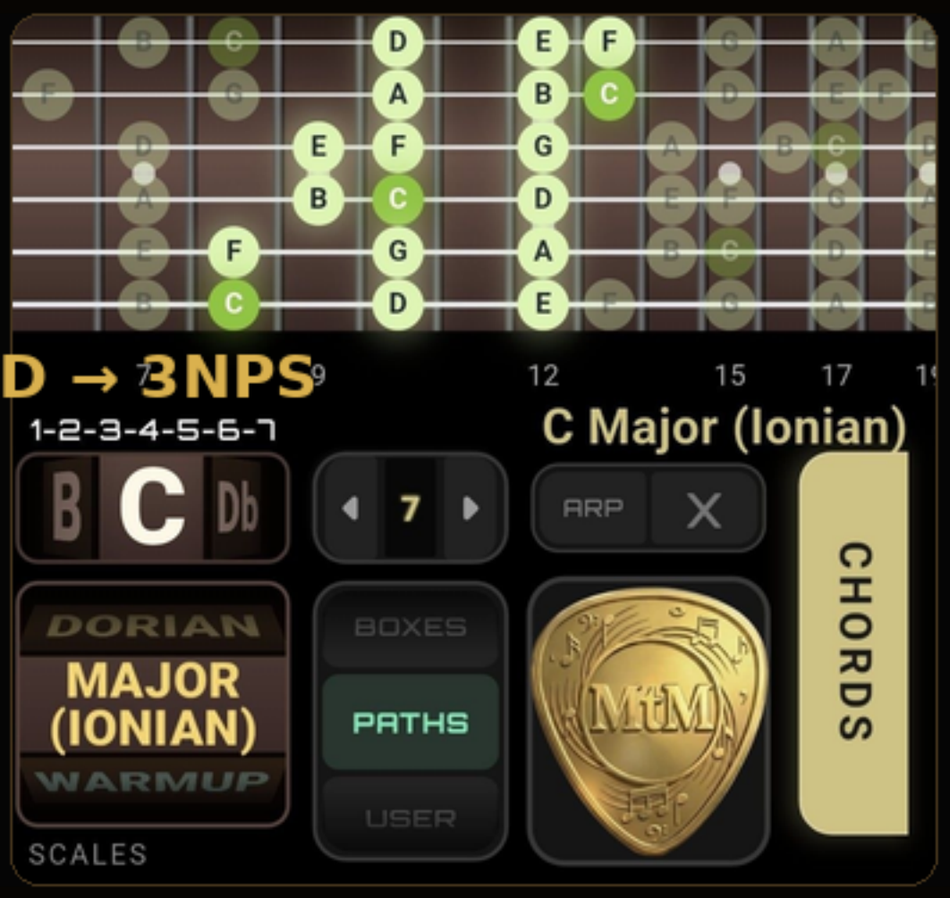
The same C major scale can be organized as a fixed CAGED box or as a shifting 3NPS path.

1. CAGED / boxes



CAGED → 3NPS

2. 3NPS / paths



The quick idea

- Both images show the same C major scale.
- The first view keeps the hand more stable inside a CAGED-style box.
- The second view uses 3NPS and shifts forward across the neck.

> **Useful tip: learn both views. CAGED helps you locate the scale shape; 3NPS helps you connect the neck with more linear movement.**

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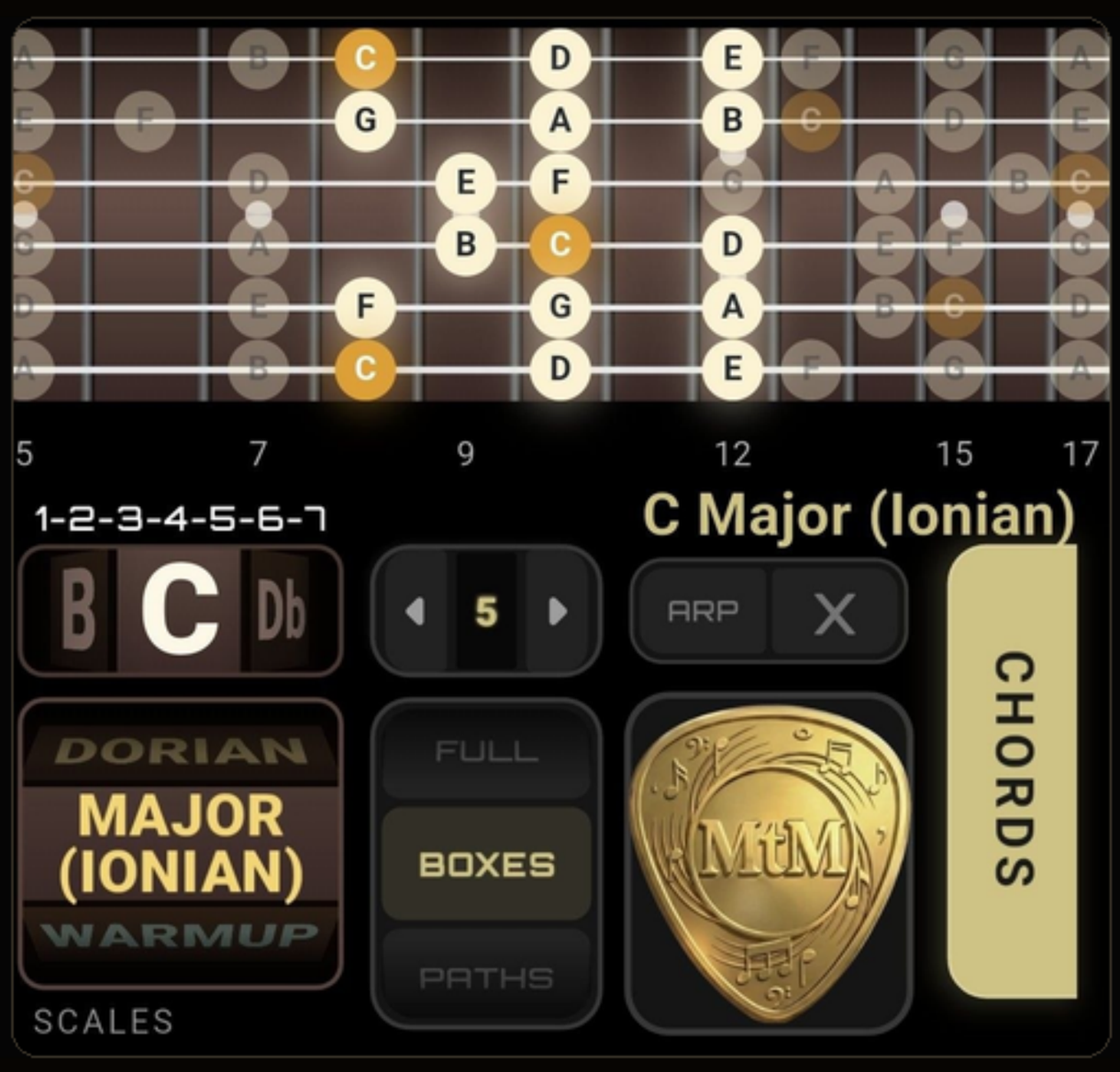
1. CAGED: one stable box

In the first image, C major is organized as a box that starts around the 8th fret on the 6th string and keeps the hand more stable while the scale climbs across the strings.



What it gives you

clear visual box
stable left-hand position
easy to memorize as a shape

How to hear it

This approach makes the scale feel grouped inside one area of the neck, which is useful for phrasing inside a position.

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2. 3NPS: a path that moves forward

In the second image, the same C major scale is played as a three-notes-per-string route. Instead of staying inside one box, the hand shifts forward as the scale crosses the neck.

C major = C - D - E - F - G - A - B

CAGED: stable box | **3NPS: forward path**

The notes do not change. What changes is the way you map and move through them on the fretboard.

Key differences

CAGED	strong position-based visualization
3NPS	more linear movement across the neck
Both together	better connection between shapes and routes

Key point: CAGED and 3NPS are not rival systems. They are two views of the same scale.

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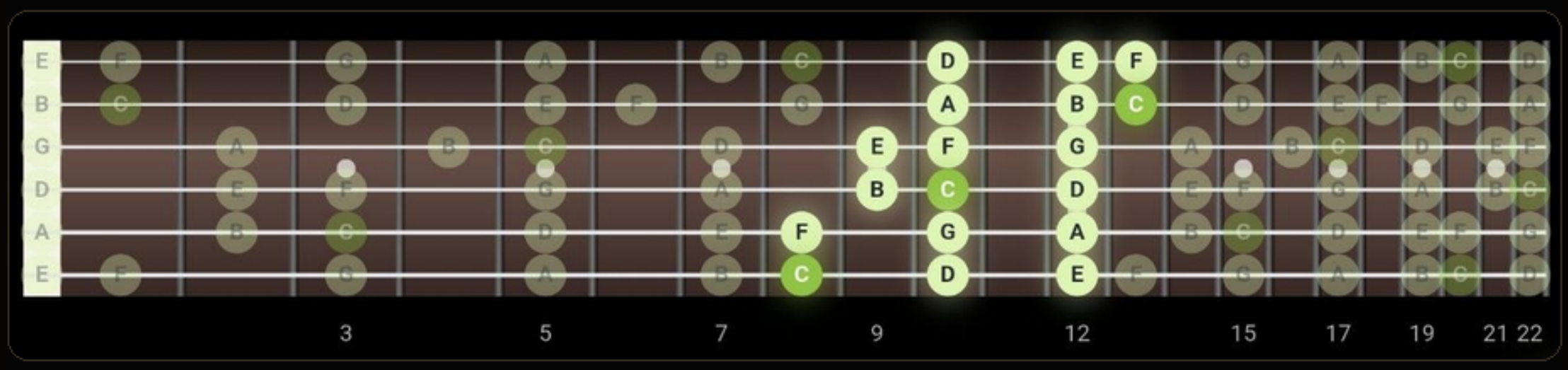
3. Full neck view: connect both systems

The third image shows all the notes of C major across the full fretboard. This wider map helps you understand that the box view and the 3NPS view are both partial ways of organizing one complete scale.



Quick reading

CAGED view

position-based
stable hand
easy box memory

3NPS view

forward motion
neck connection
linear scale flow