

All 12 Phrygian Modes and Their Parent Major Scales

Phrygian Mode	Notes	Parent Major Scale
E Phrygian	E – F – G – A – B – C – D – E	C Major
F Phrygian	F – G \flat – A \flat – B \flat – C – D \flat – E \flat – F	D \flat Major
F\sharp / G\flat Phrygian	F \sharp – G – A – B – C \sharp – D – E – F \sharp	D Major
G Phrygian	G – A \flat – B \flat – C – D – E \flat – F – G	E \flat Major
G\sharp / A\flat Phrygian	G \sharp – A – B – C \sharp – D \sharp – E – F \sharp – G \sharp	E Major
A Phrygian	A – B \flat – C – D – E – F – G – A	F Major
A\sharp / B\flat Phrygian	A \sharp – B – C \sharp – D \sharp – E \sharp (F) – F \sharp – G \sharp – A \sharp	F \sharp Major
B Phrygian	B – C – D – E – F \sharp – G – A – B	G Major
C Phrygian	C – D \flat – E \flat – F – G – A \flat – B \flat – C	A \flat Major
C\sharp / D\flat Phrygian	C \sharp – D – E – F \sharp – G \sharp – A – B – C \sharp	A Major
D Phrygian	D – E \flat – F – G – A – B \flat – C – D	B \flat Major
D\sharp / E\flat Phrygian	D \sharp – E – F \sharp – G \sharp – A \sharp – B – C \sharp – D \sharp	B Major