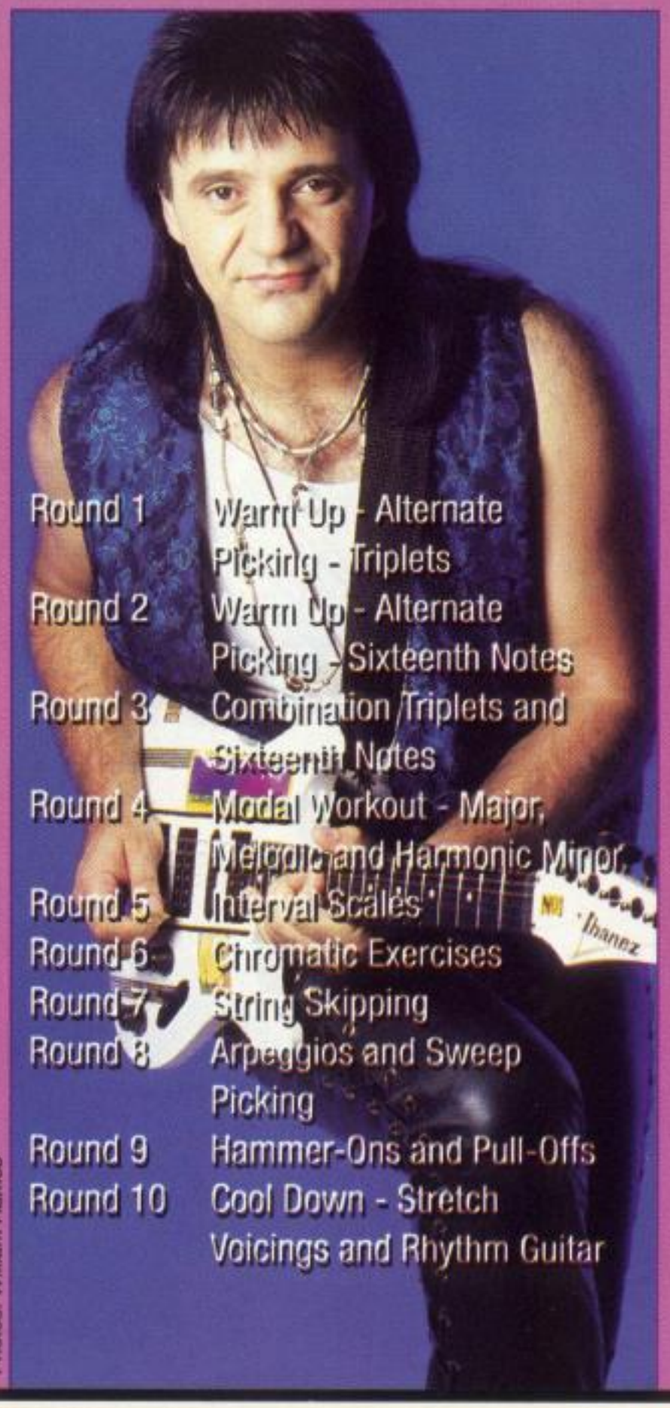
FRANK GAMBALE

THE ULTIMATE GUITAR WORKOUT



Photos: William Hames

究極のギター・ワークアウト「チョップビルダー」で、プレイに磨きをかけよう！週3回のこの強烈なエクササイズによって、音楽理論やフレット・ポジションに関する知識を高めると同時に、ギター演奏に正確さを増し、指を鍛え、さらにスピードと機敏さを養うことができるだろう。特に持久力をつけることに重点がおかれているので、75分間ほとんどノン・ストップのワークアウトをフランクと一緒にプレイしてみよう。世界でも一流のジャズ・ロック・ギタリストの一人、フランク・ガンバレによるこのエキサイティングで刺激的なビデオは、君の練習意欲を鼓舞するに違いない。すべてに渡って論理的に進められている例に従っていけば、その効果はすぐに現れるだろう。
五線譜＋タブ譜による譜例小冊子付き。

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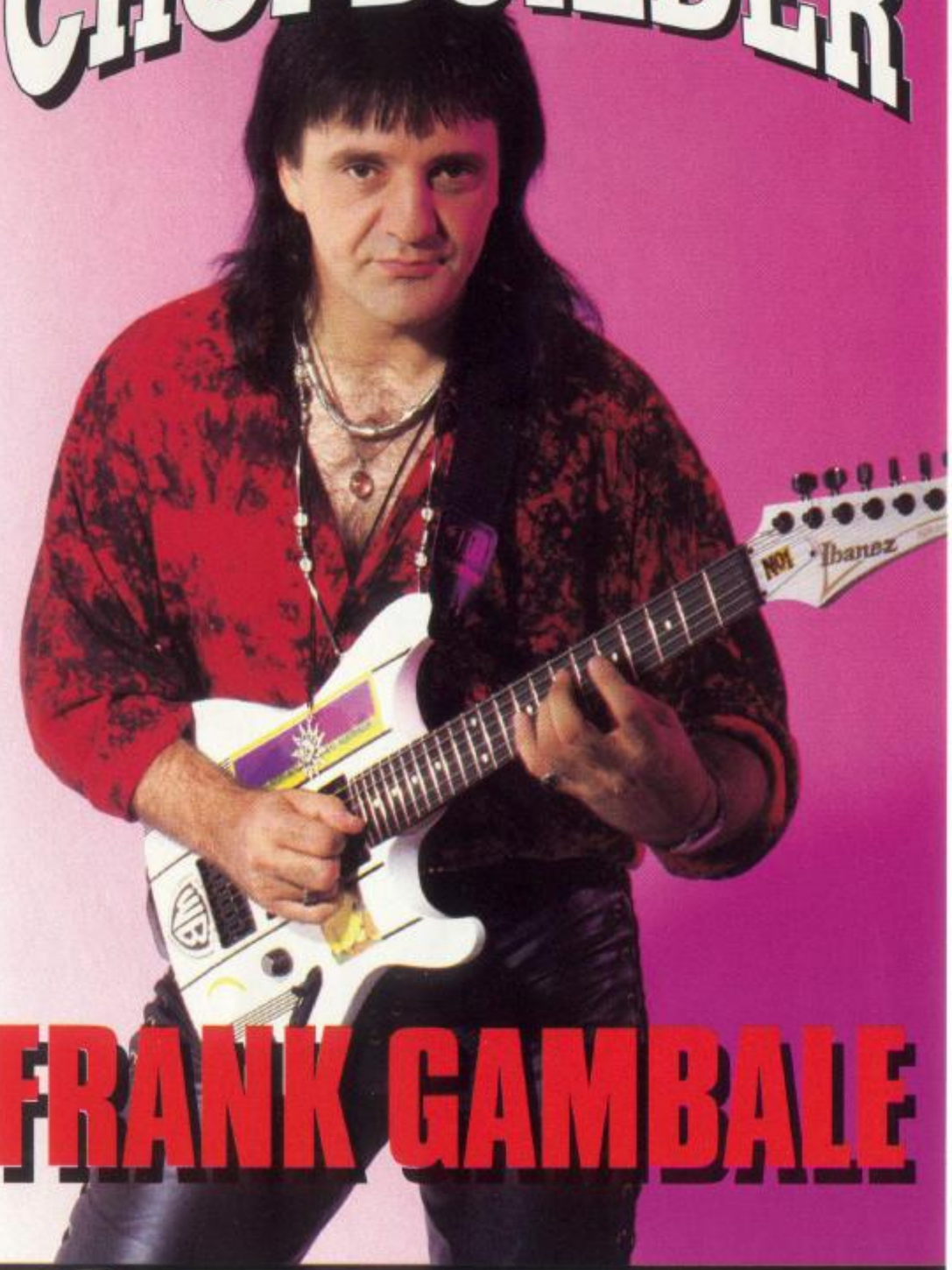
THE ULTIMATE GUITAR WORKOUT

CHOPBUILDER



FRANK GAMBALE

REH VIDEO®

Frank Gambale

CHOP BUILDER

The Ultimate Guitar Workout

Executive Producers	Roger Hutchinson and Don Mock
Produced by	Mick Thompson
Associate Producer	Brian Alexander
Educational Consultant	Keith Wyatt
Music Engraving by	Glenn D. Greenwood

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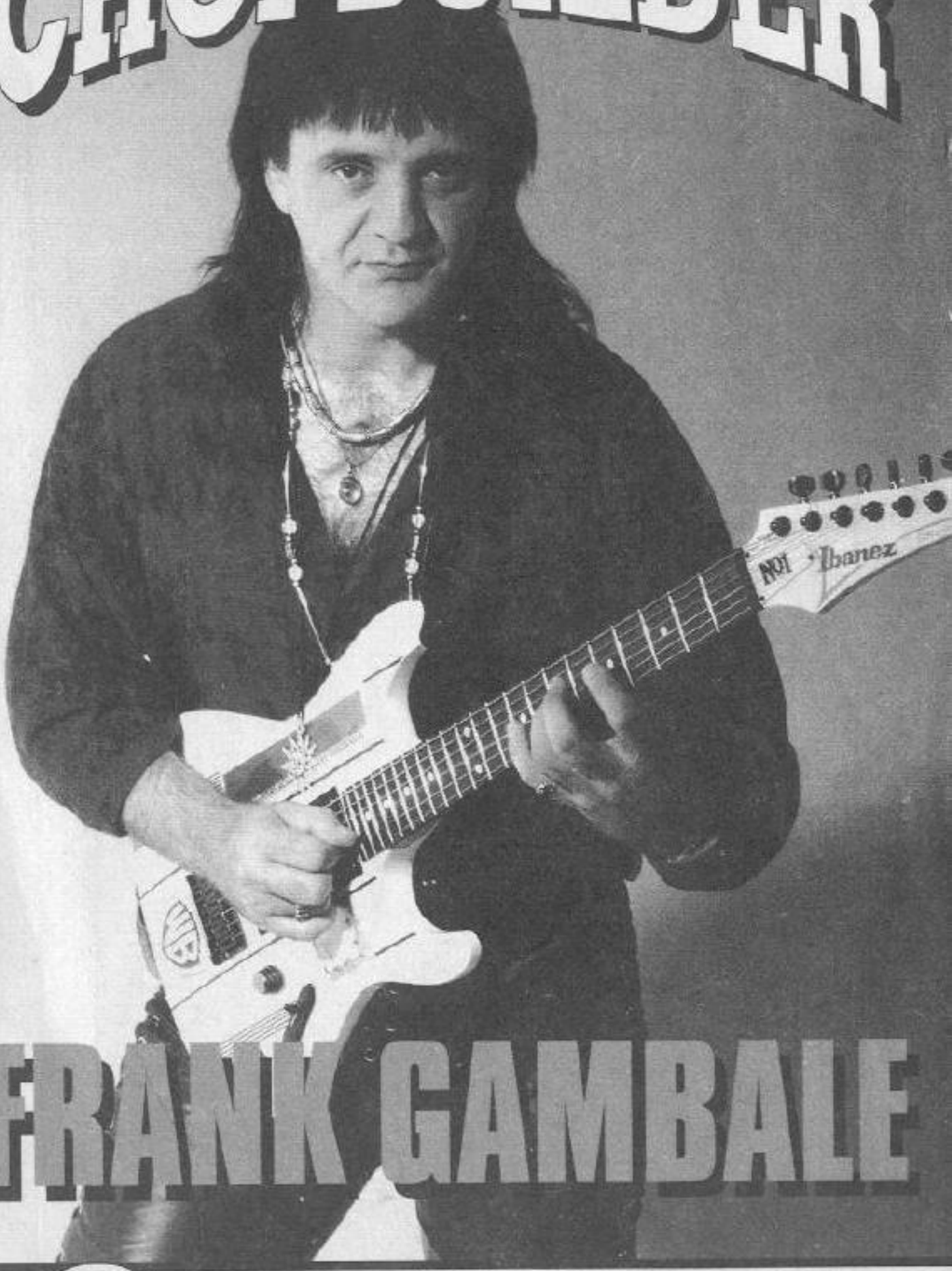
THE ULTIMATE GUITAR WORKOUT

CHOPBUILDER



FRANK GAMBALE

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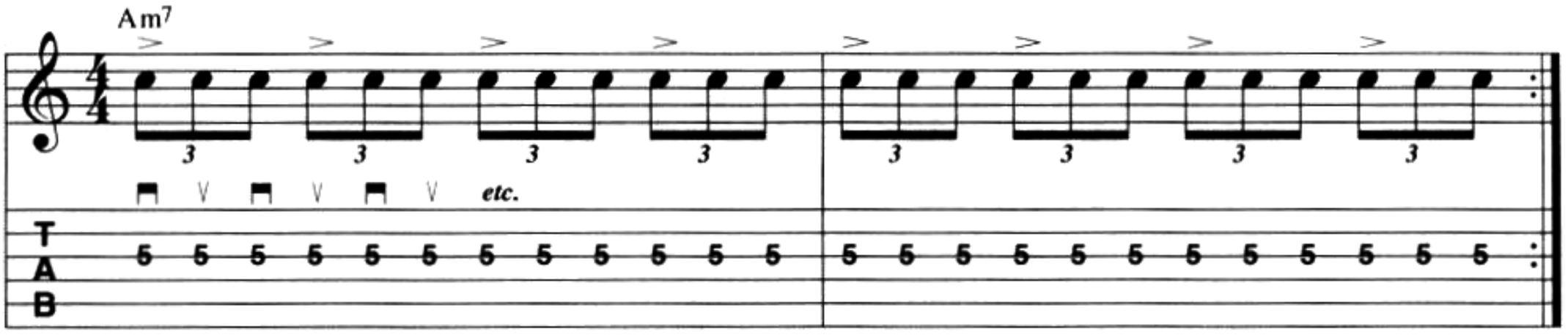
Round 1 • Warm Up Alternate Picking - Triplets

Example 1 (Key of C)



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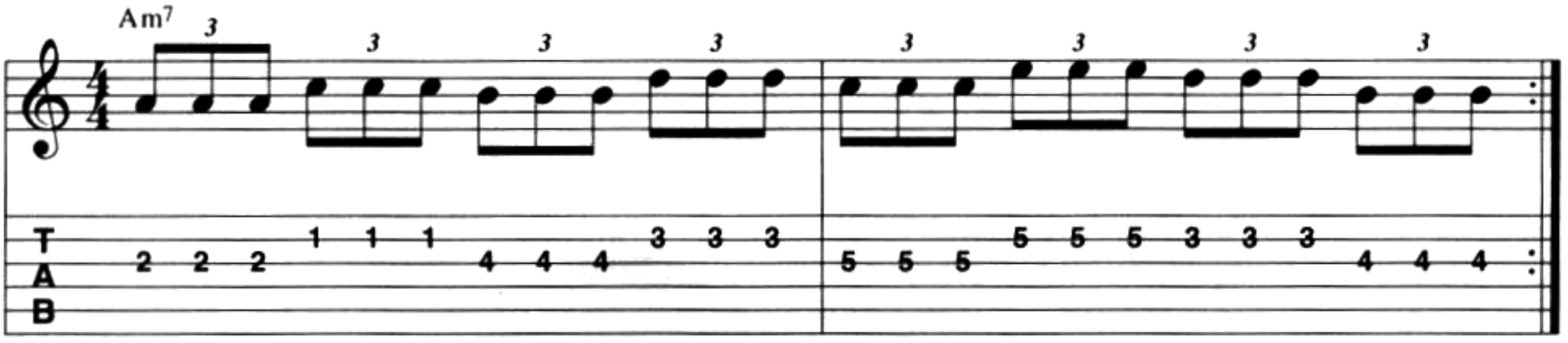

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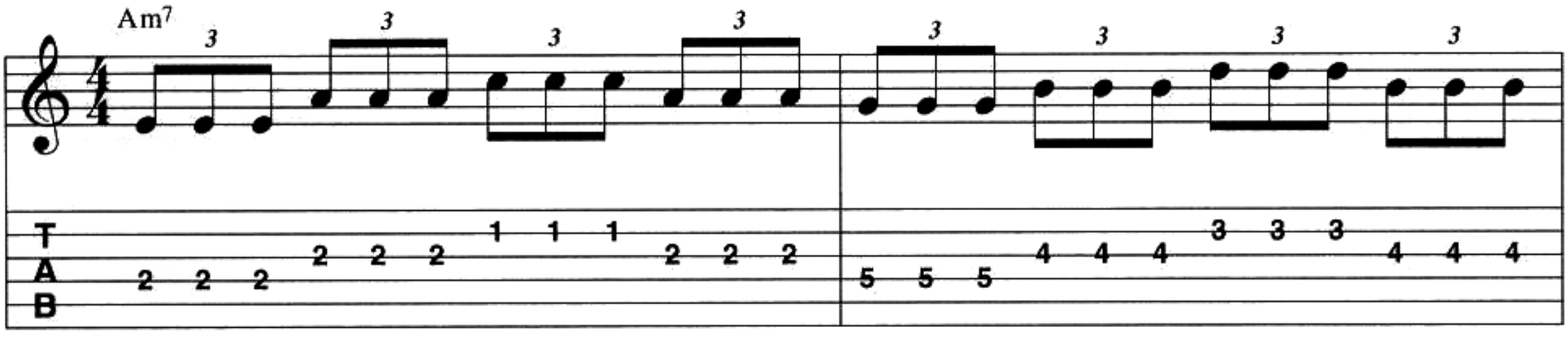

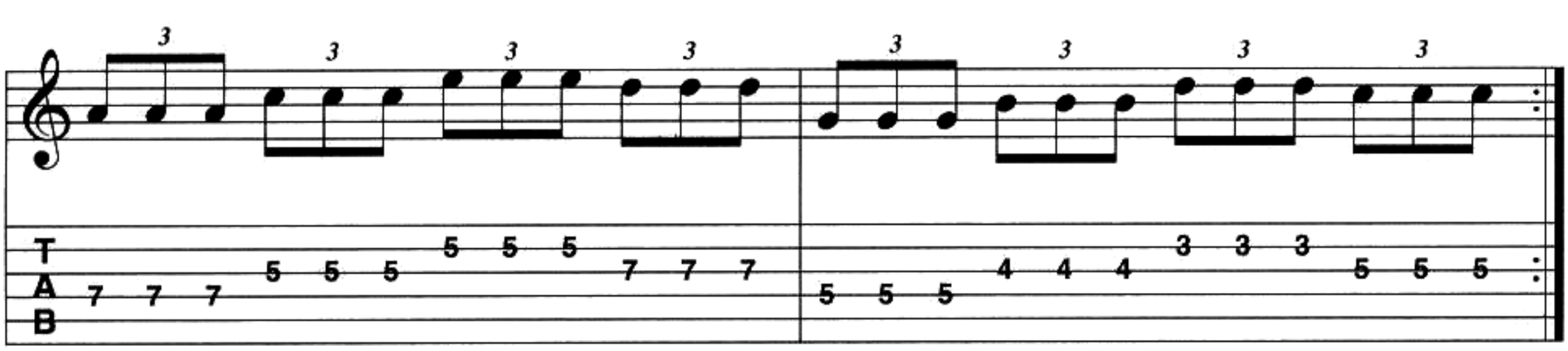

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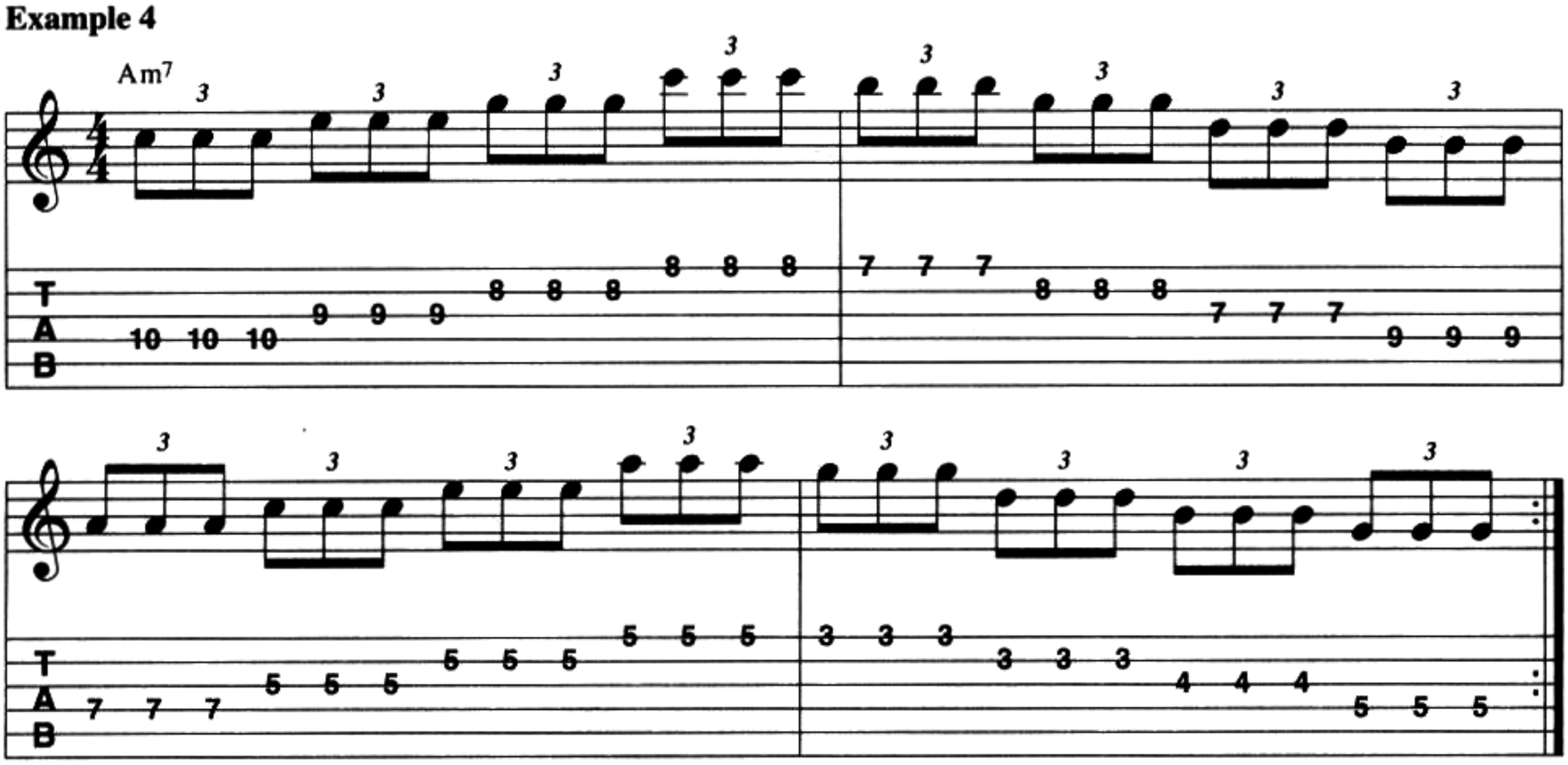

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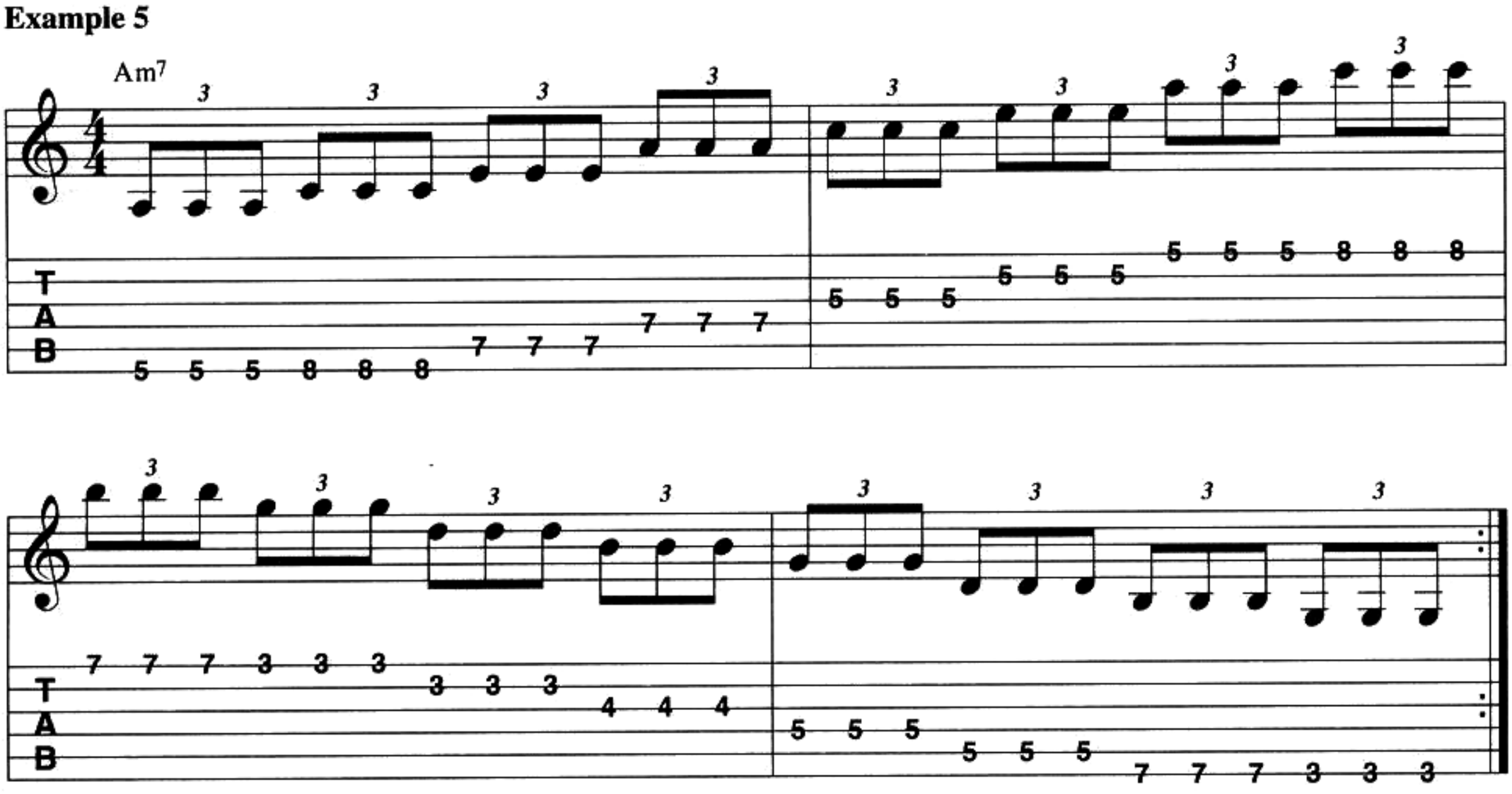

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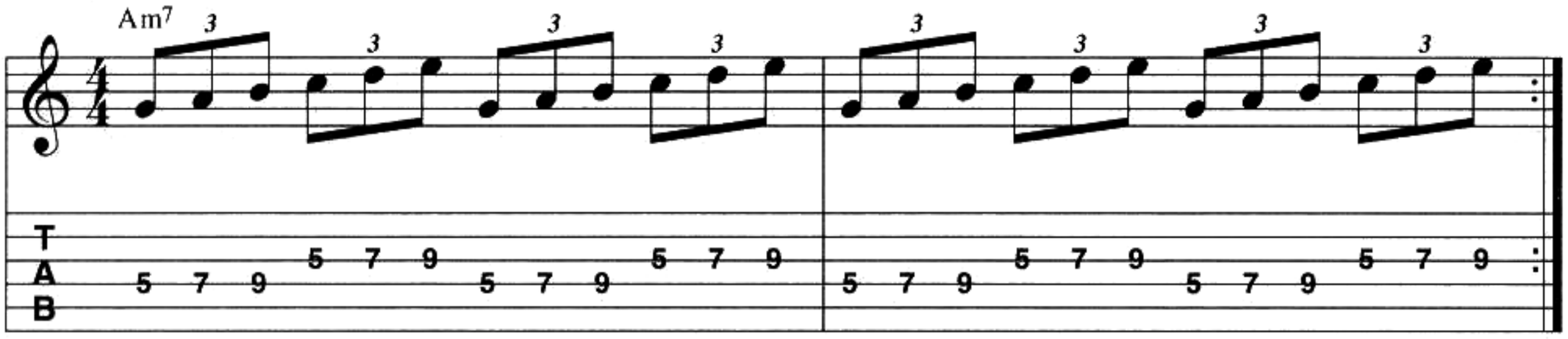
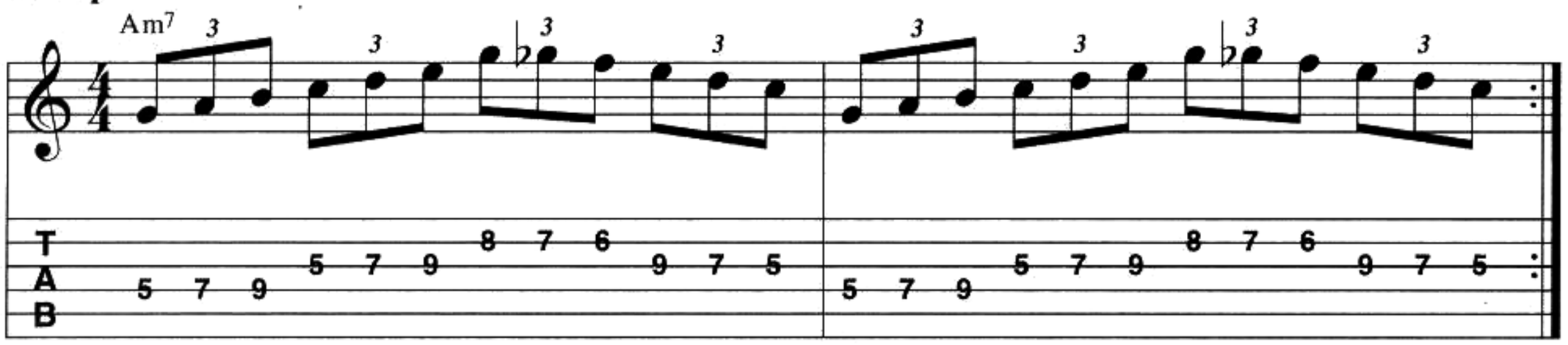


Round 1 • Warm Up Alternate Picking - Triplets

Example 7



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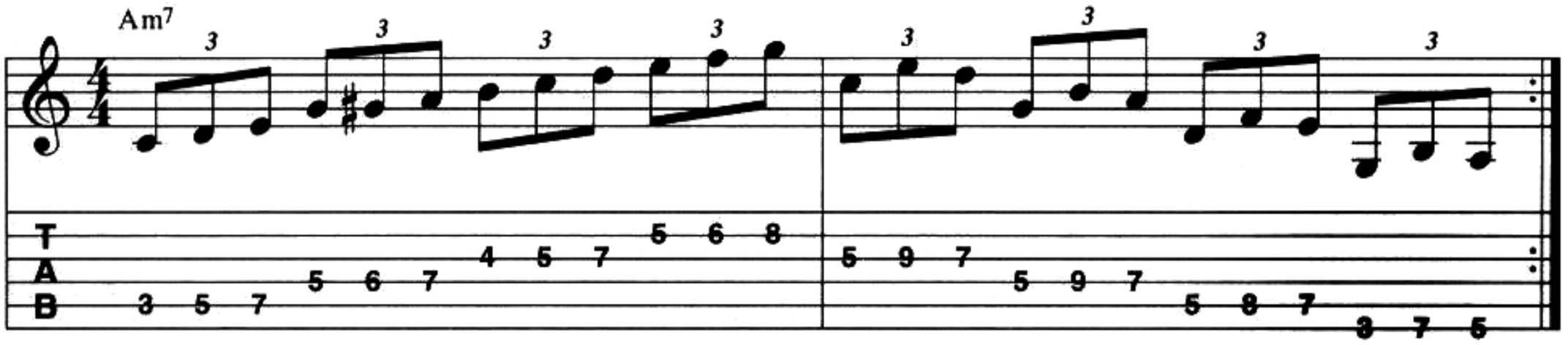

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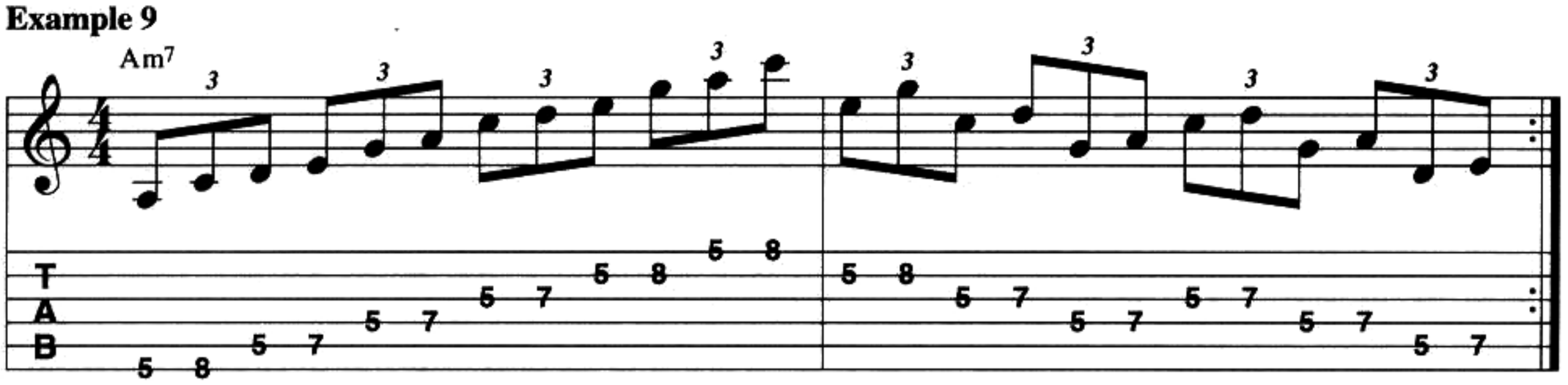
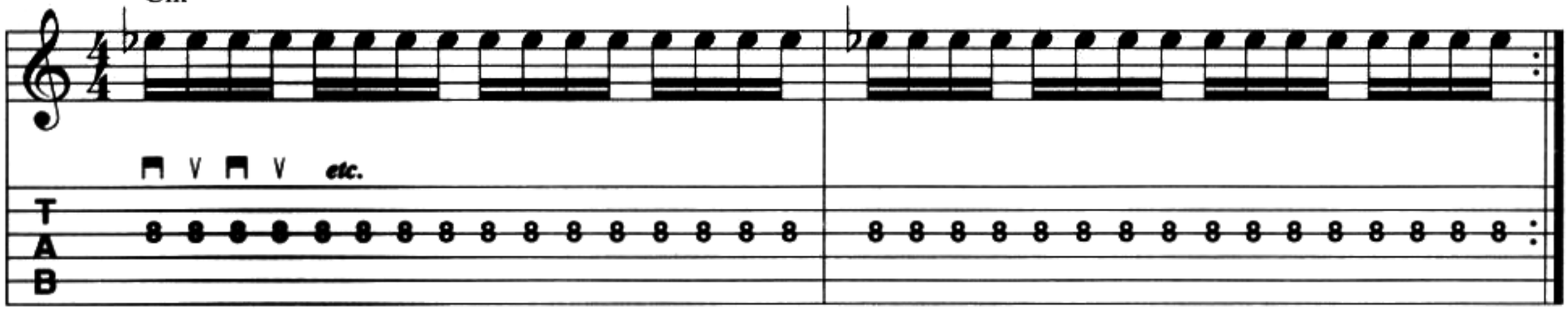


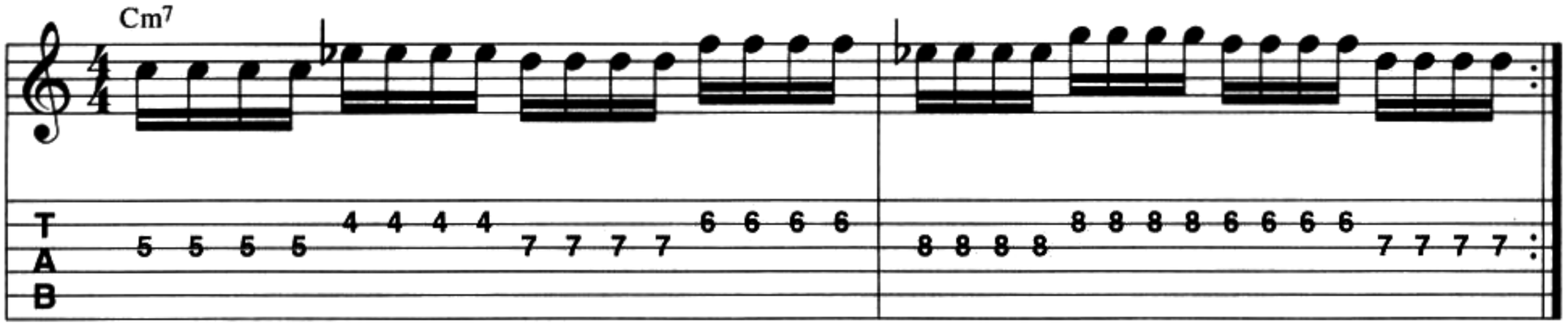
Round 2 • Warm Up Alternate Picking - 16th Notes

Example 1 (Key of Eb)



Round 2 • Warm Up Alternate Picking - 16th Notes

Example 2



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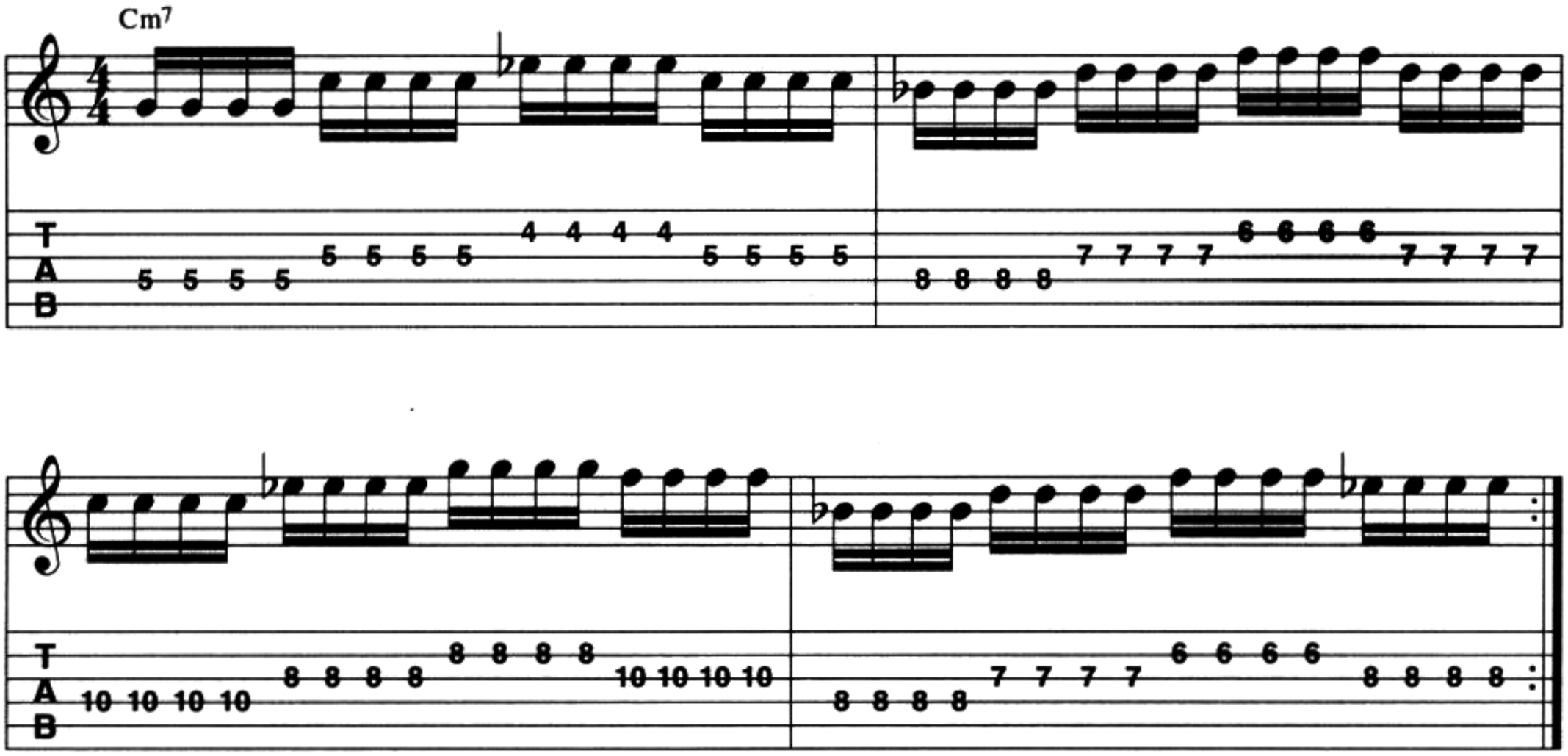

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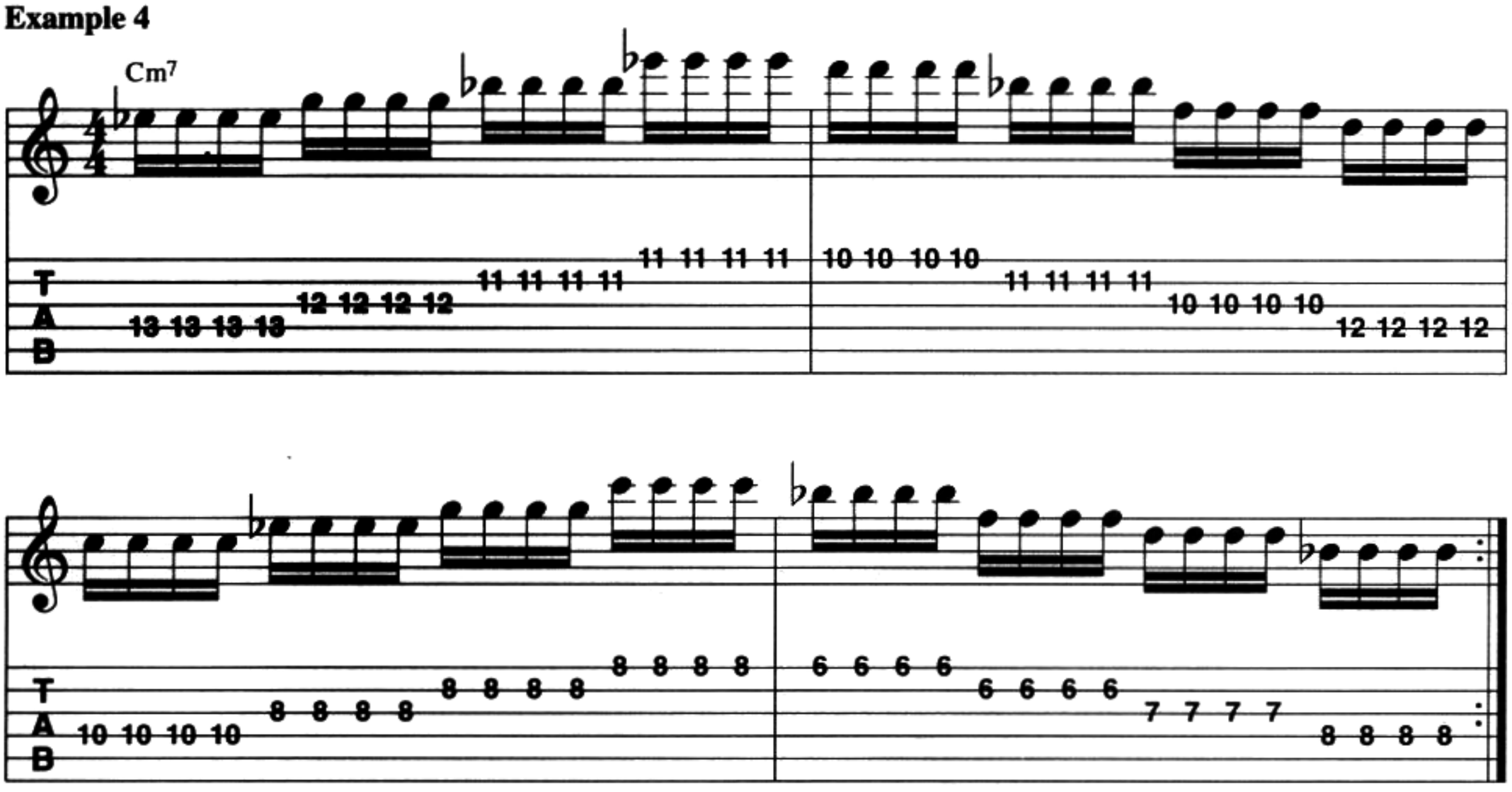
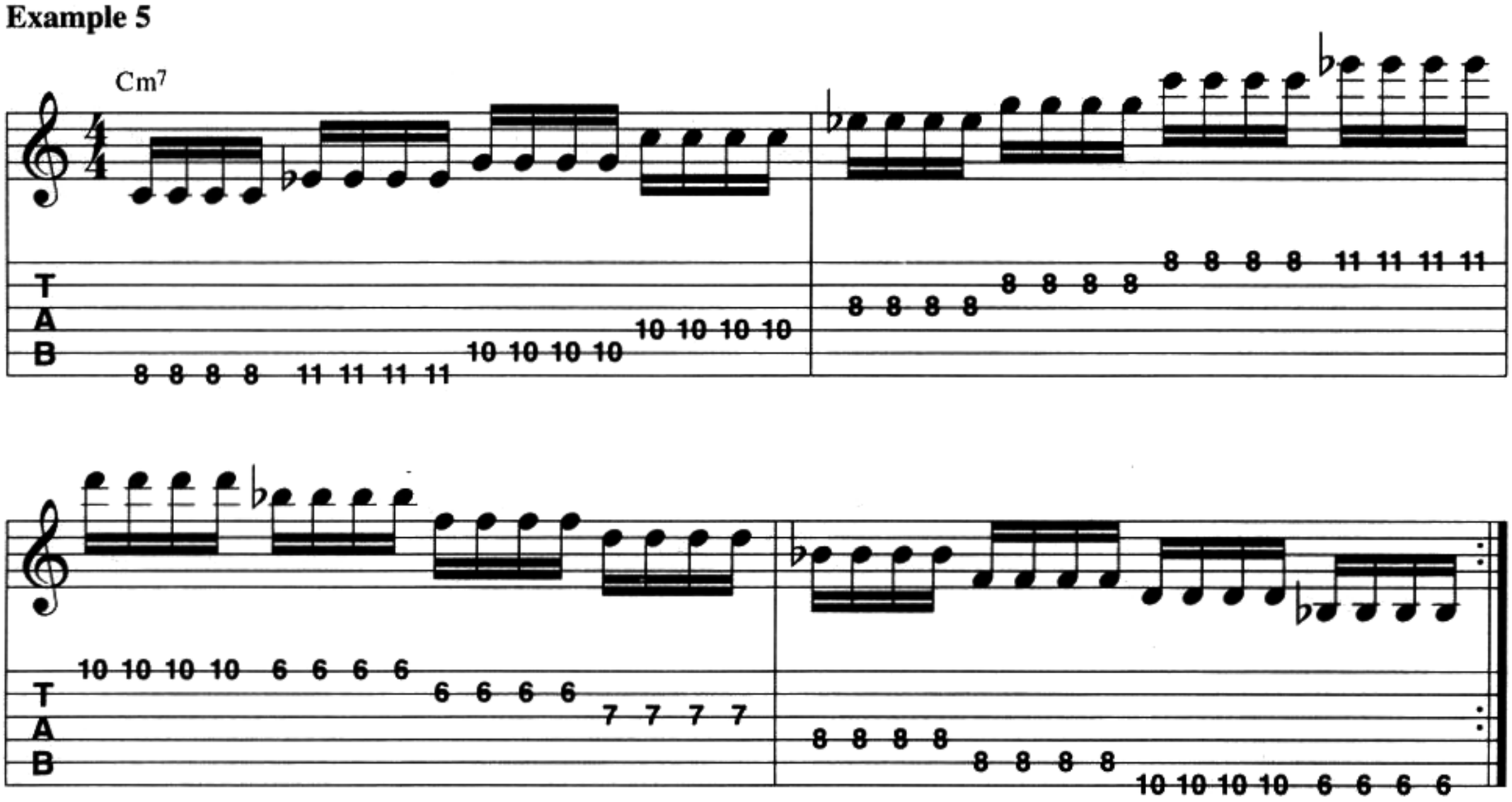


Round 2 • Warm Up Alternate Picking - 16th Notes

Example 5



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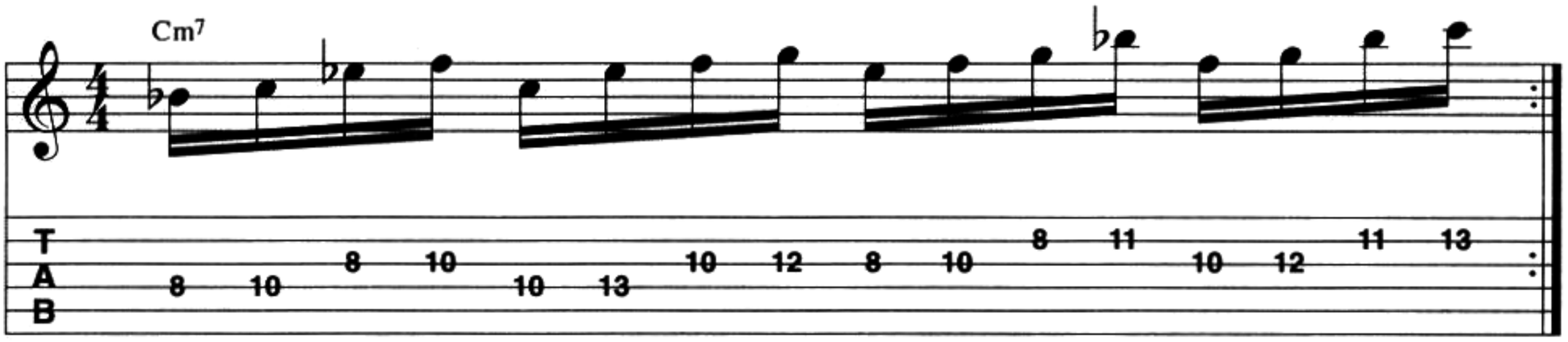

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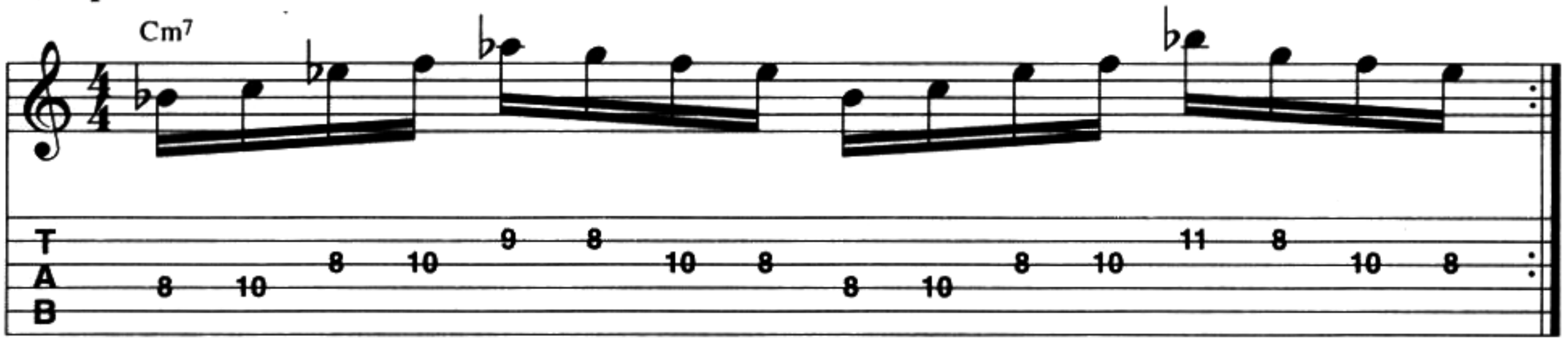

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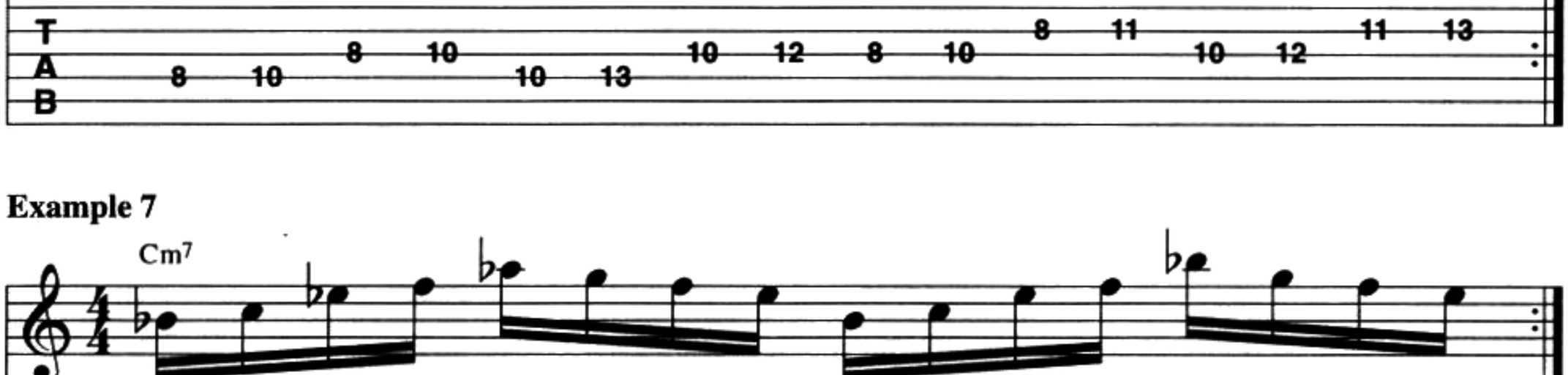
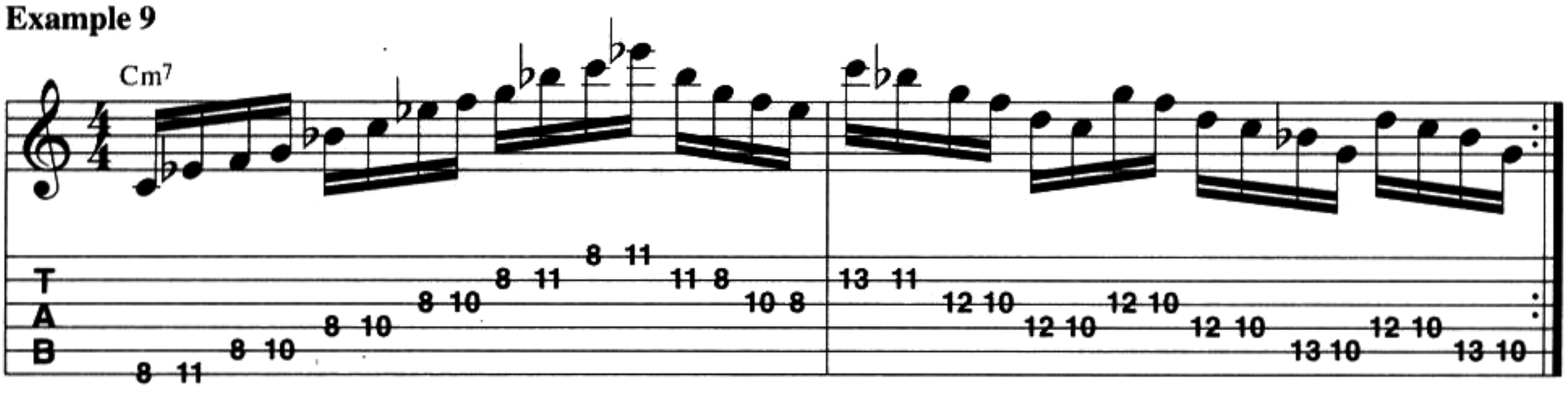


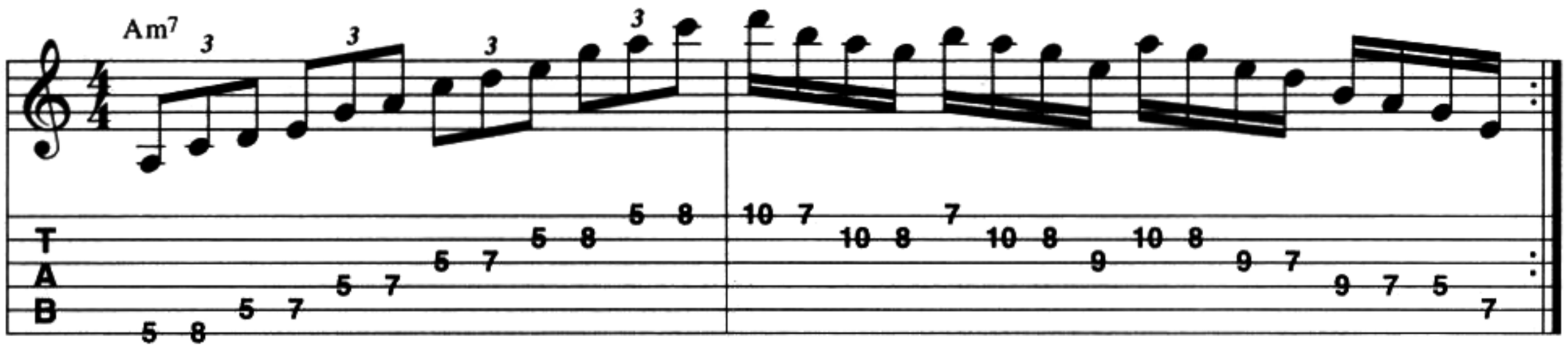
Round 2 • Warm Up Alternate Picking - 16th Notes

Example 9



Round 3 • Combination Triplets and 16th Notes

Example 1: A minor and E minor Pentatonics (Key of C)



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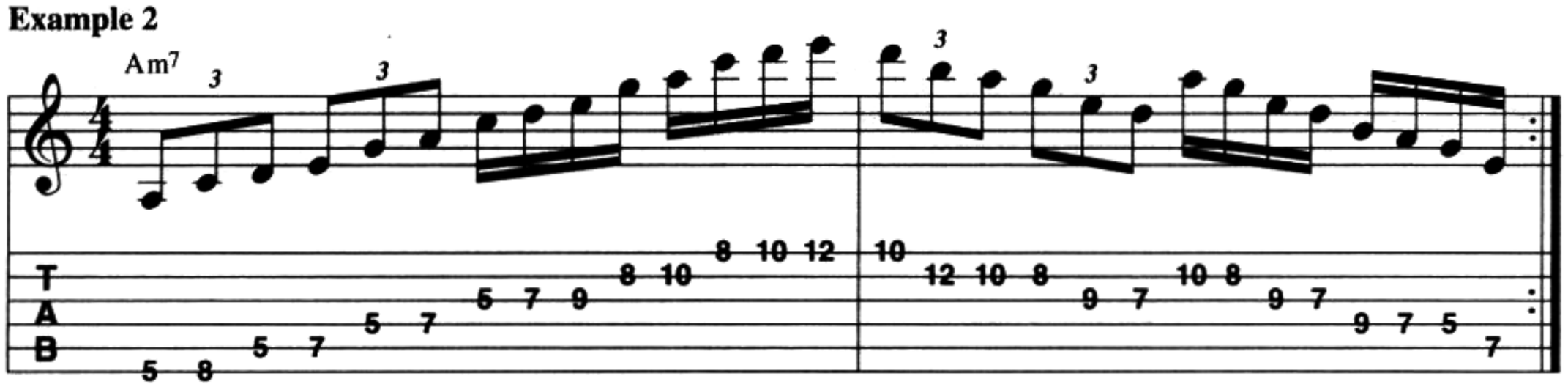

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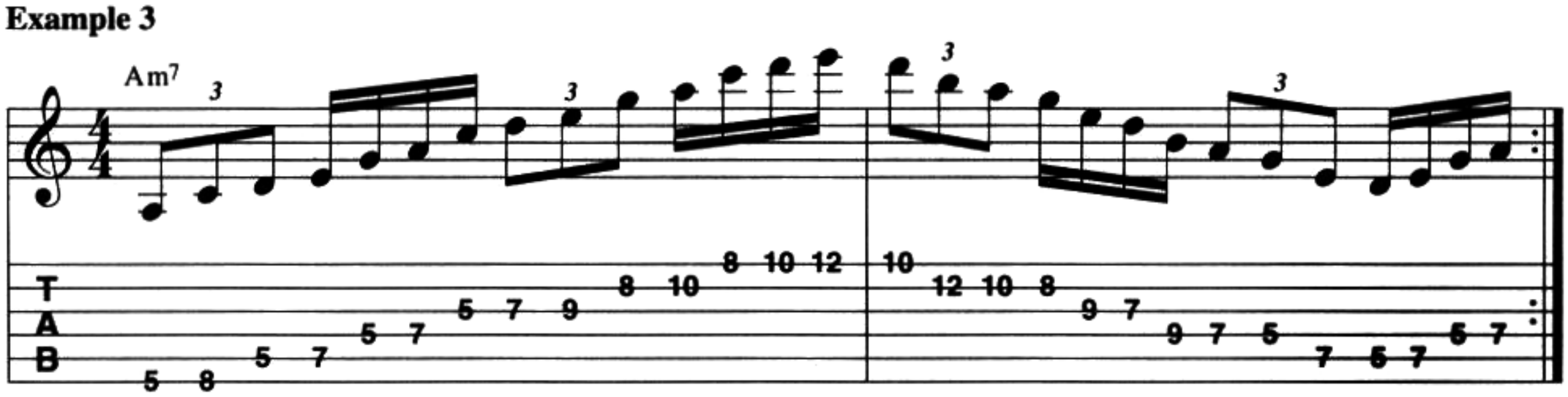

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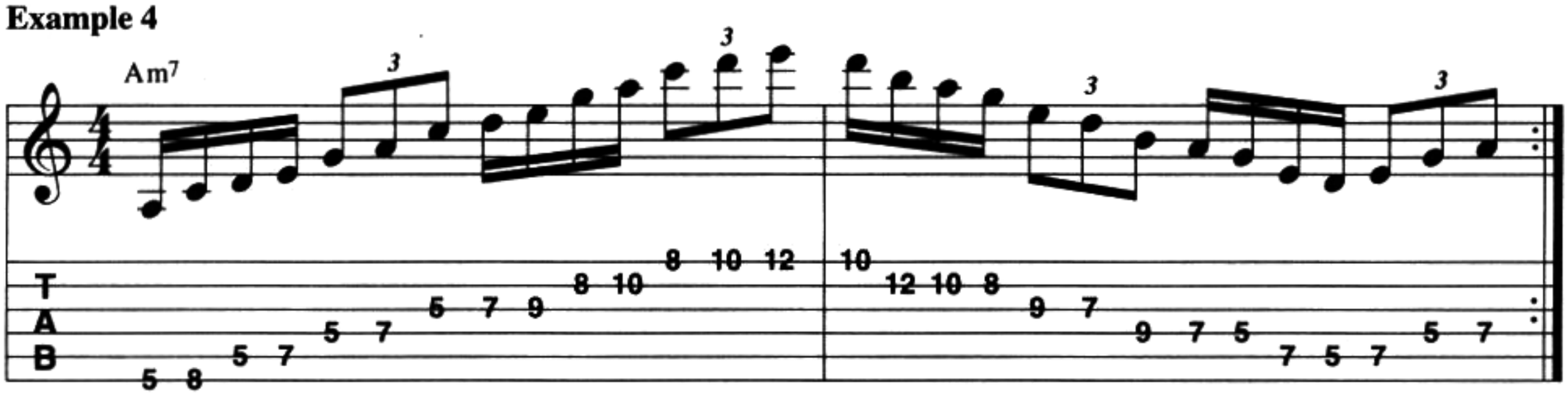
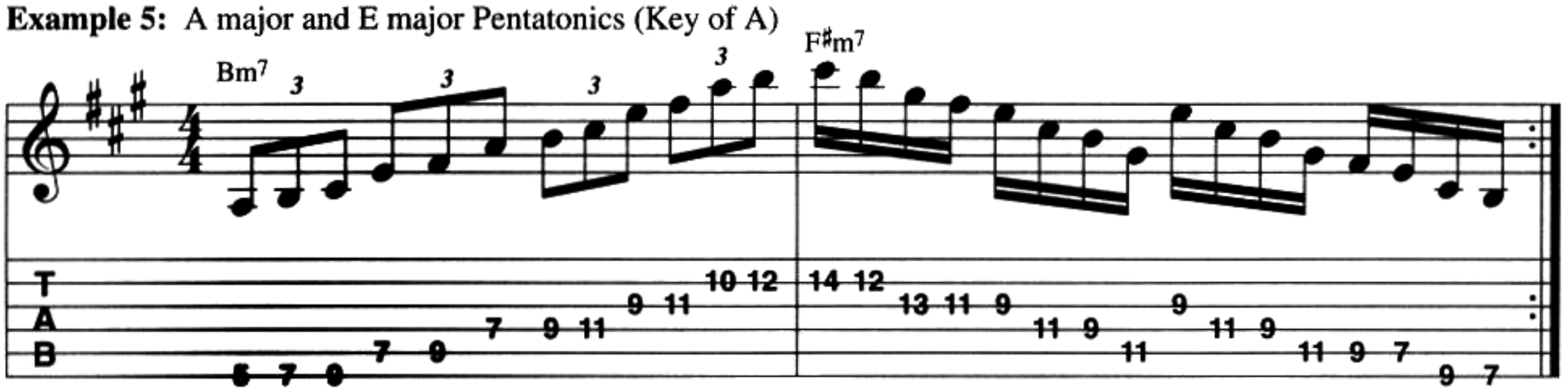
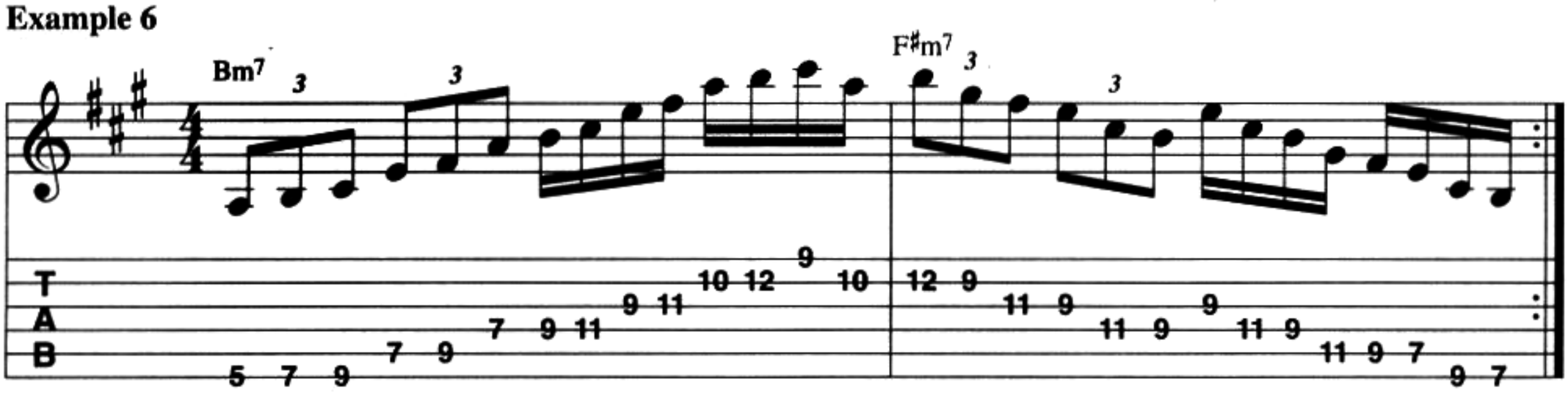


Example 5: A major and E major Pentatonics (Key of A)



Example 6



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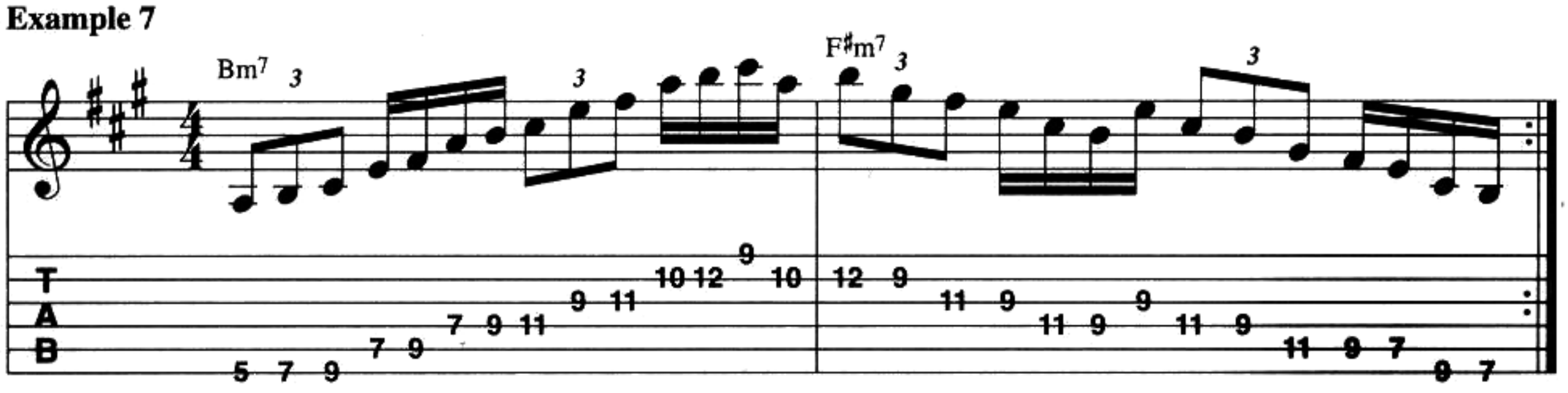
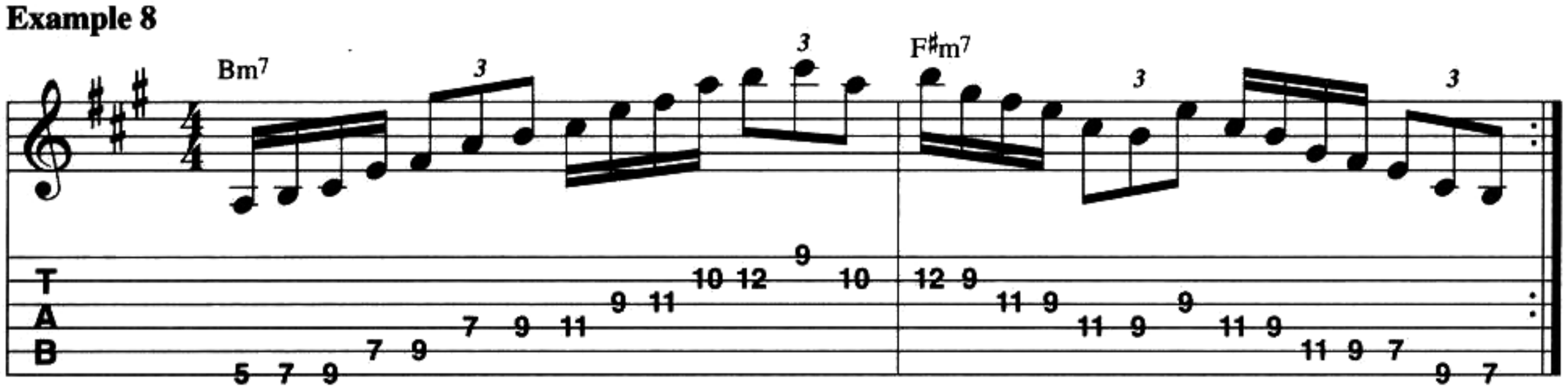


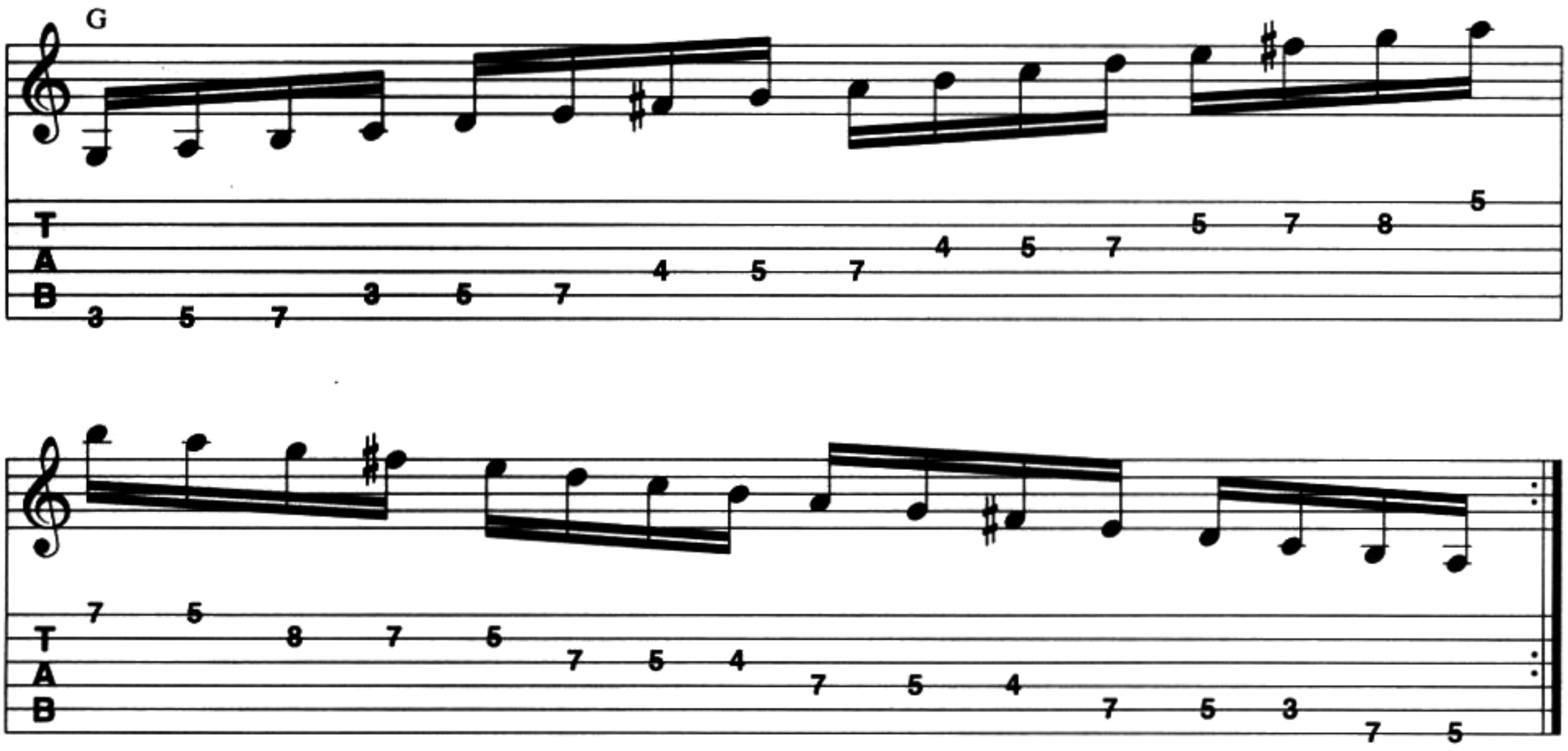
Example 8



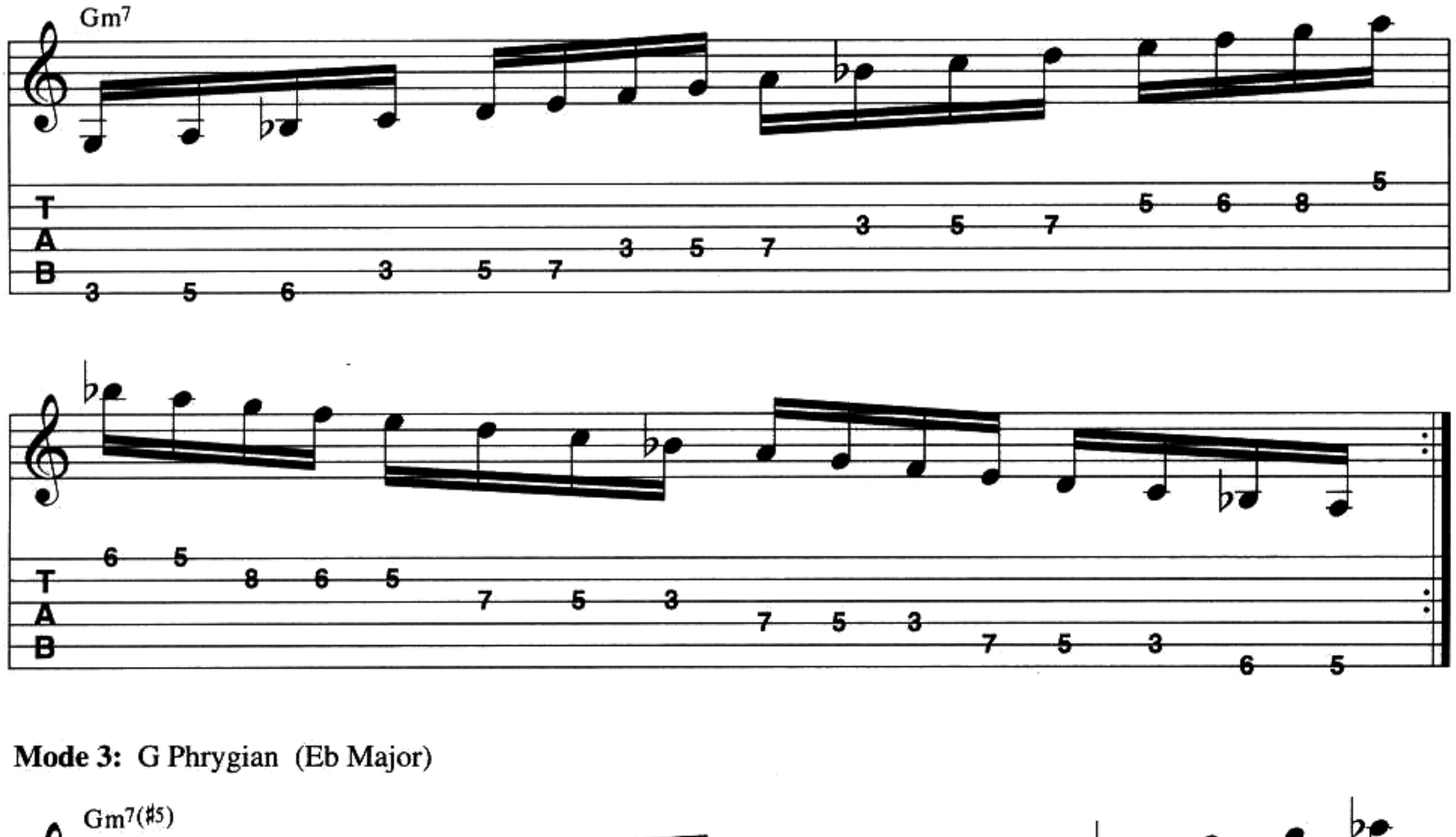
Round 4 • Scale Workout

(Major Scale Modes)

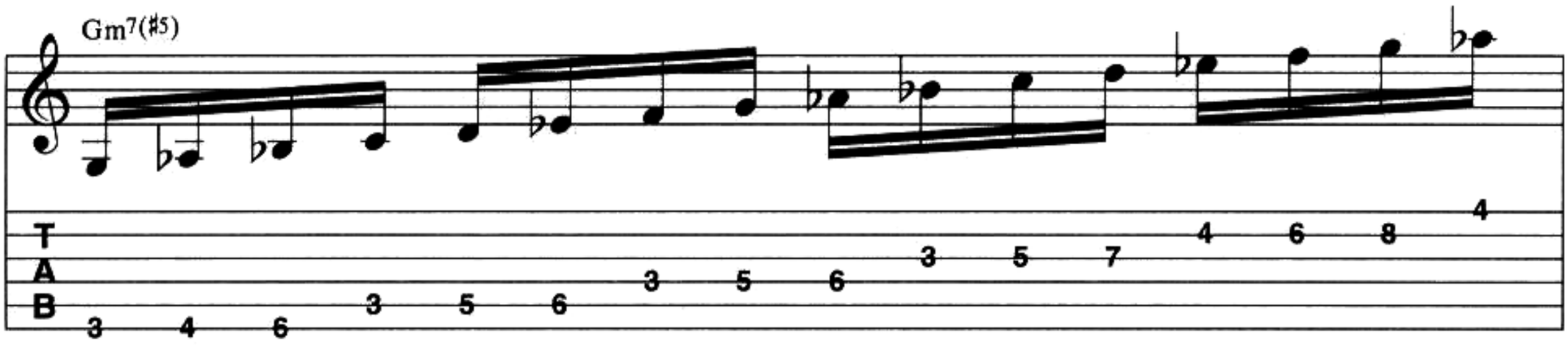
Mode 1: G Ionian (G Major)



Mode 2: G Dorian (F Major)



Mode 3: G Phrygian (Eb Major)



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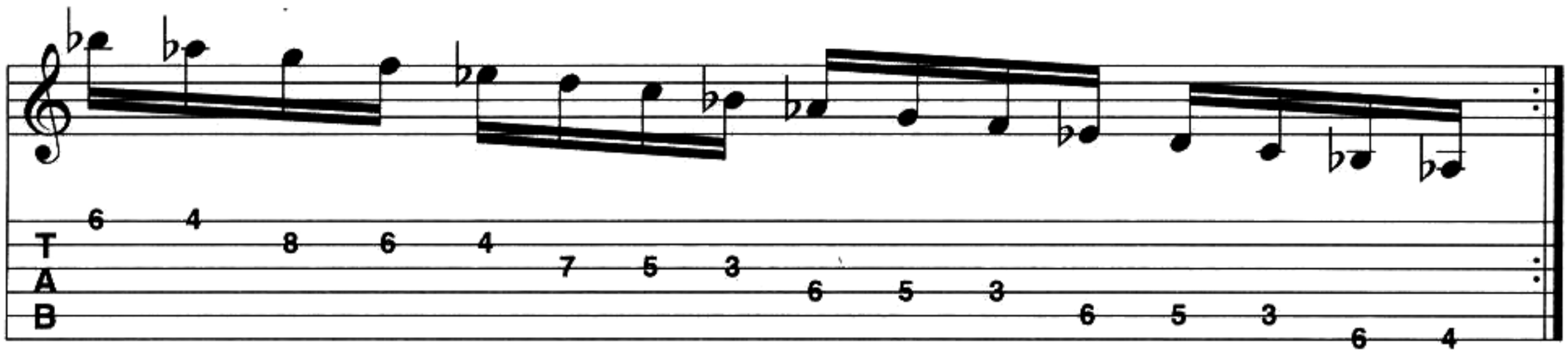
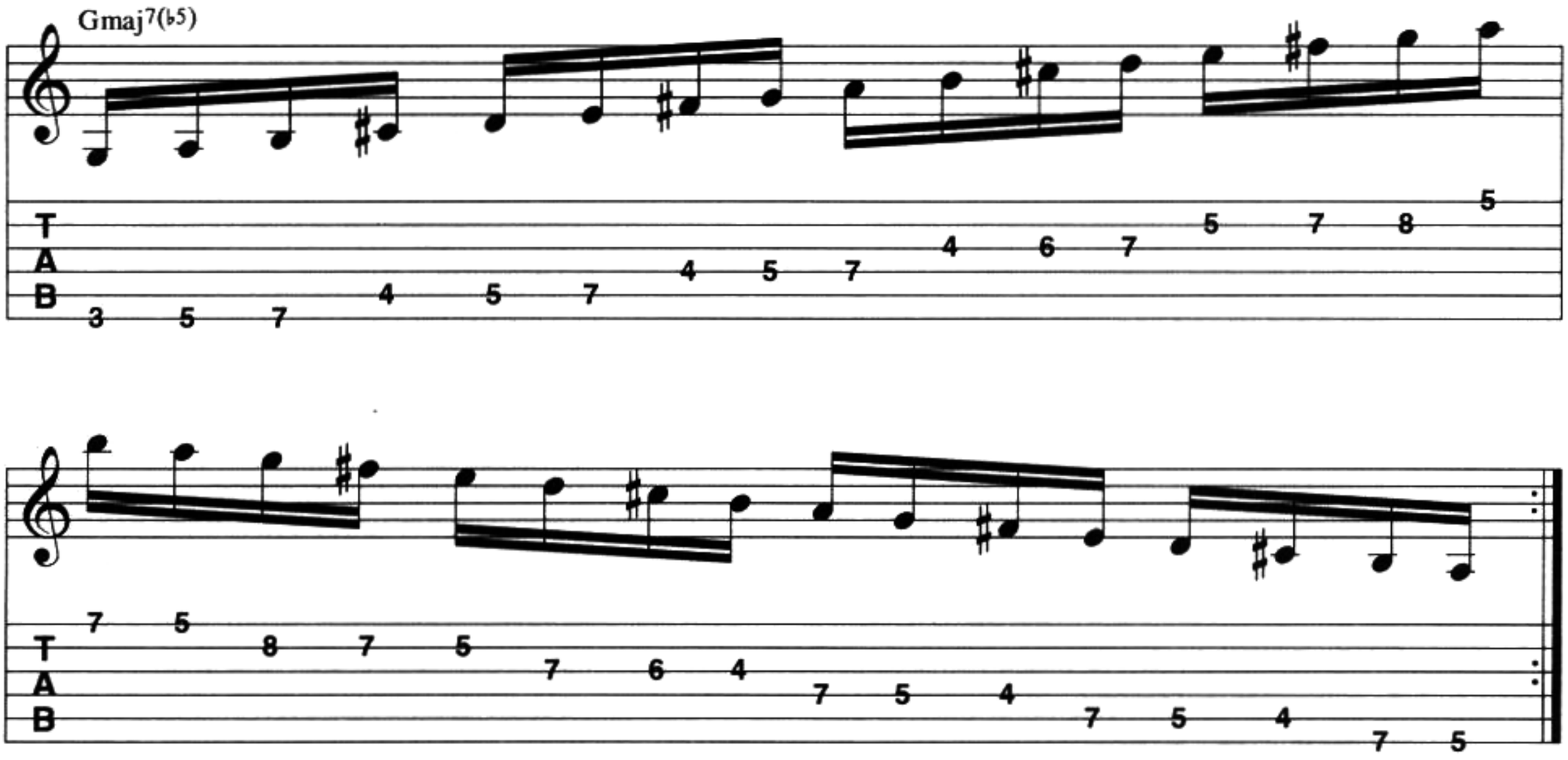
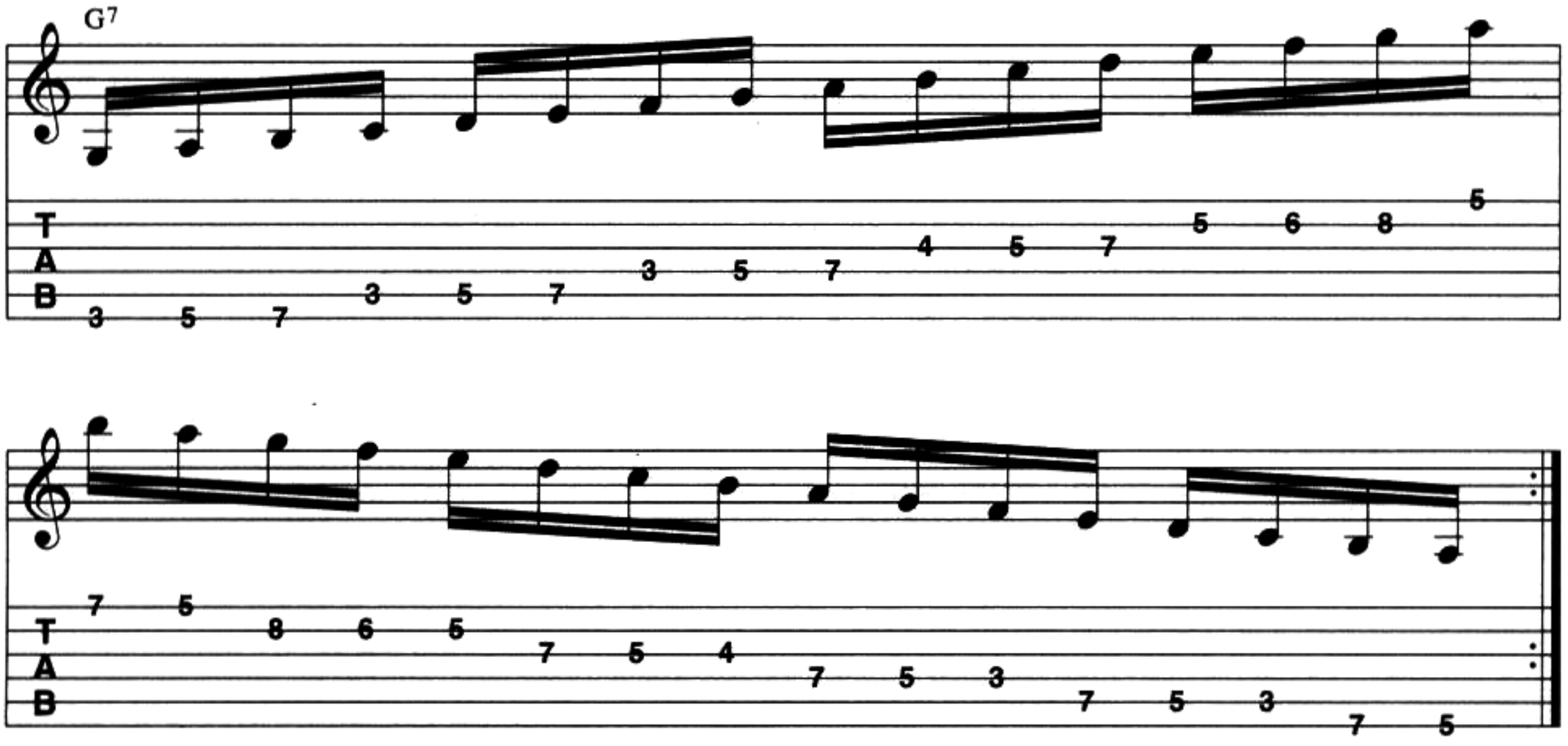
Mode 3: G Phrygian (Eb Major) (cont'd)



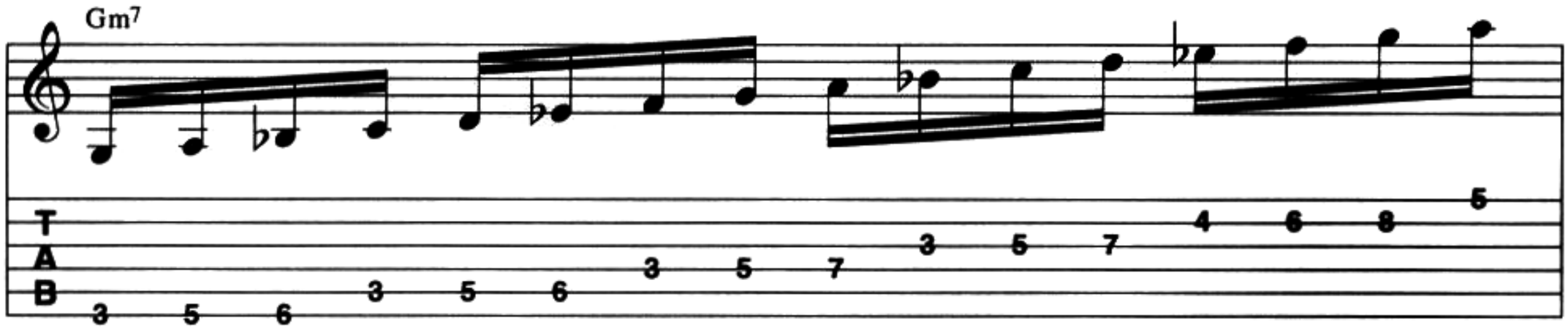
Mode 4: G Lydian (D Major)

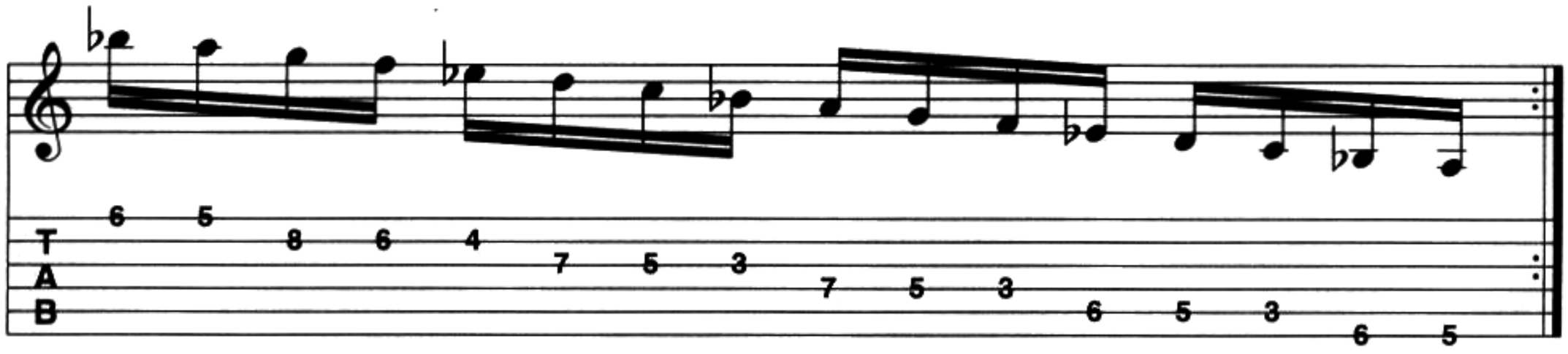


Mode 5: G Mixolydian (C Major)

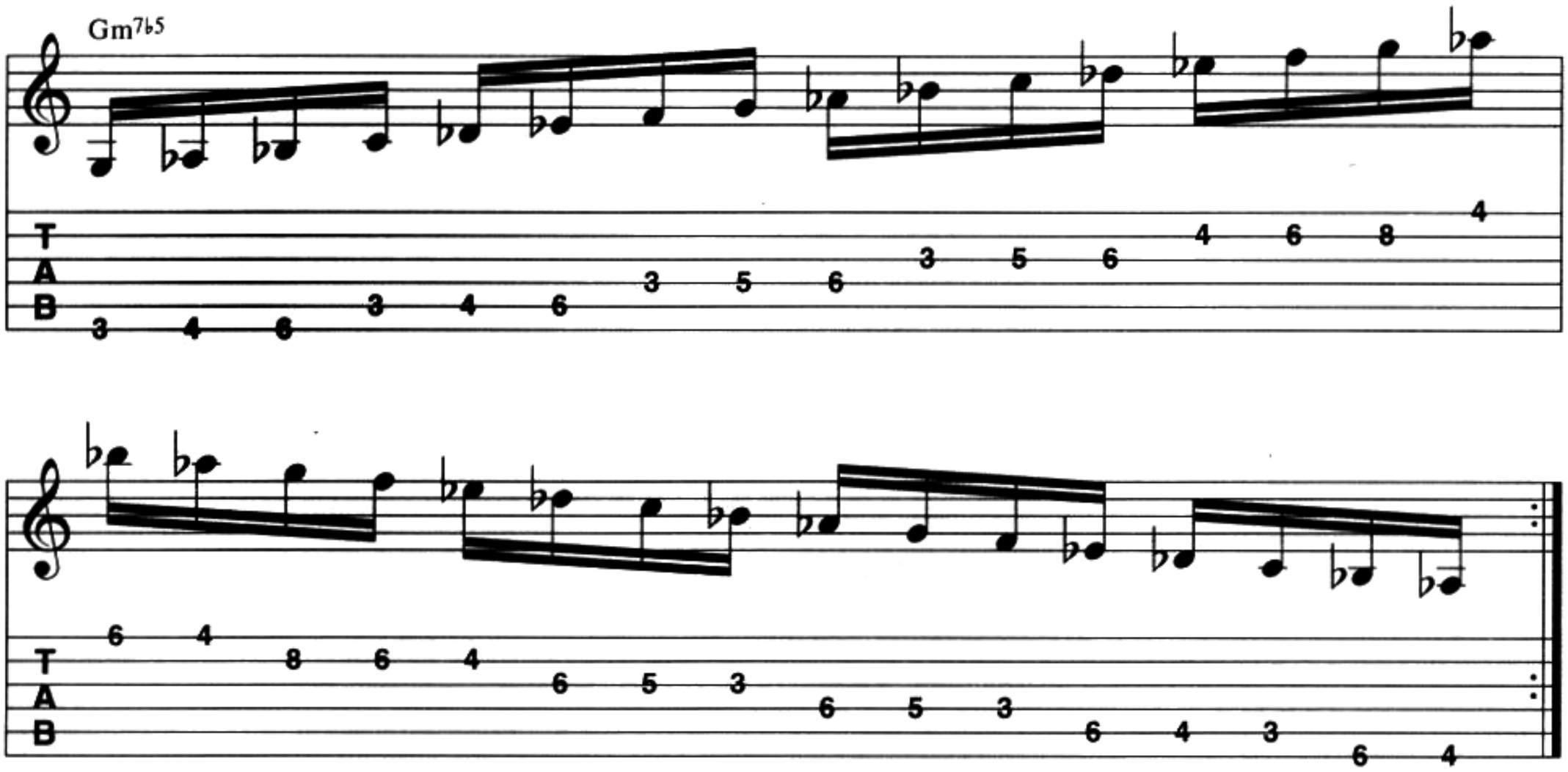


Mode 6: G Aeolian (Bb Major)



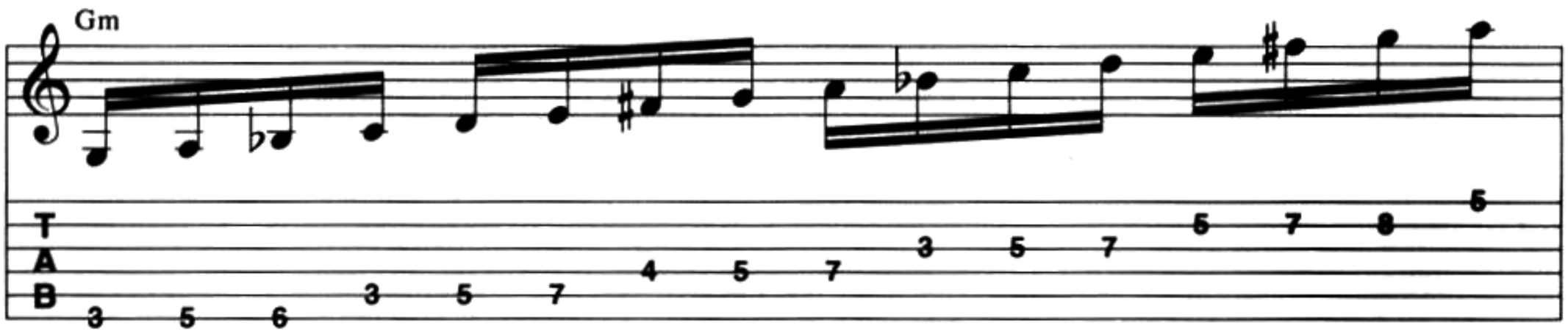


Mode 7: G Locrian (Ab Major)



Melodic Minor Modes

Mode 1: G Melodic Minor



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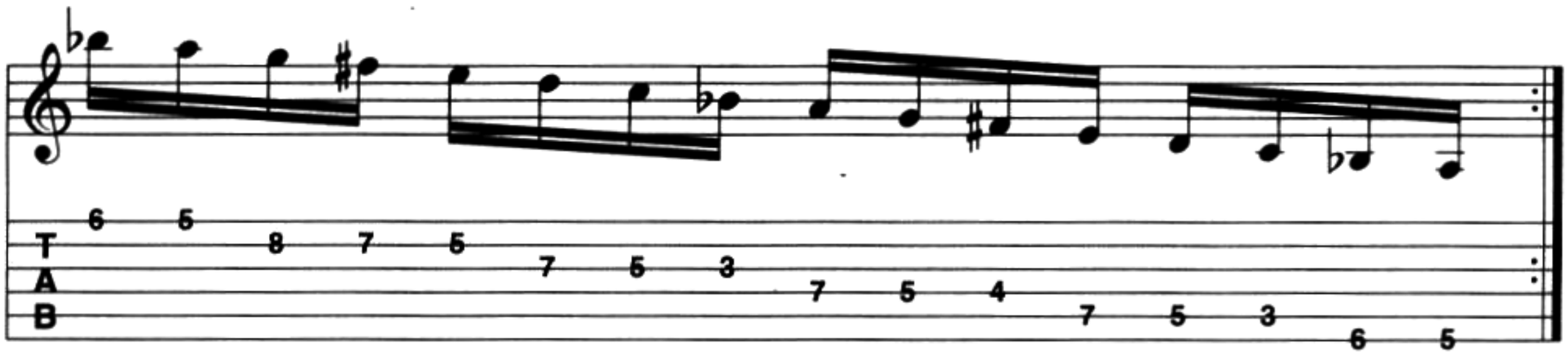
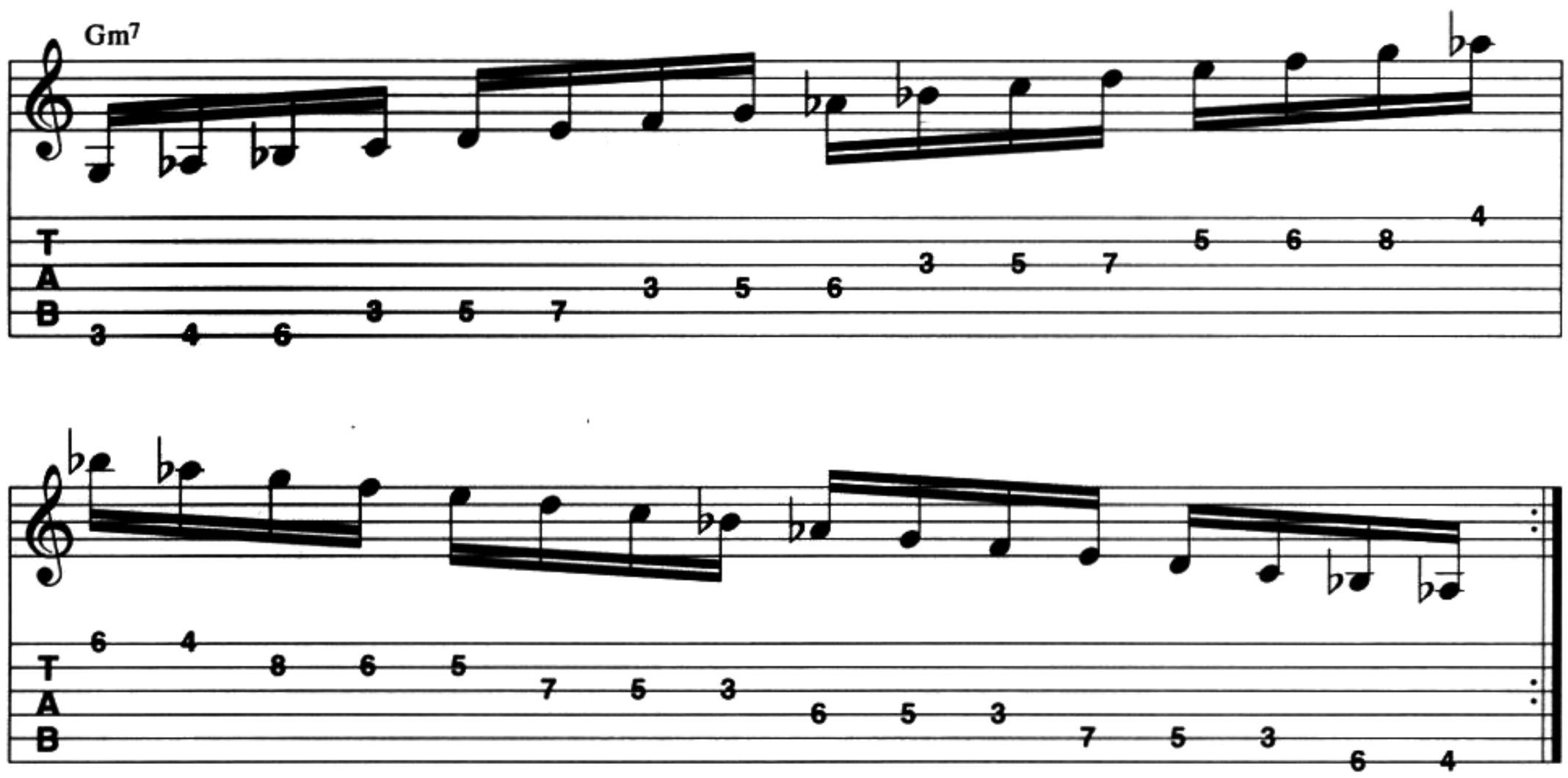
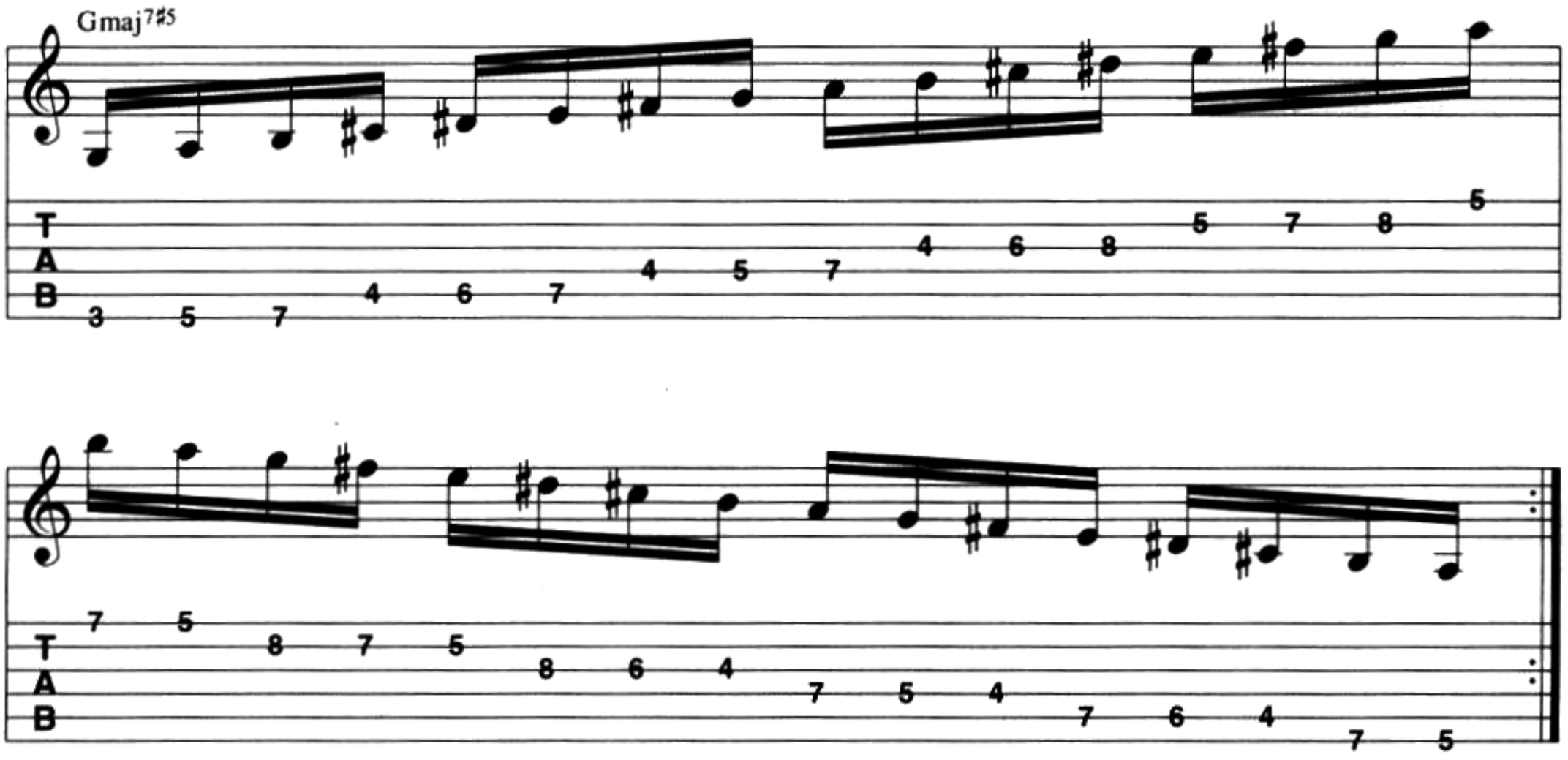
Mode 1: G Melodic Minor (cont'd)



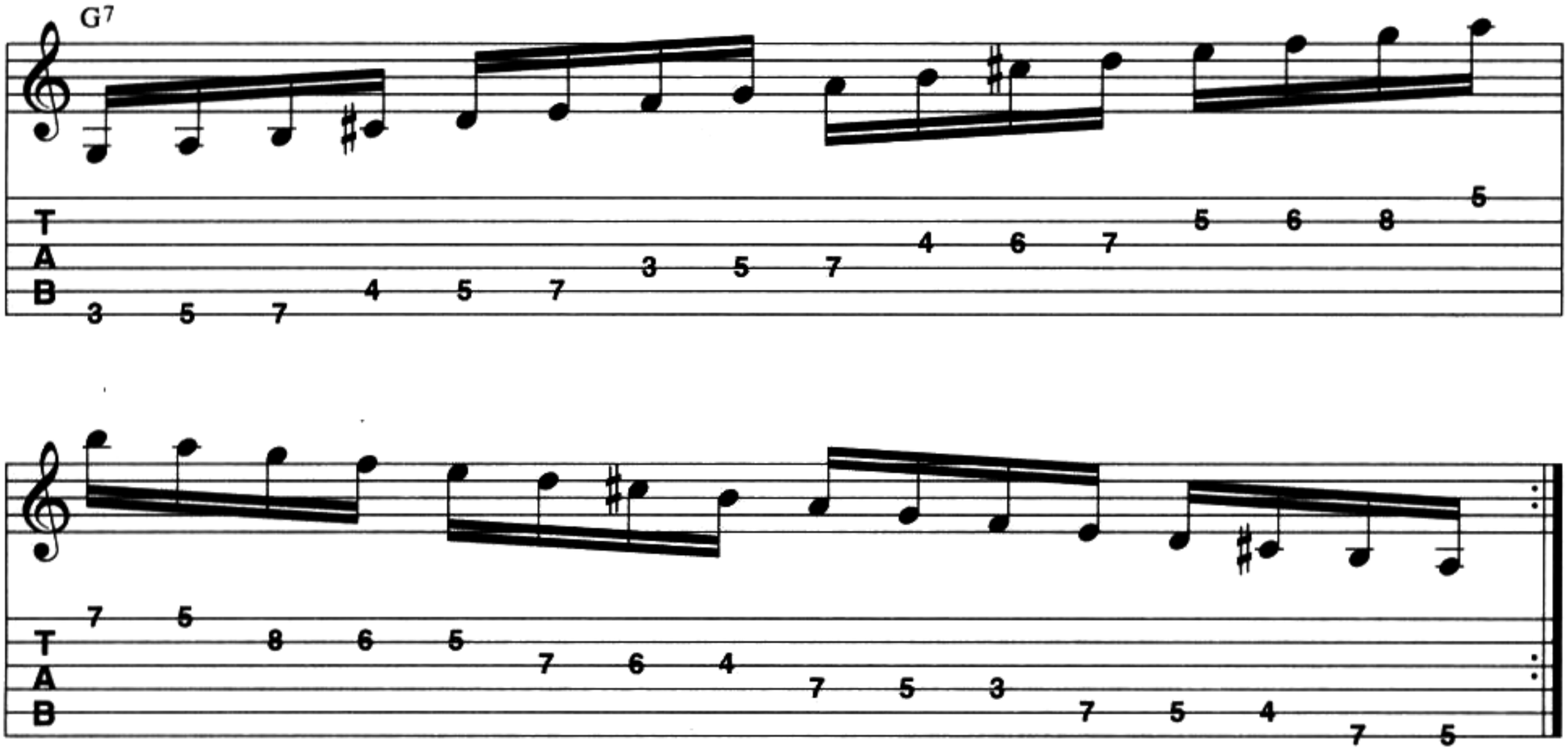
Mode 2: G Dorian b2 (F Melodic Minor)



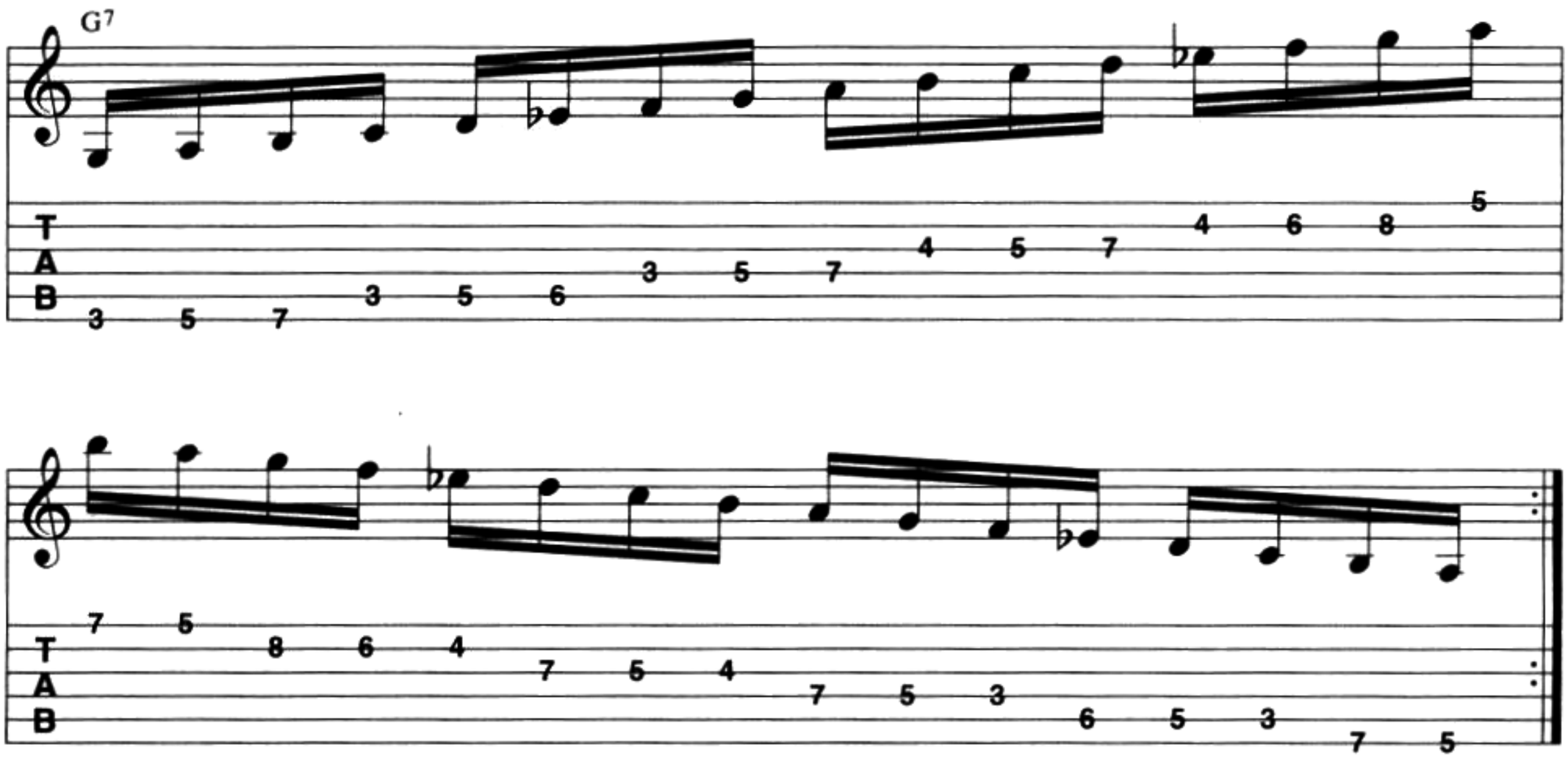
Mode 3: G Lydian #5 (E Melodic Minor)



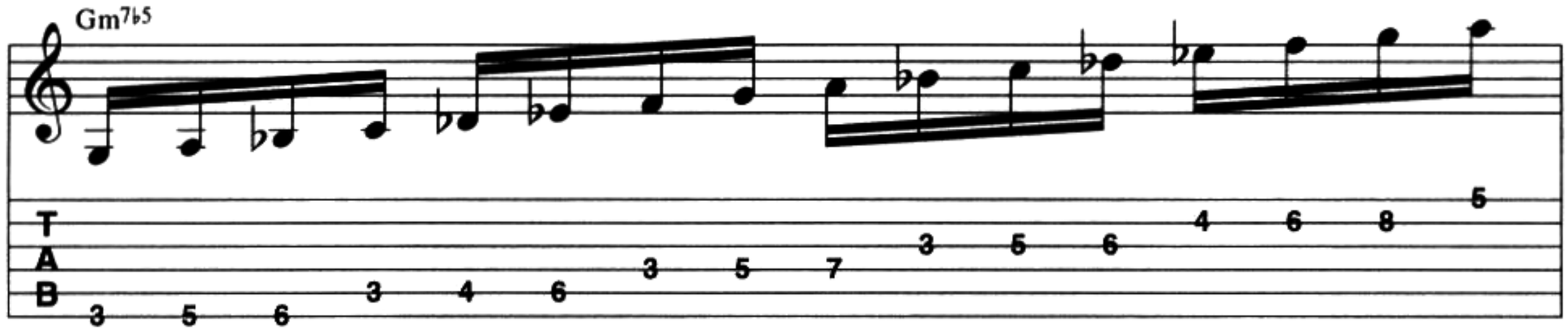
Mode 4: G Lydian b7 (D Melodic Minor)



Mode 5: G Mixolydian b6 (C Melodic Minor)



Mode 6: G Aeolian b5 (Bb Melodic Minor)



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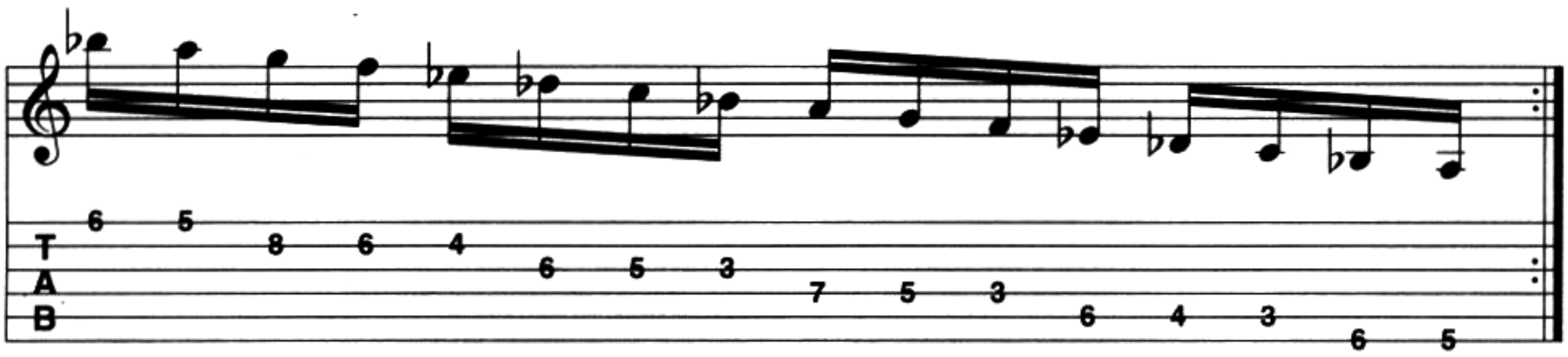
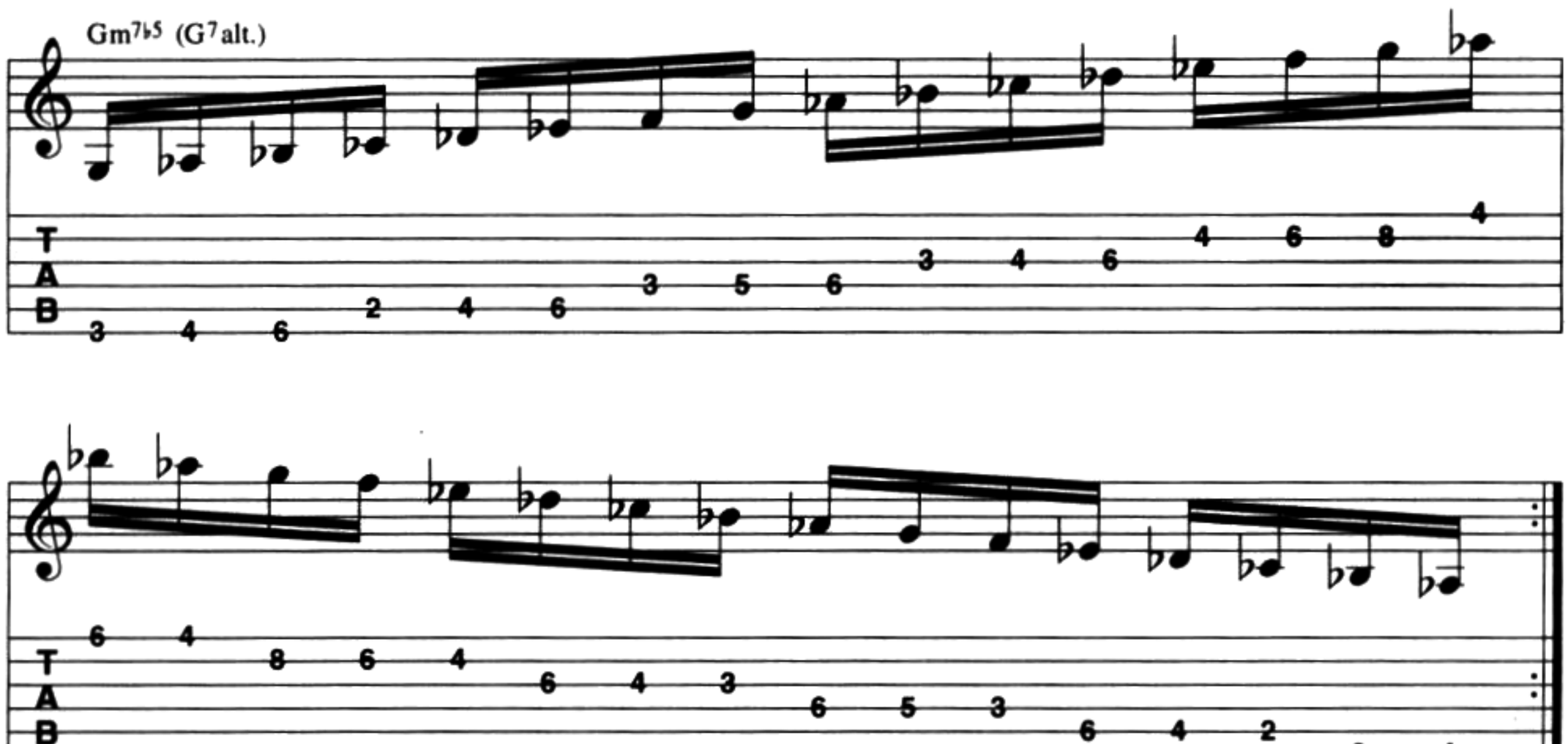
Mode 6: G Aeolian b5 (Bb Melodic Minor) (cont'd)

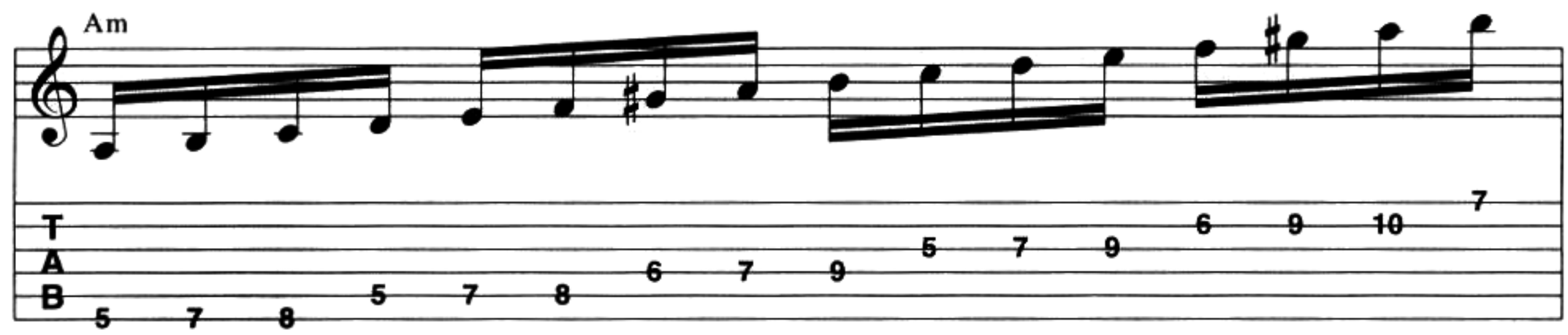


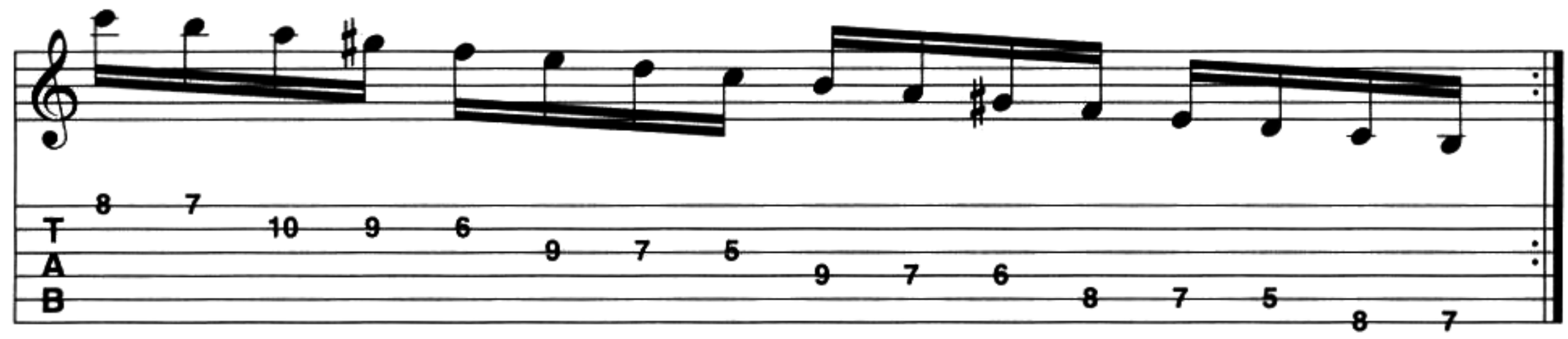
Mode 7: G Super Locrian (Ab Melodic Minor)



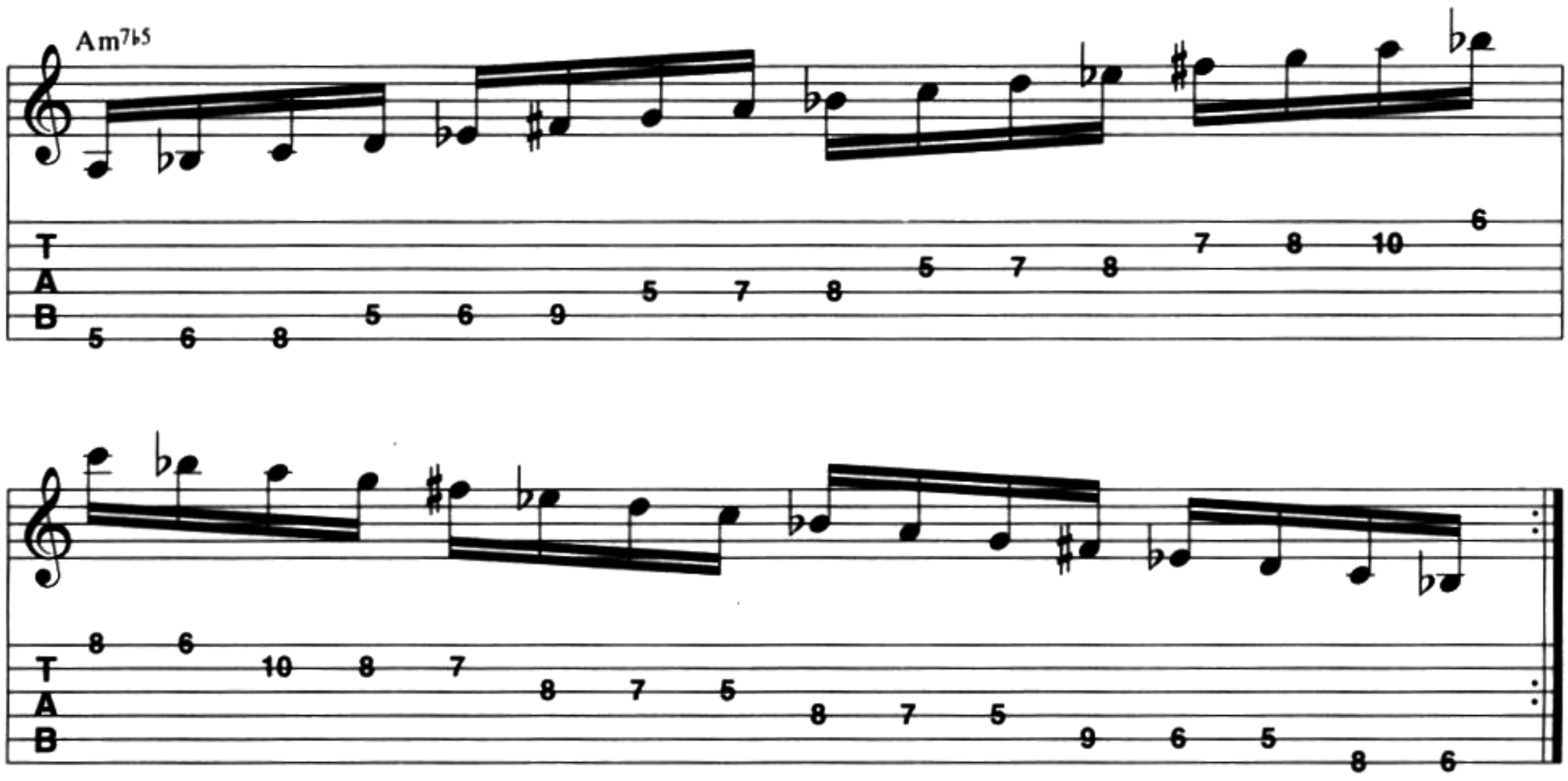
Harmonic Minor Modes

Mode 1: A Harmonic Minor

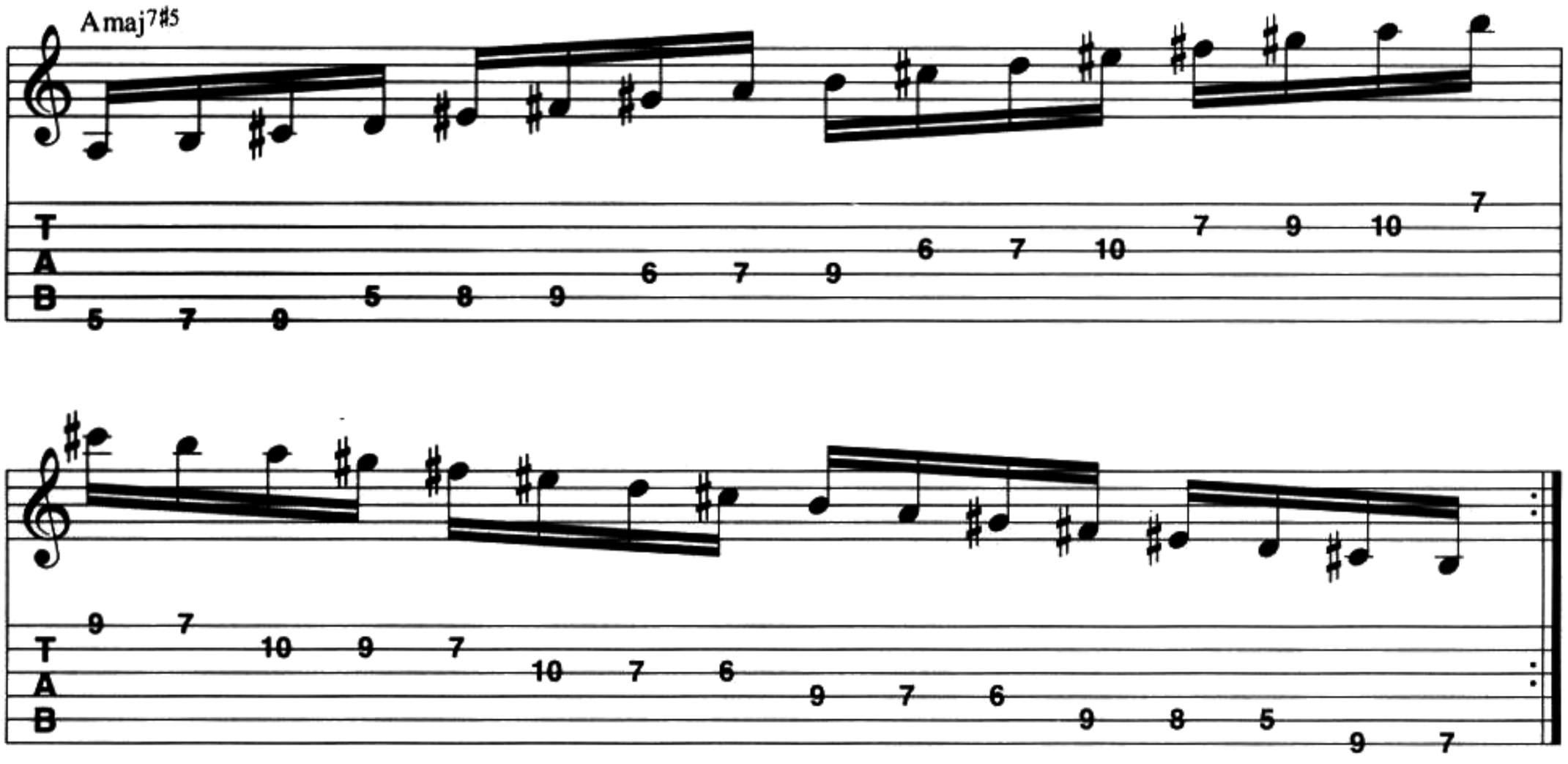




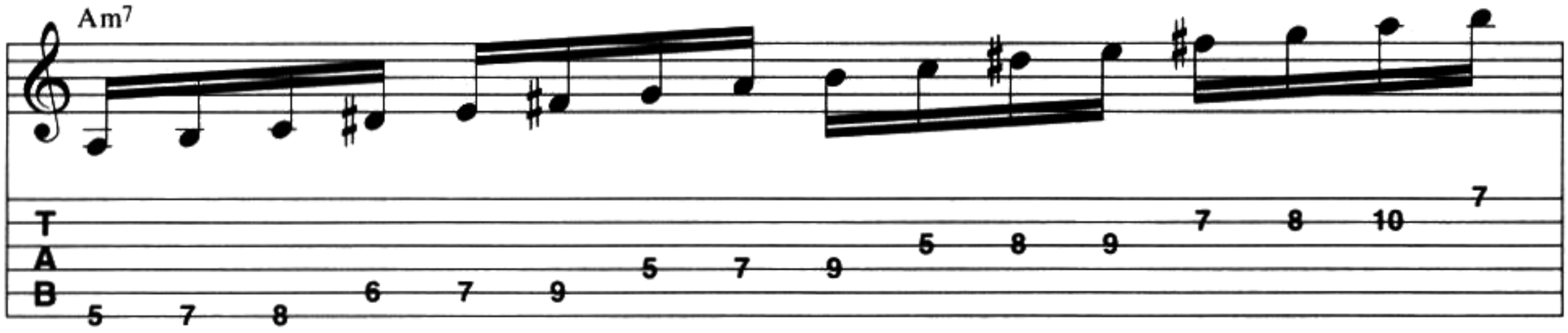
Mode 2: A Locrian ♮6 (G Harmonic Minor)



Mode 3: A Ionian #5 (F# Harmonic Minor)



Mode 4: A Dorian #4 (E Harmonic Minor)



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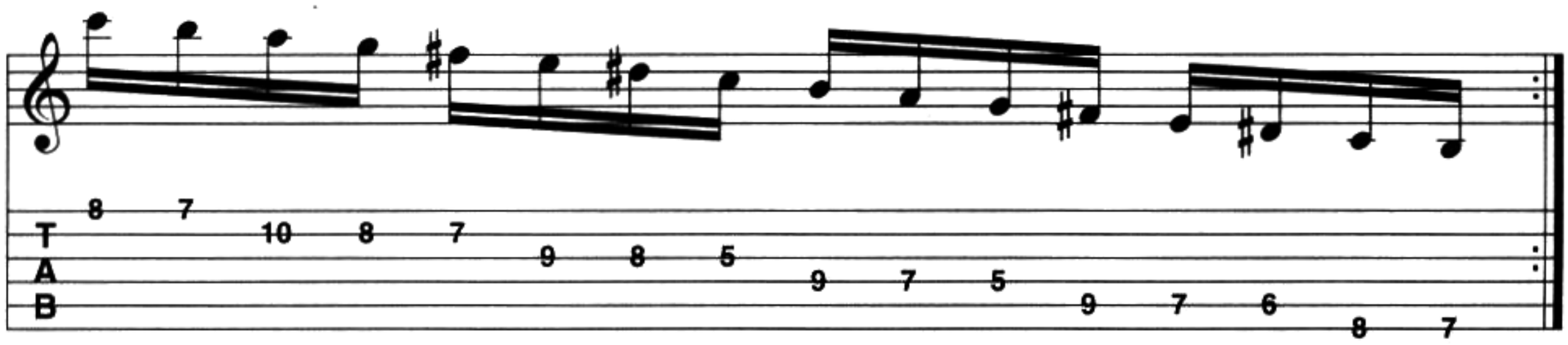
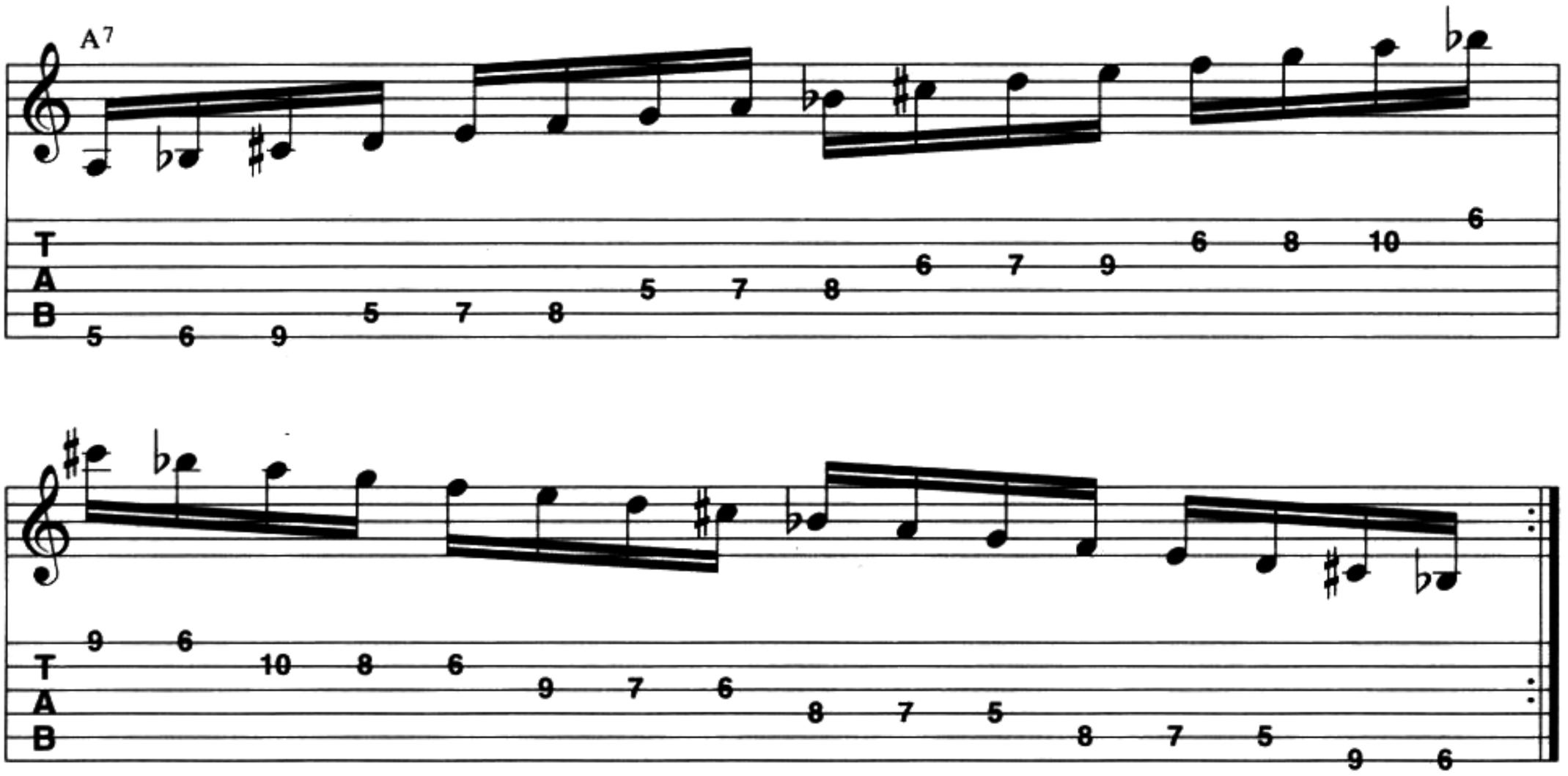
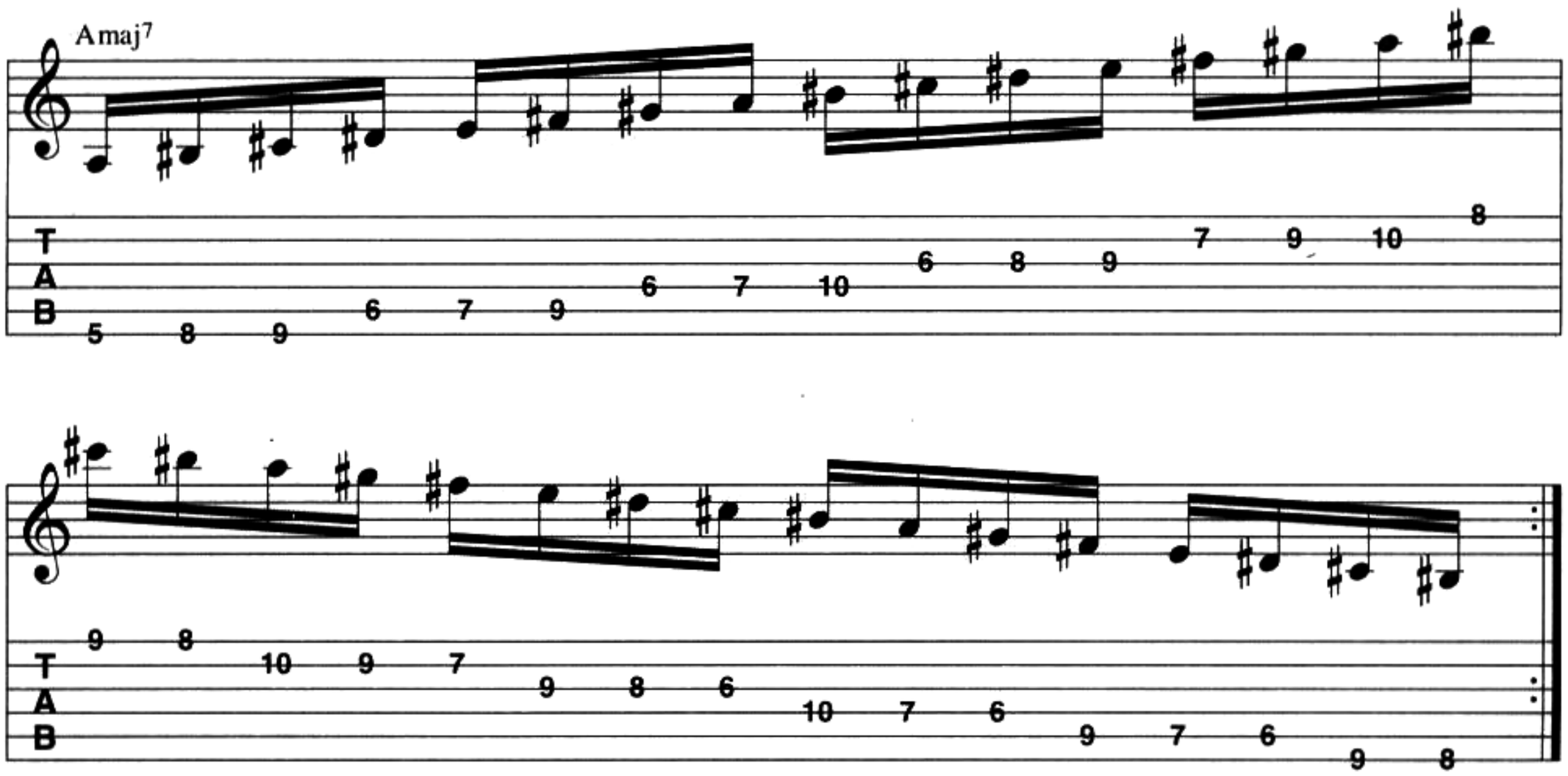
Mode 4: A Dorian #4 (E Harmonic Minor) (cont'd)



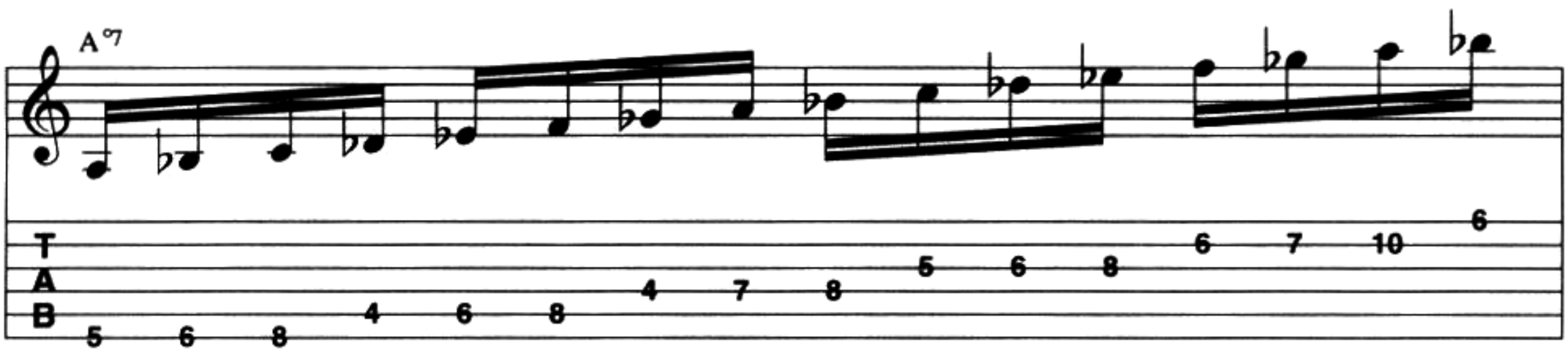
Mode 5: A Phrygian Major (D Harmonic Minor)

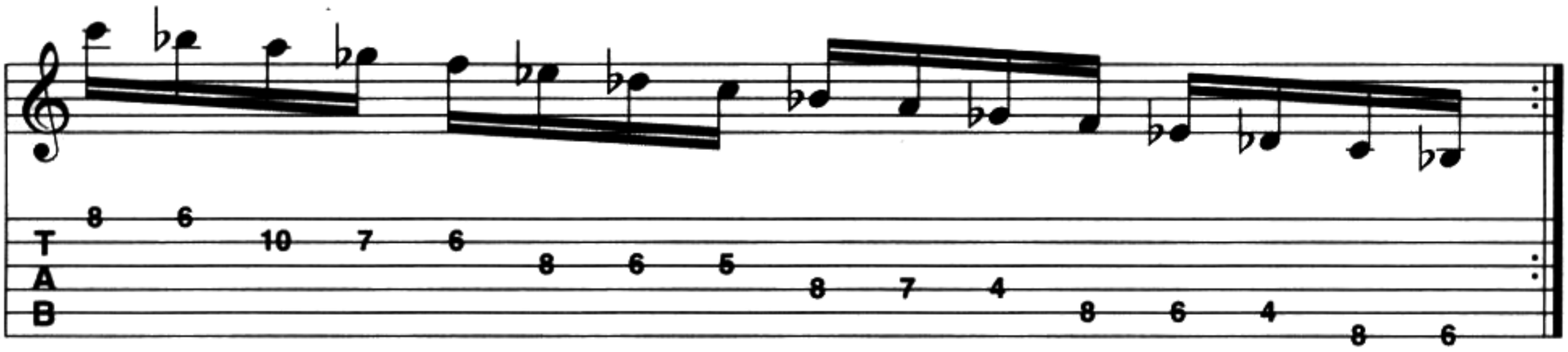


Mode 6: A Lydian #2 (C# Harmonic Minor)



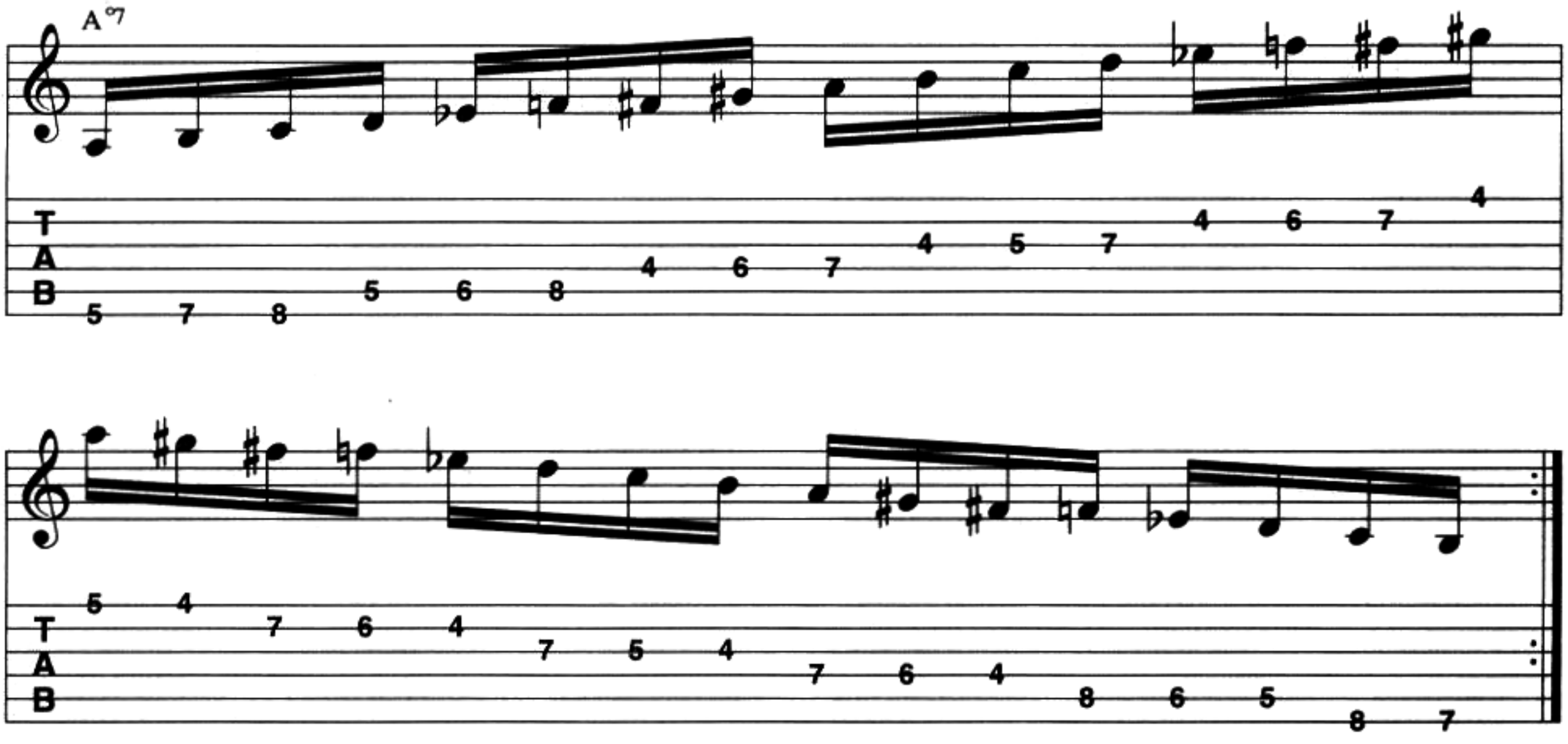
Mode 7: Super Locrian b7 (Bb Harmonic Minor)



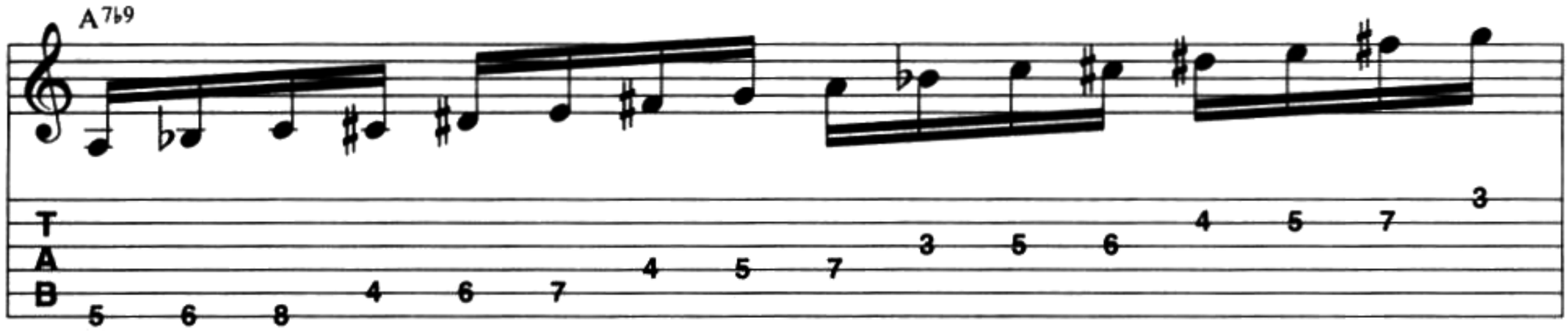


Diminished and Whole-Tone Scales

Scale 1: A Diminished



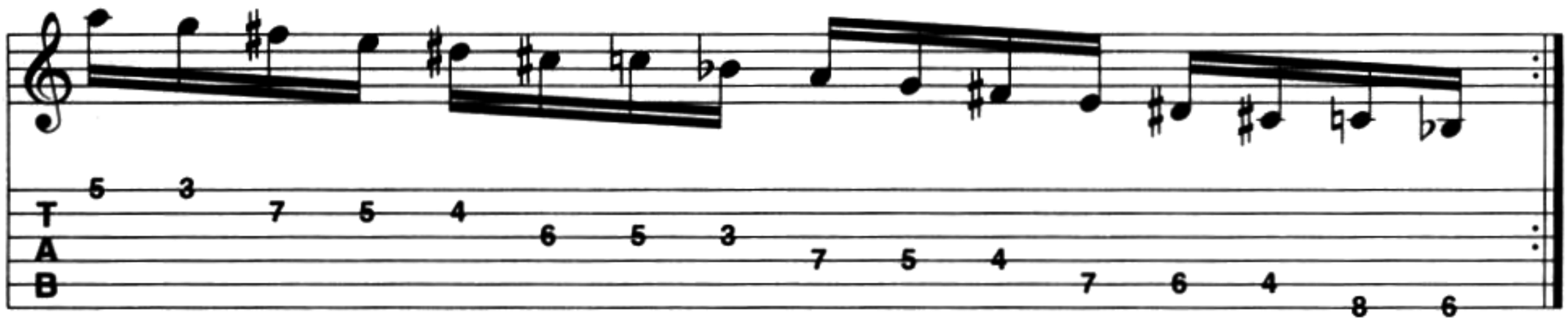
Scale 2: A Half-Whole Diminished (Bb Diminished)



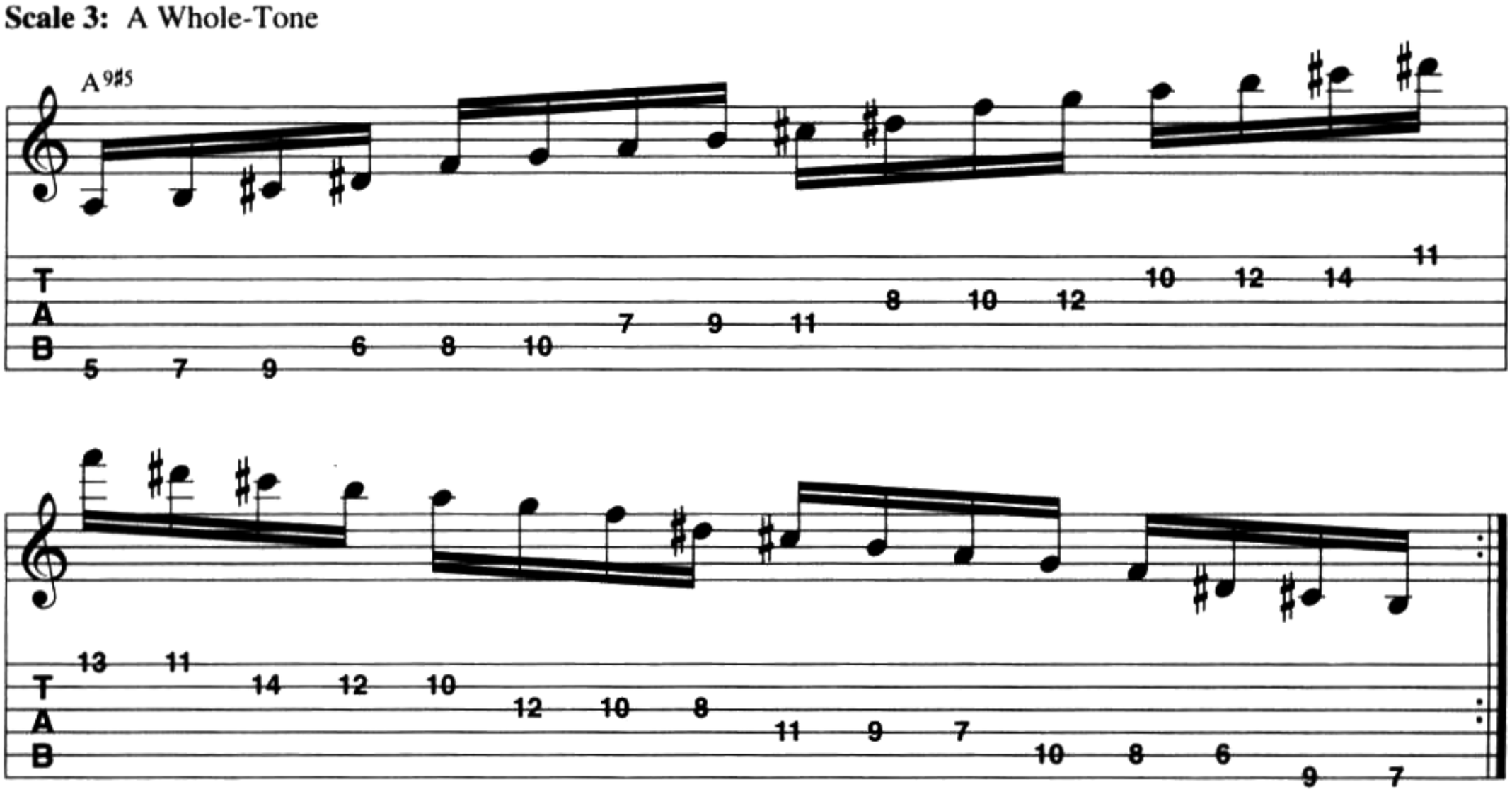
(cont'd)

Round 4 • Diminished and Whole-Tone Scales

Scale 2: A Half-Whole Diminished (Bb Diminished) (cont'd)

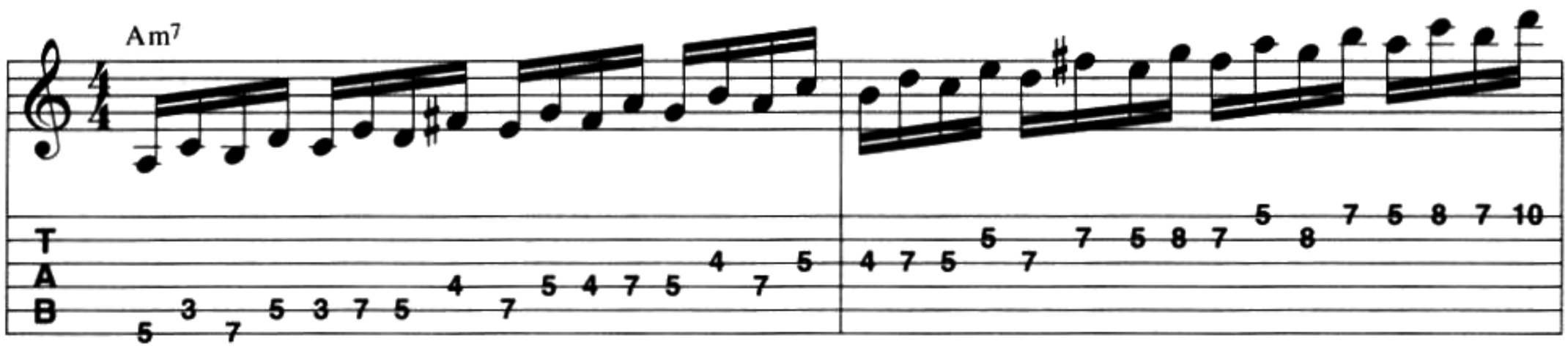


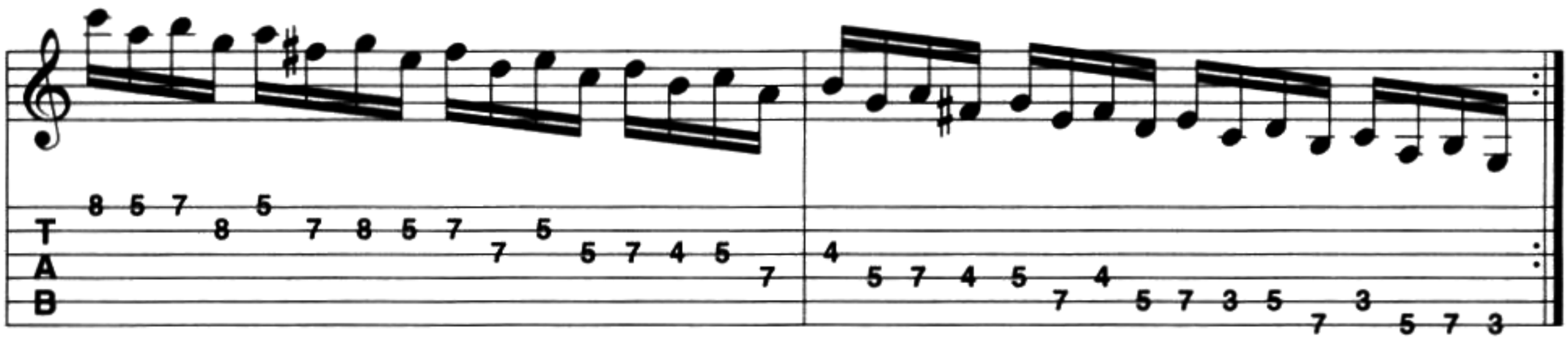
Scale 3: A Whole-Tone



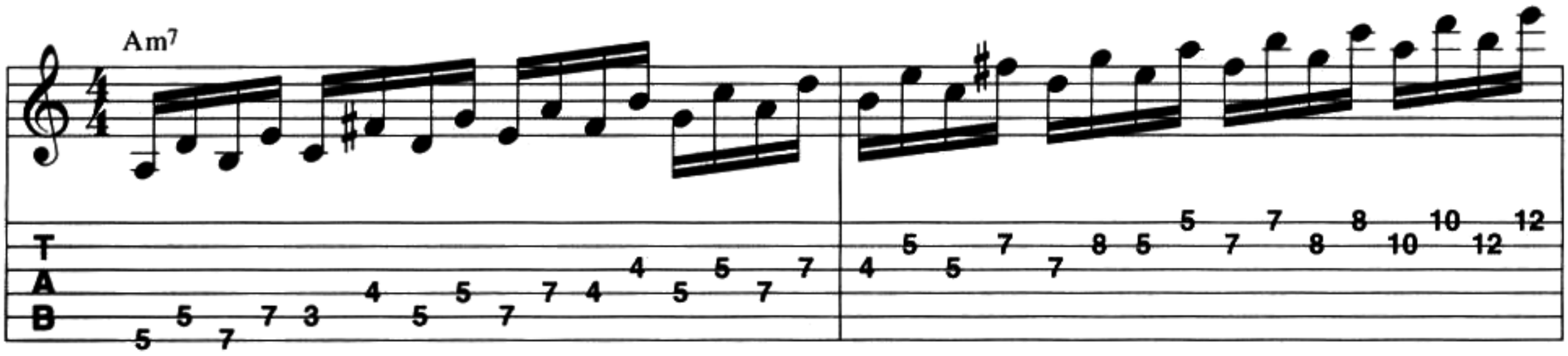
Round 5 • Interval Scales and Patterns

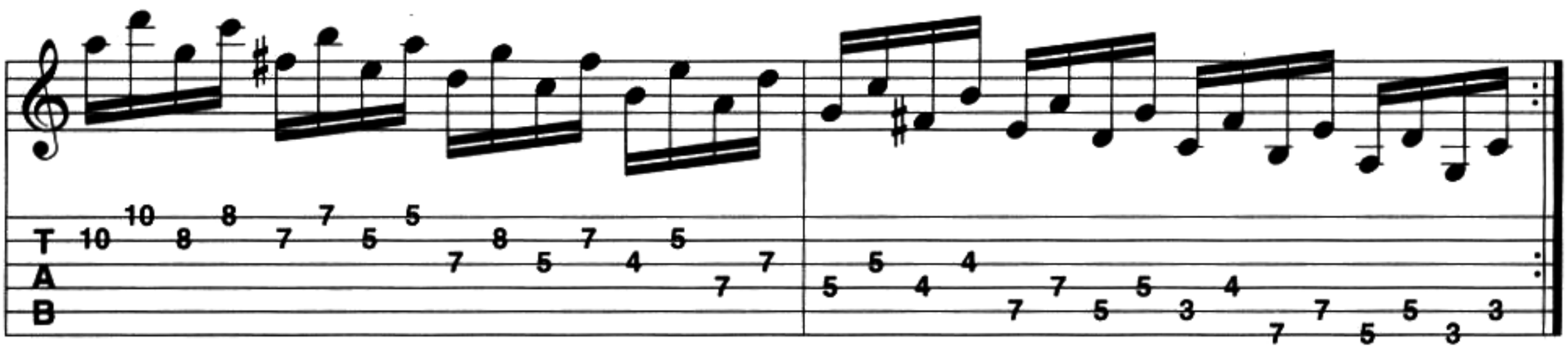
Example 1: A Dorian in 3rd's



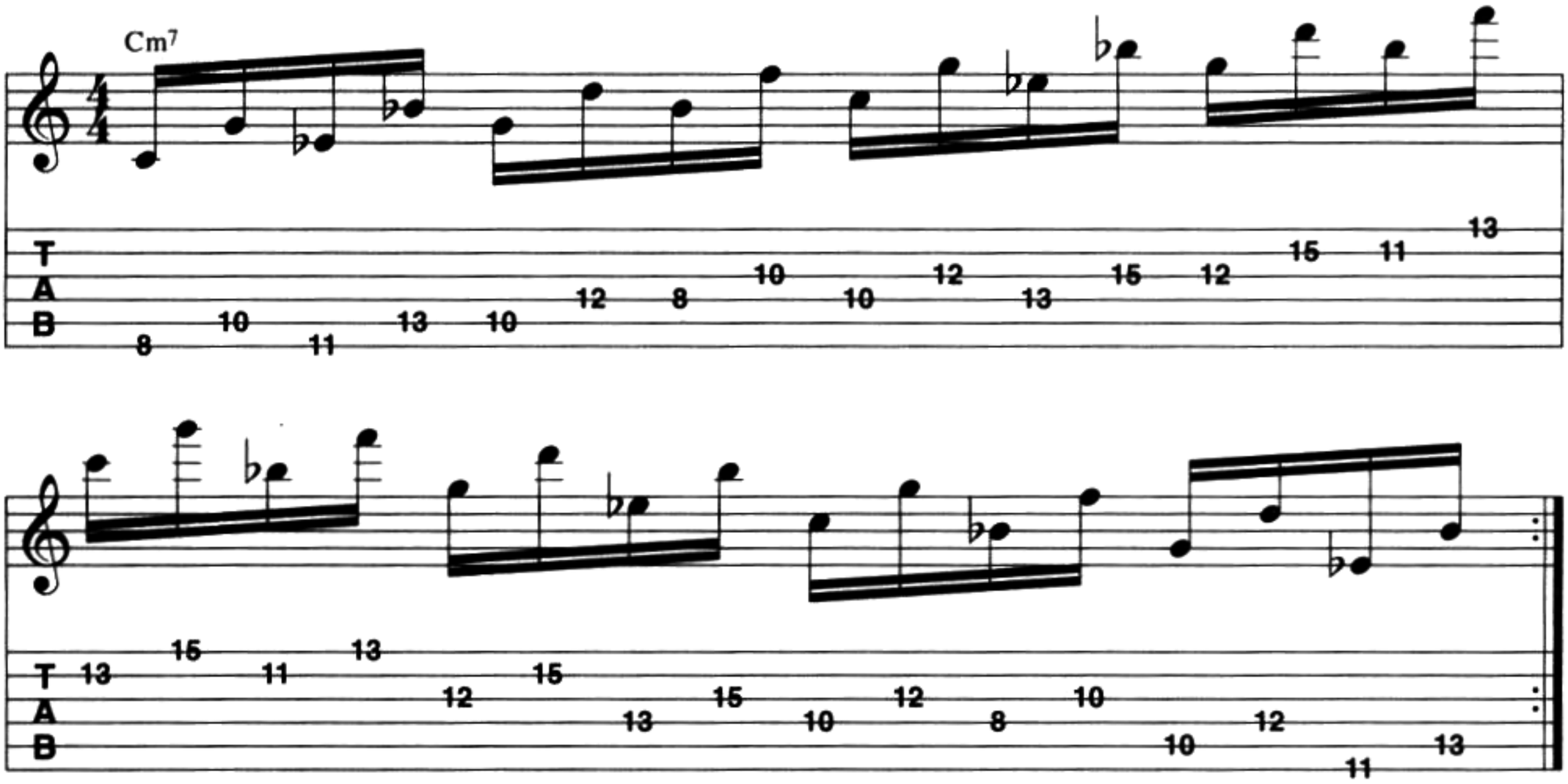


Example 2: A Dorian in 4th's

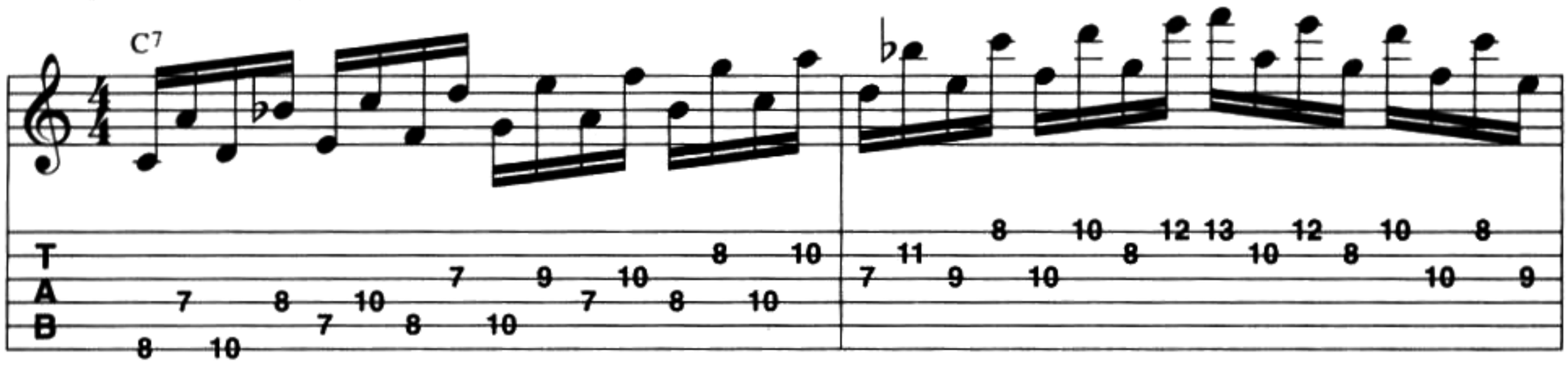




Example 3: Cm7 arpeggio in 5th's



Example 4: C Mixolydian in 6th's



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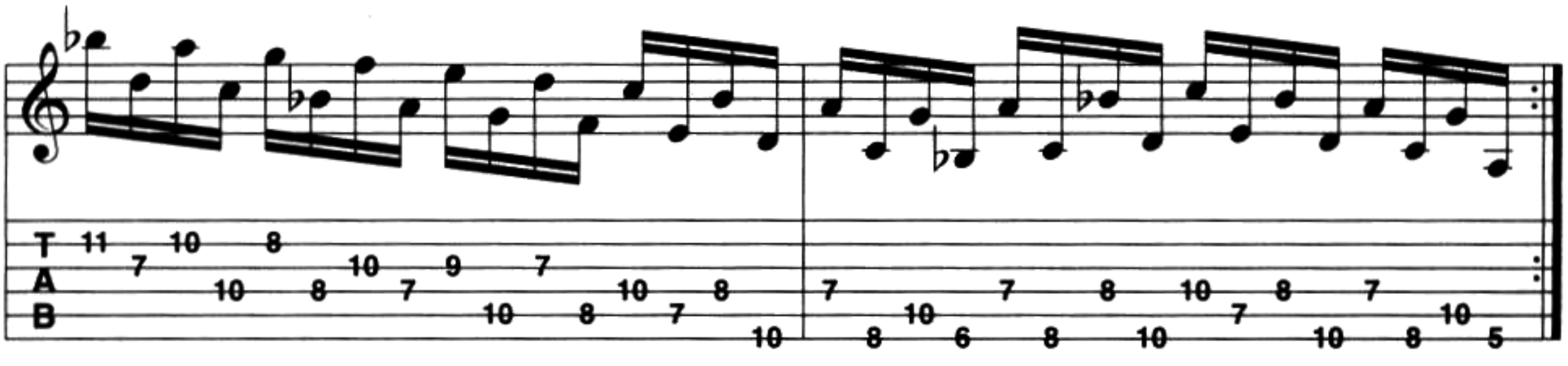
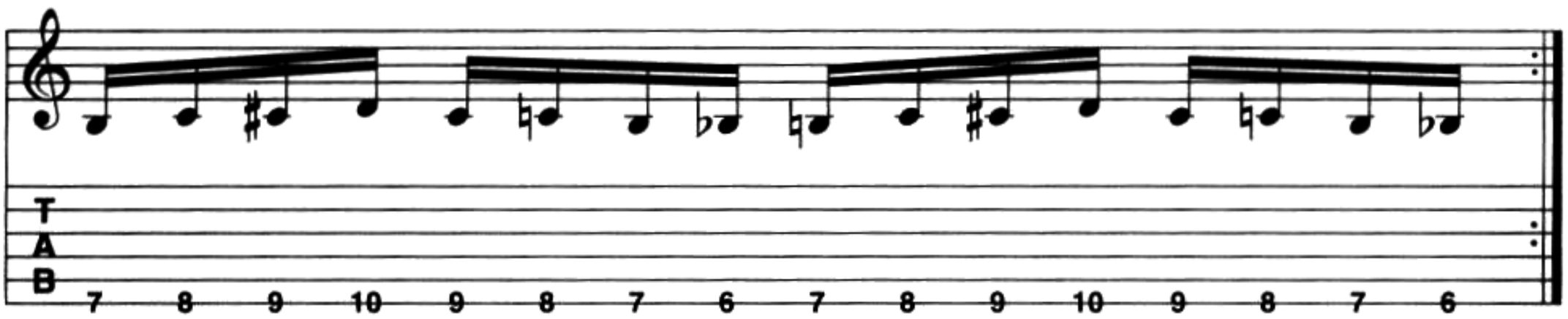
Example 4: C Mixolydian in 6th's (cont'd)

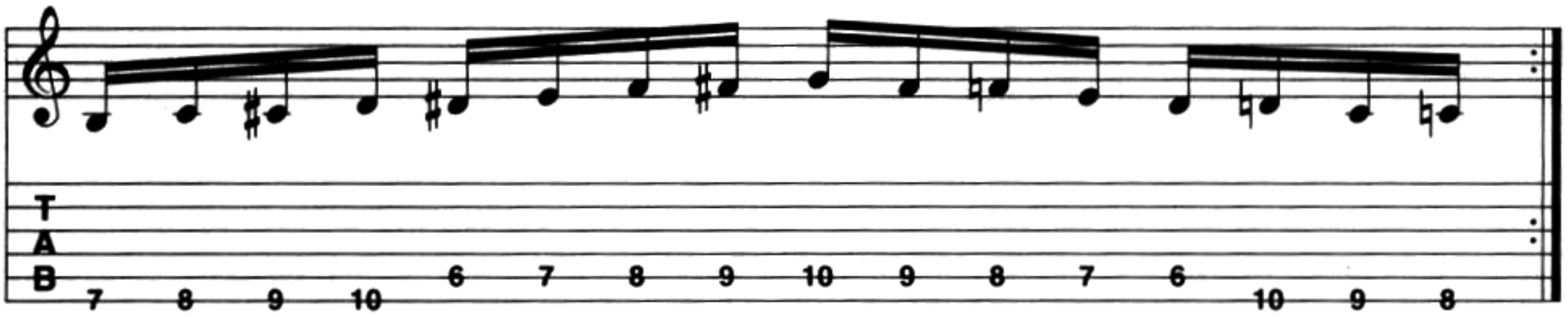


Round 6 • Chromatic Exercises

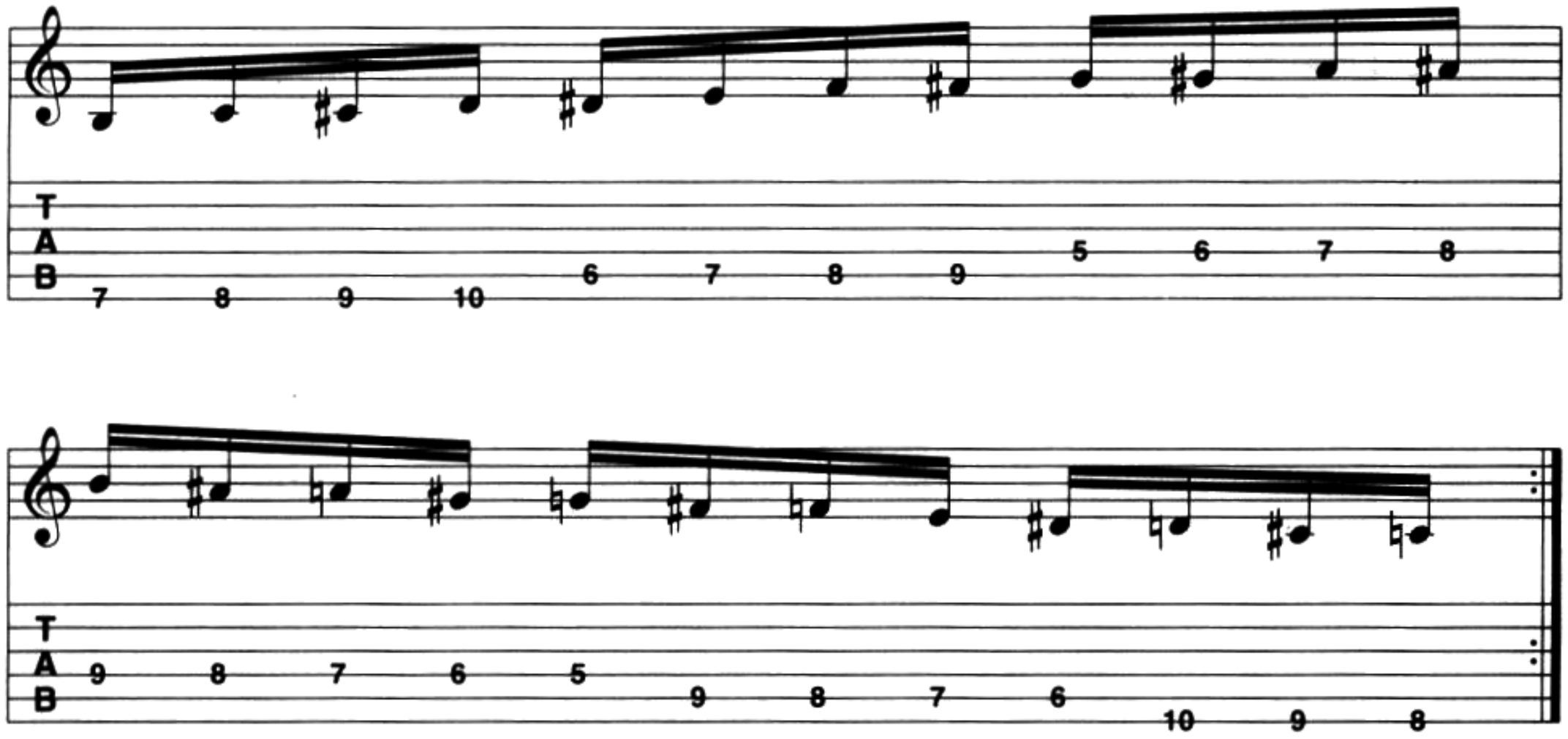
Example 1: 1 String



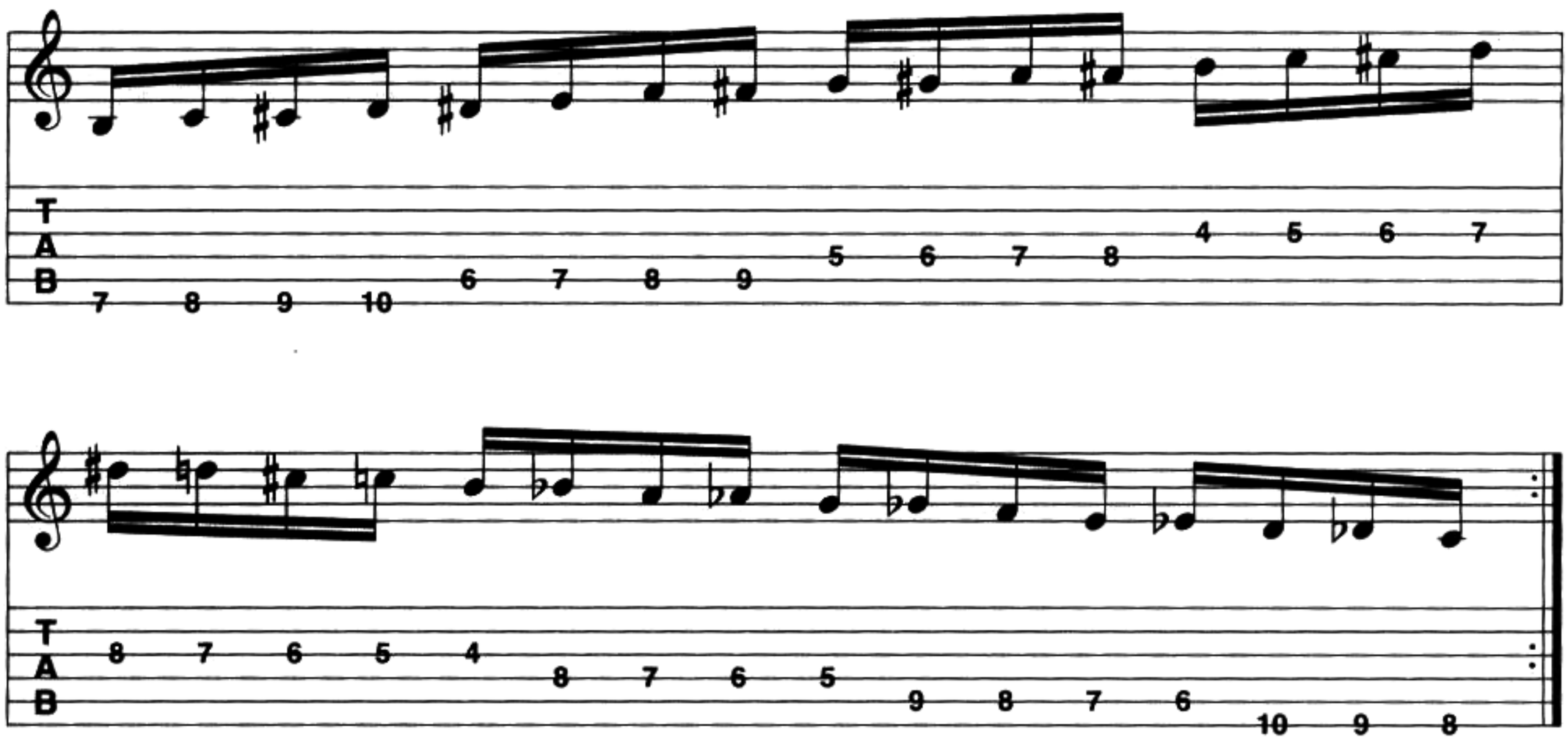
Example 2: 2 Strings



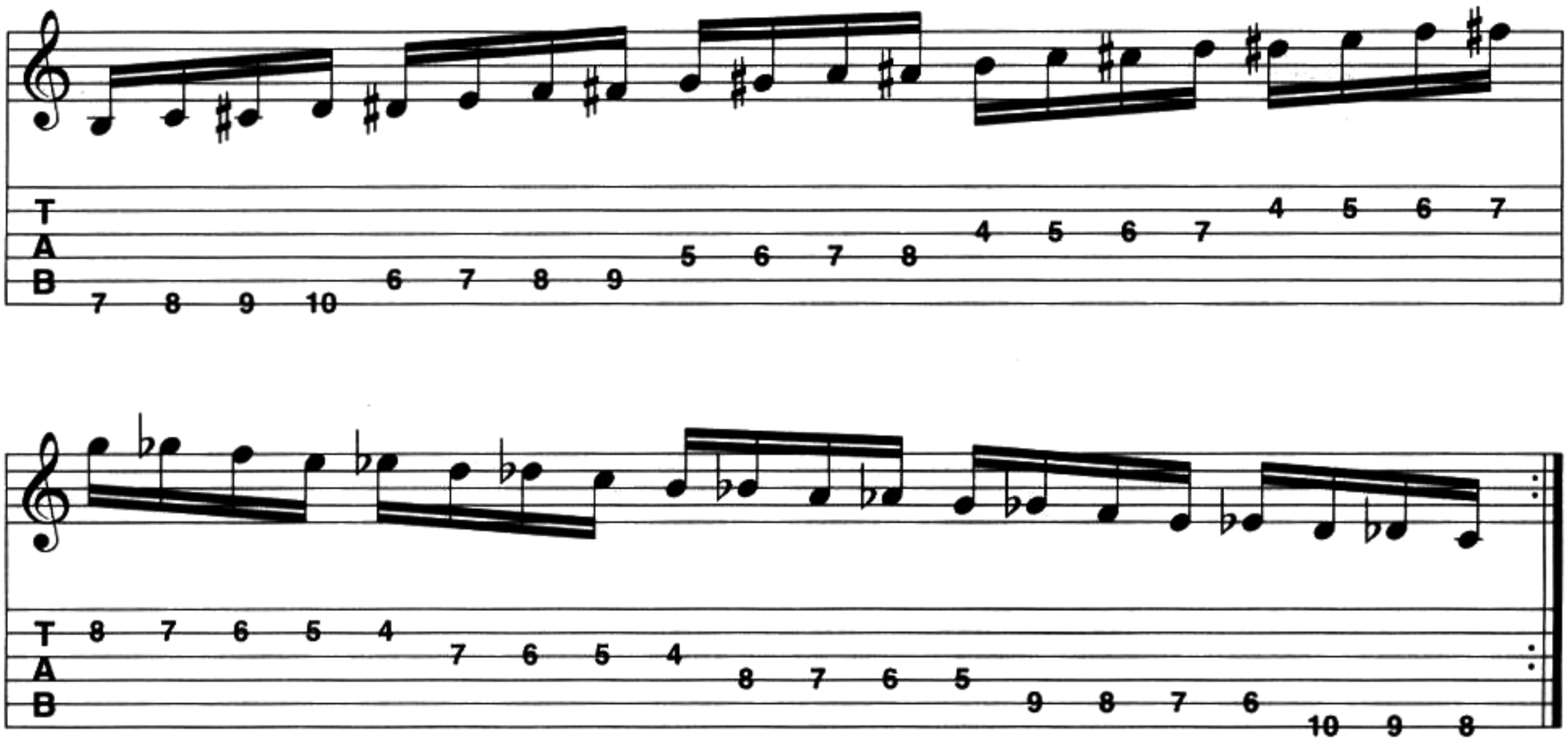
Example 3: 3 Strings



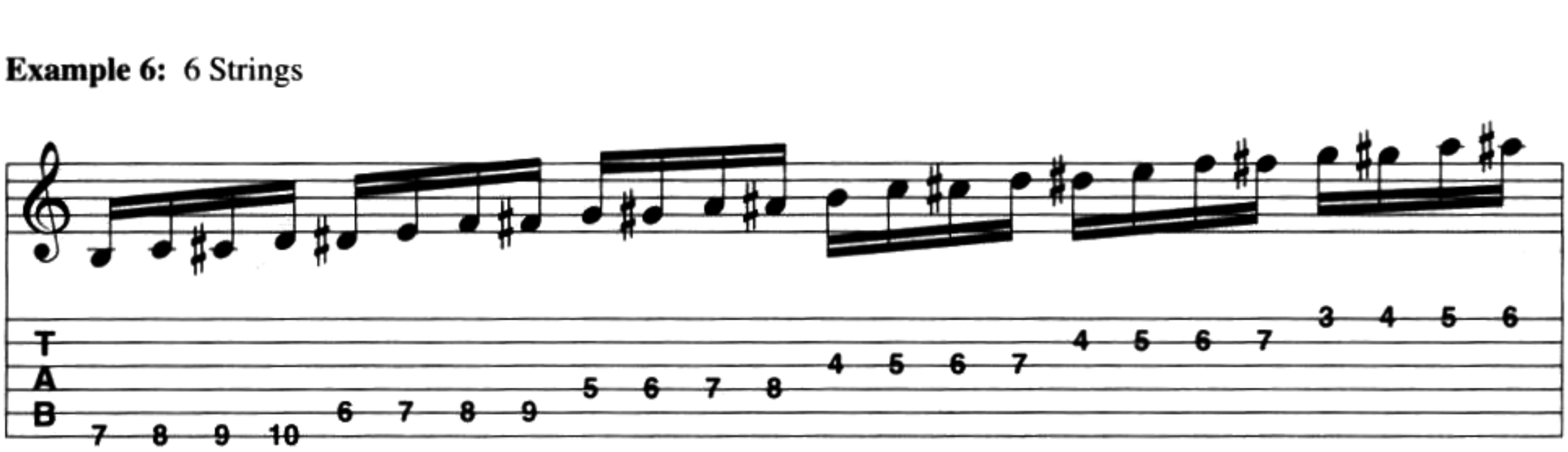
Example 4: 4 Strings



Example 5: 5 Strings



Example 6: 6 Strings



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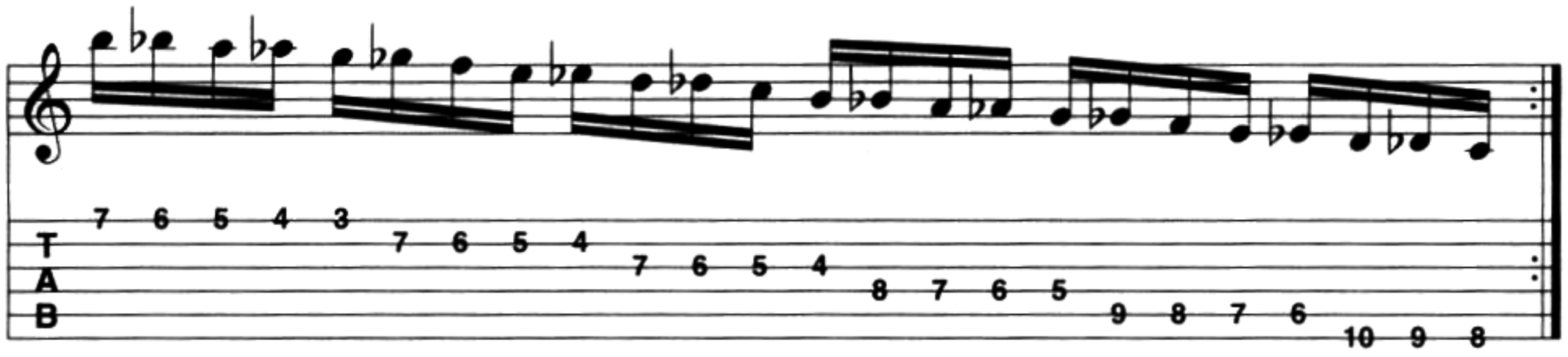
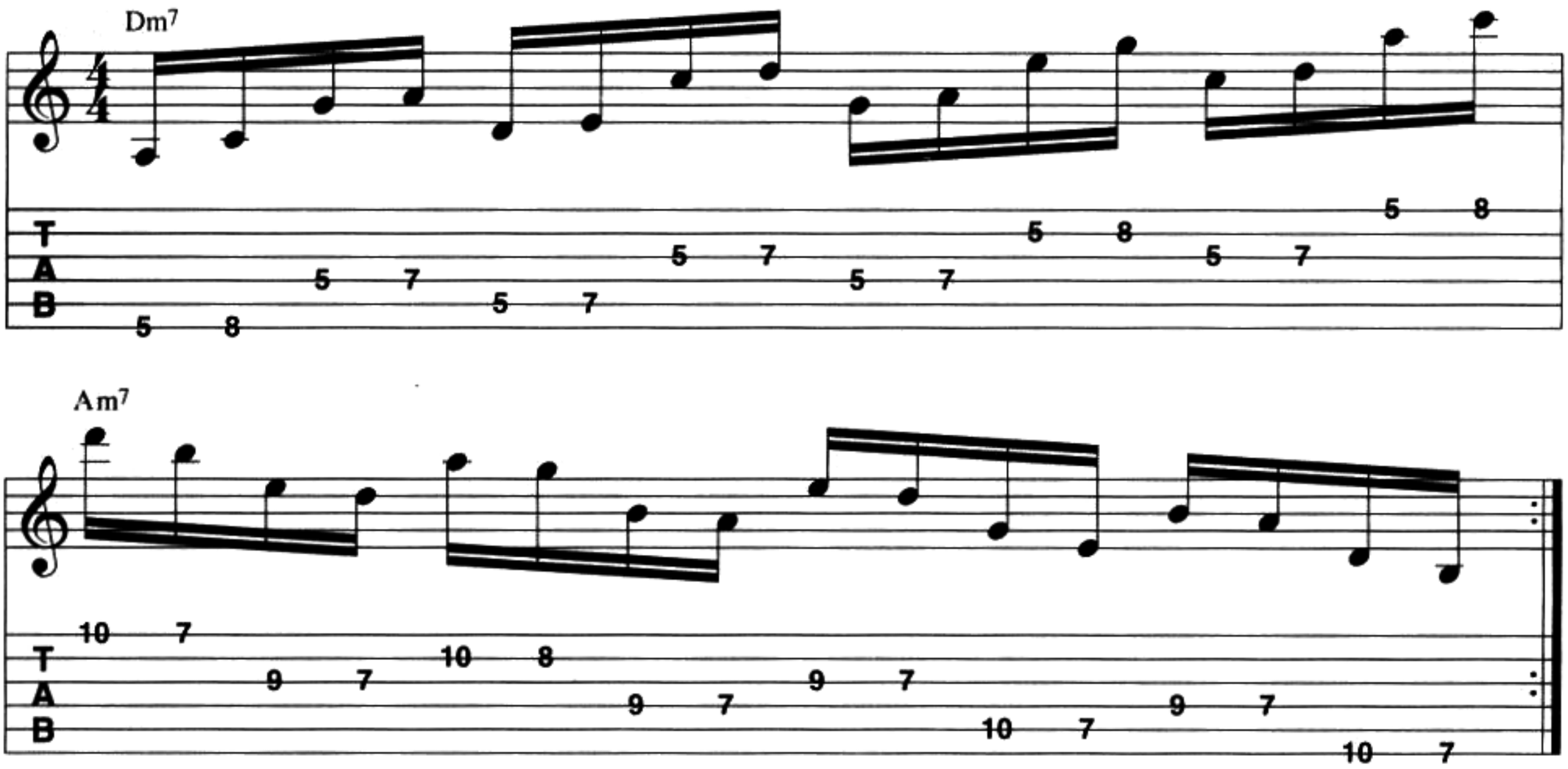
Example 6: 6 Strings (cont'd)

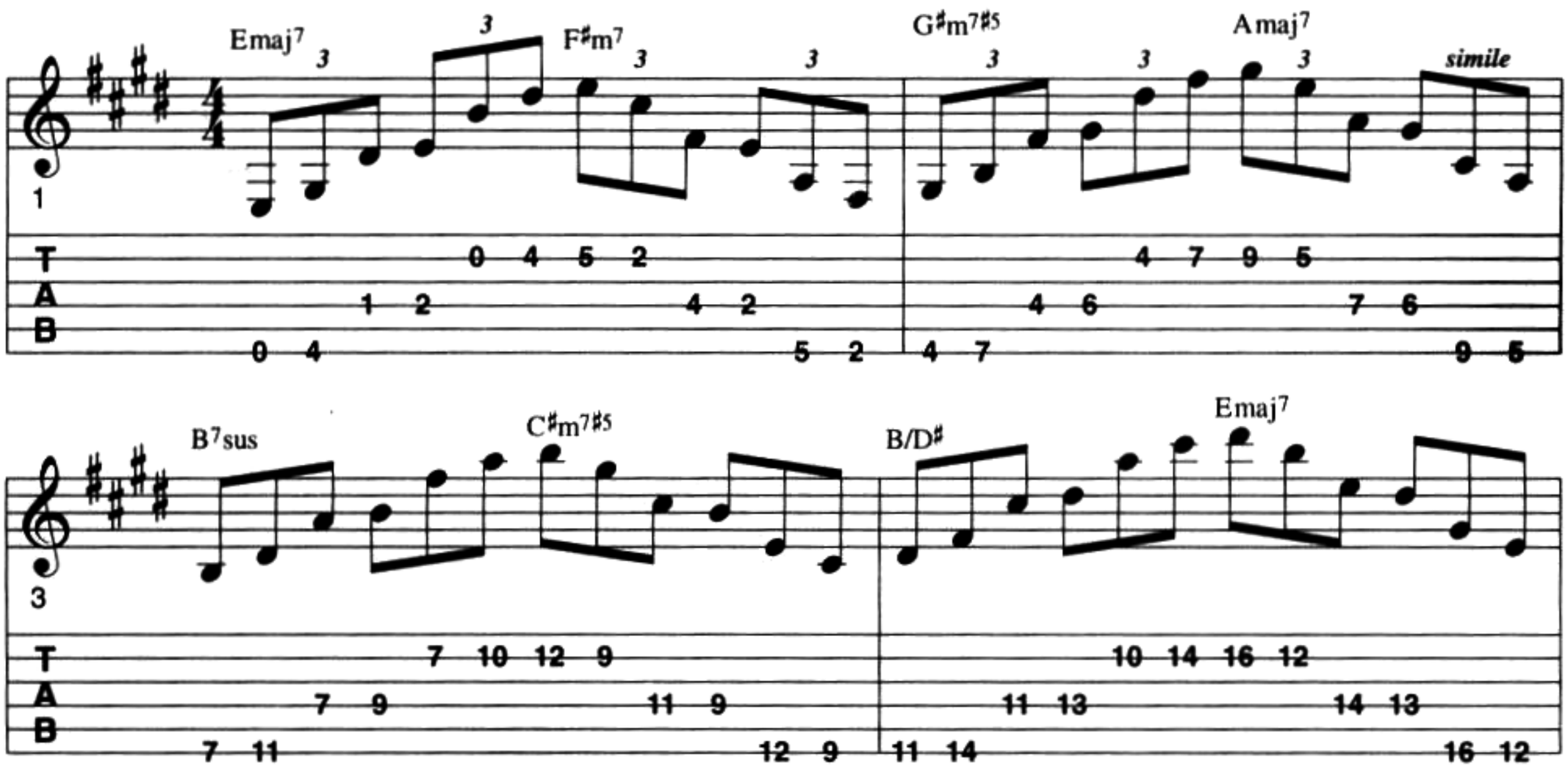


Round 7 • String Skipping

Example 1: A minor and E minor Pentatonics



Example 2: Arpeggios in Key of E major



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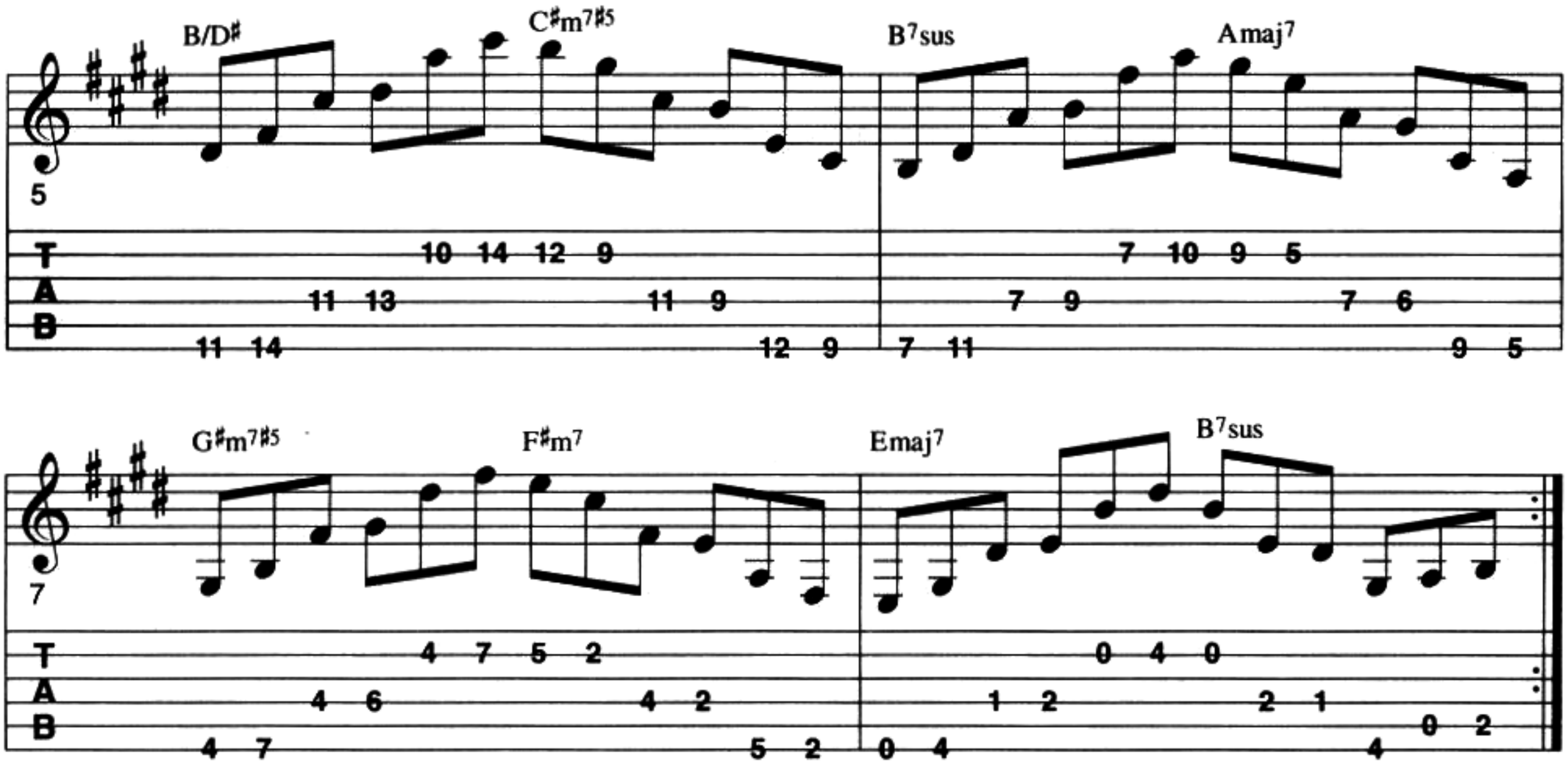
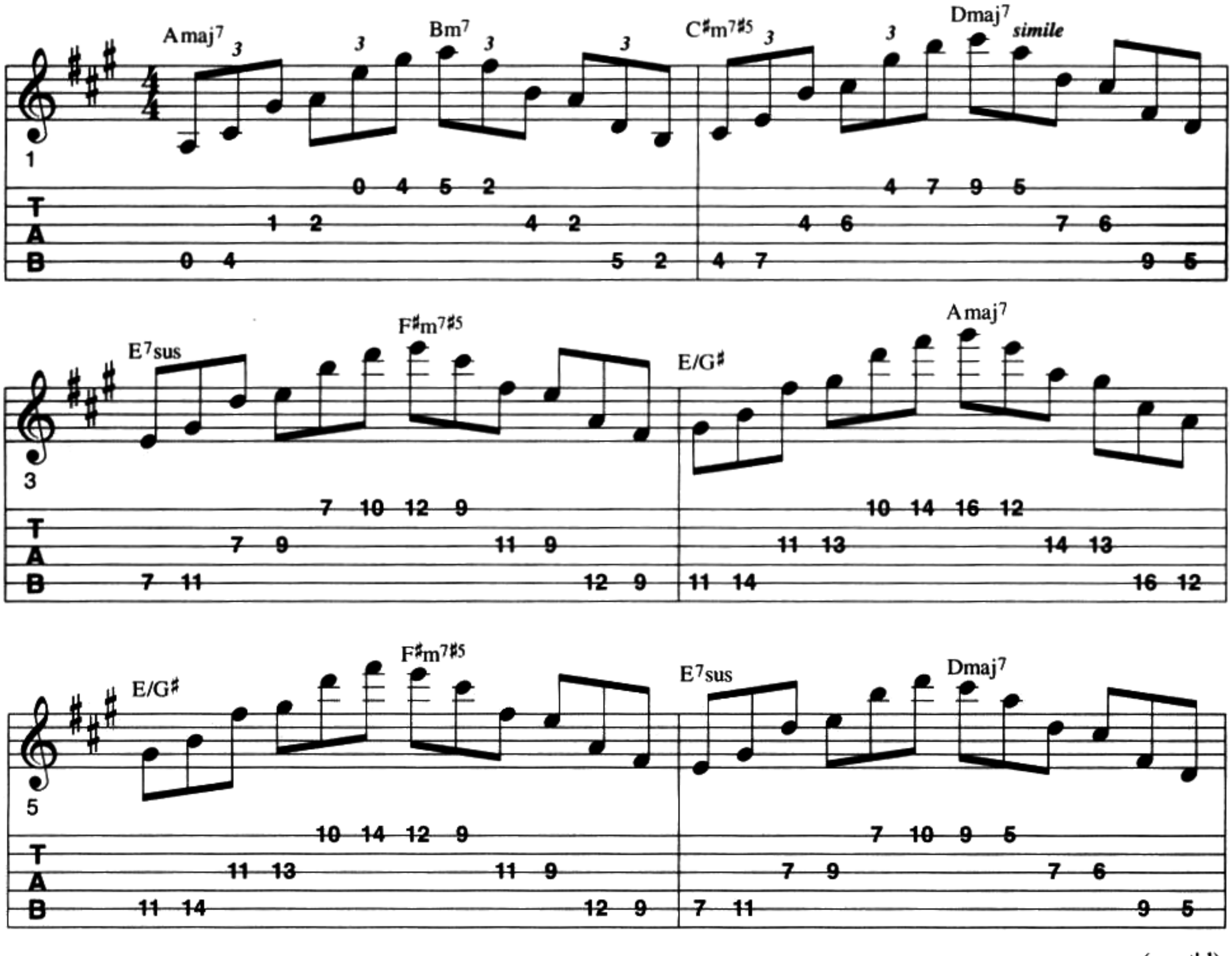
Example 2: Arpeggios in Key of E major (cont'd)



Example 3: Arpeggios in Key of A major



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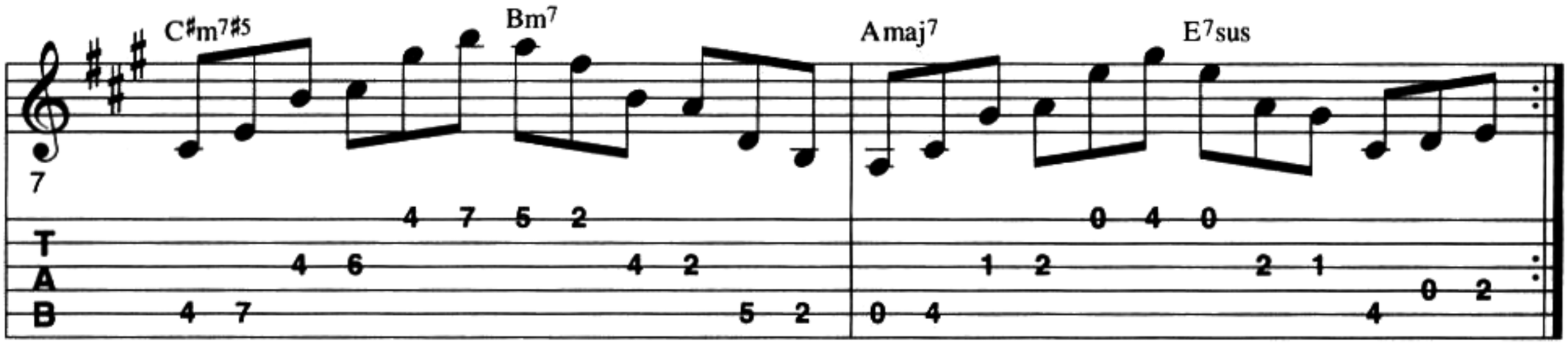
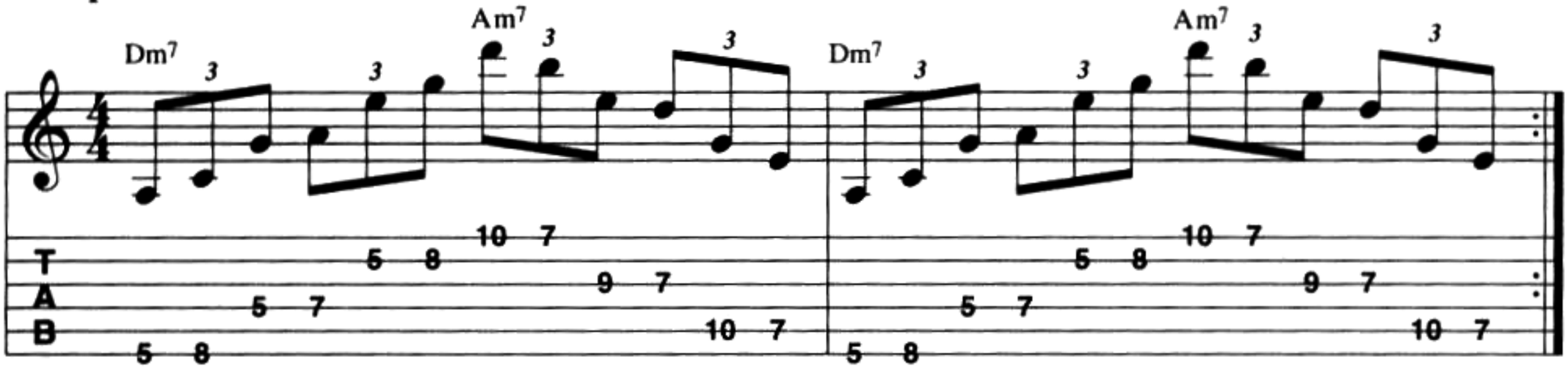
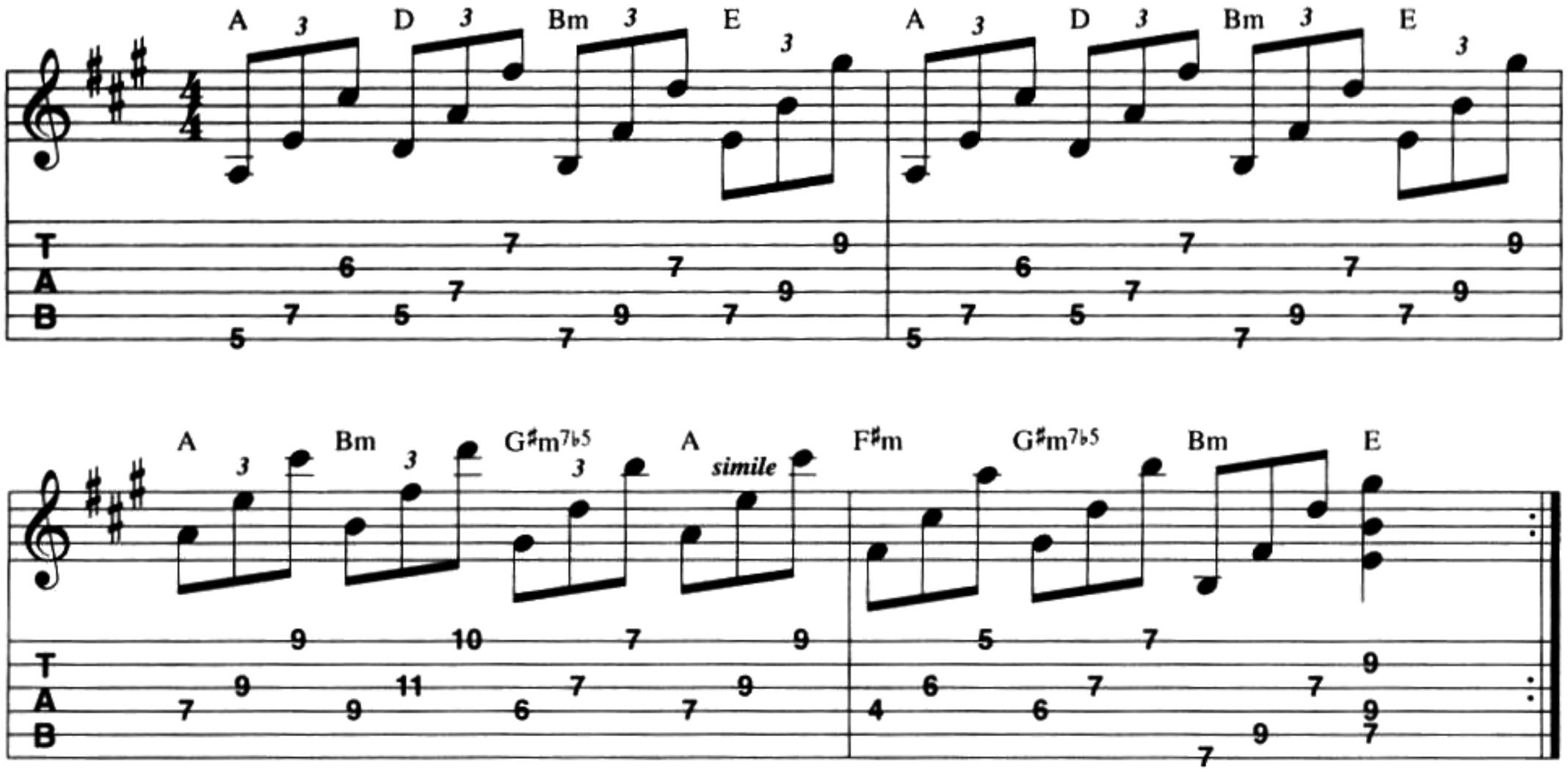
Example 3: Arpeggios in Key of A major (cont'd)



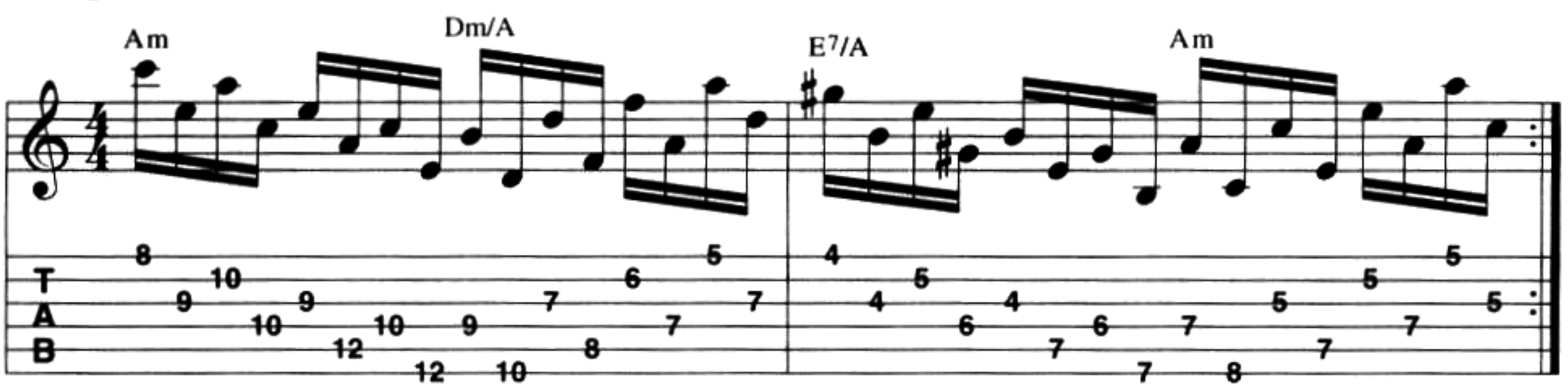
Example 4: A minor and E minor Pentatonics



Example 5: Root, 5th and 10th String Skips

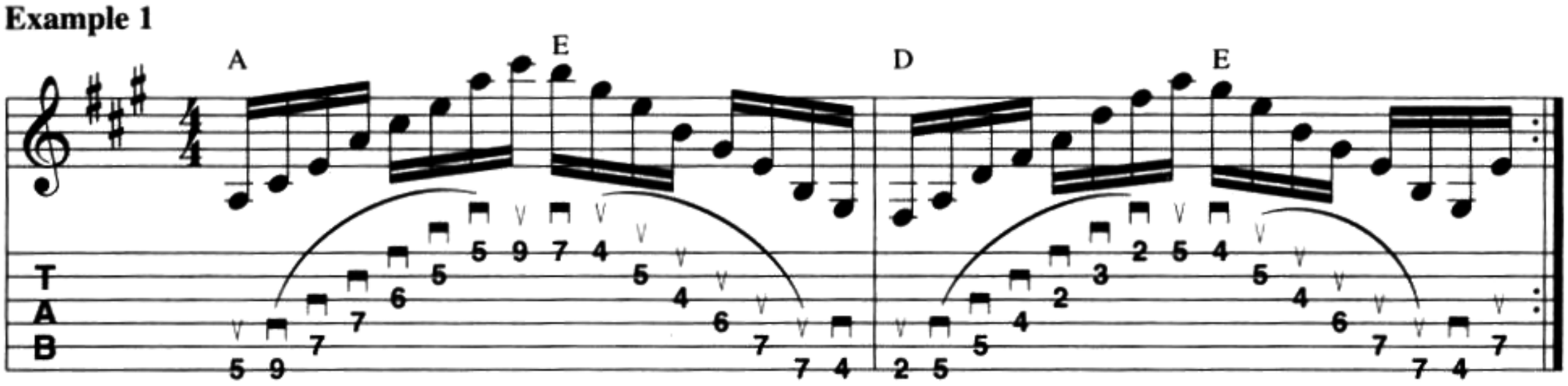


Example 6: A Harmonic Minor (i,iv,V)

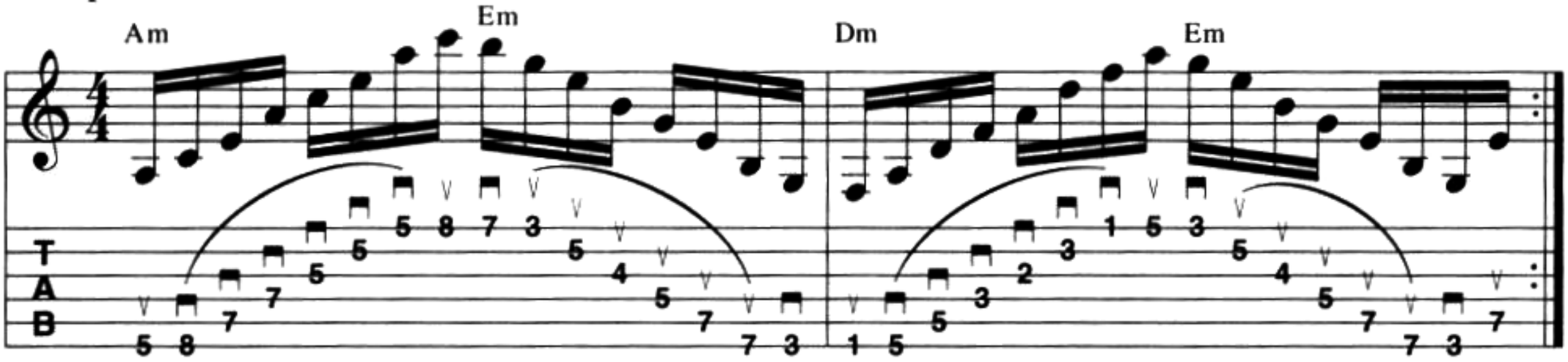


Round 8 • Sweep Picking Triad Arpeggios

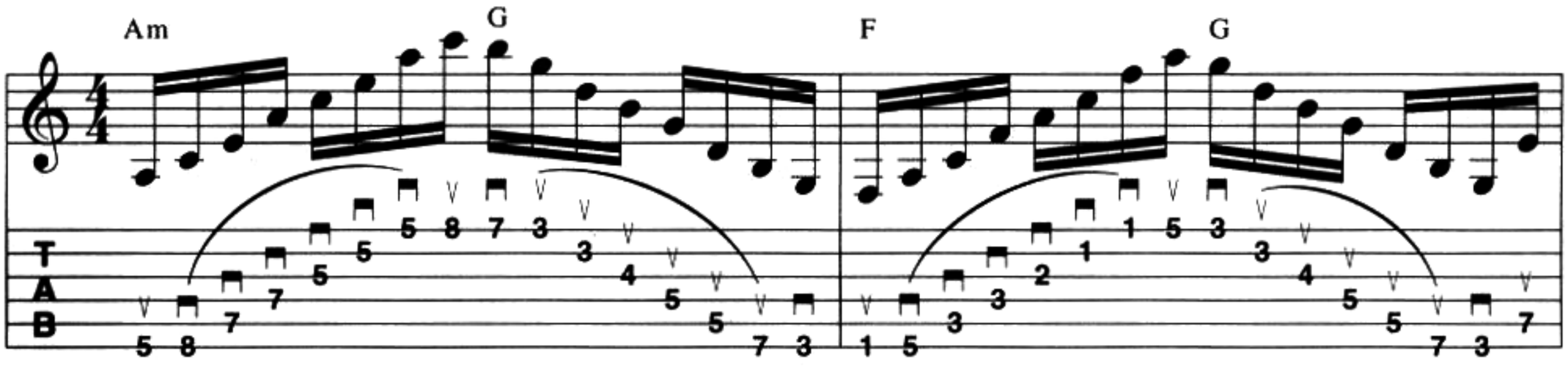
Example 1

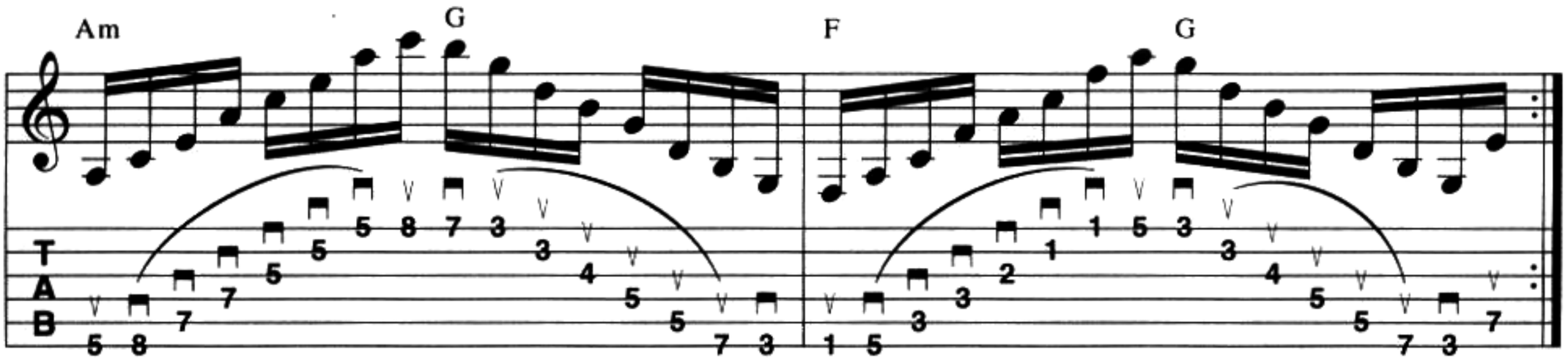


Example 2

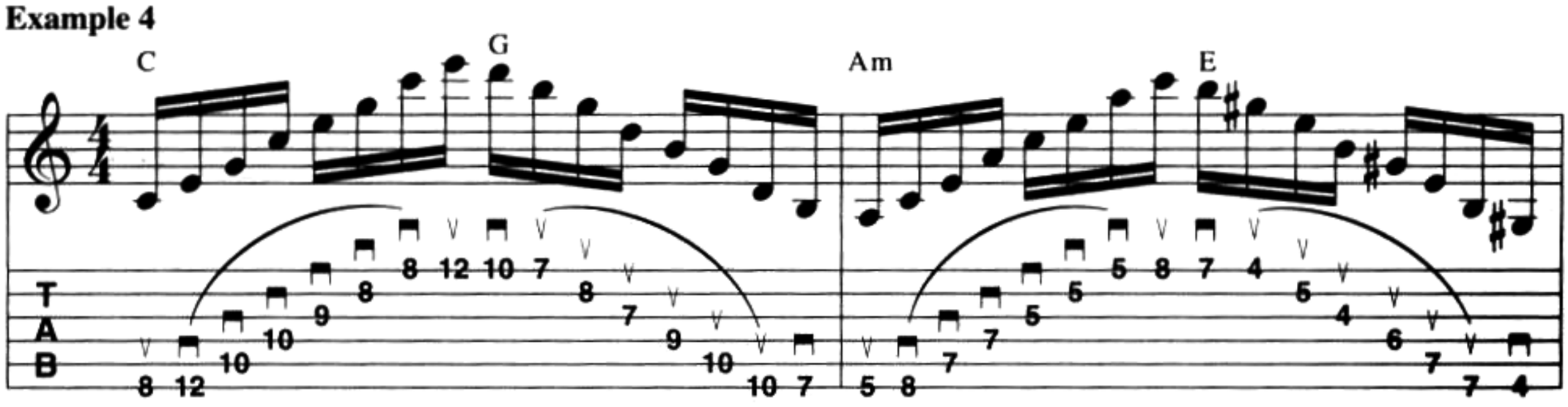


Example 3





Example 4



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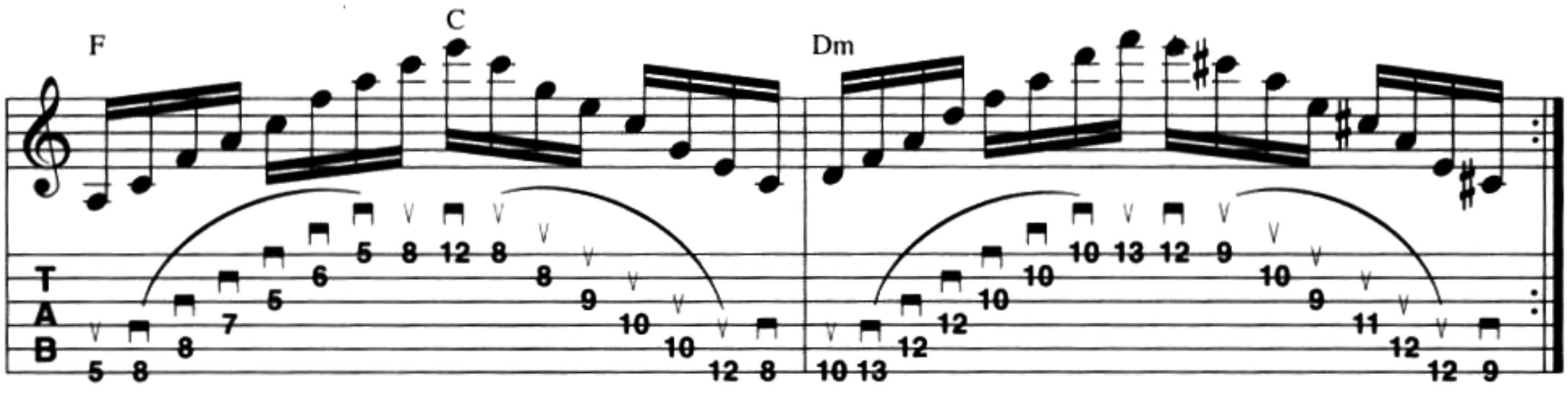
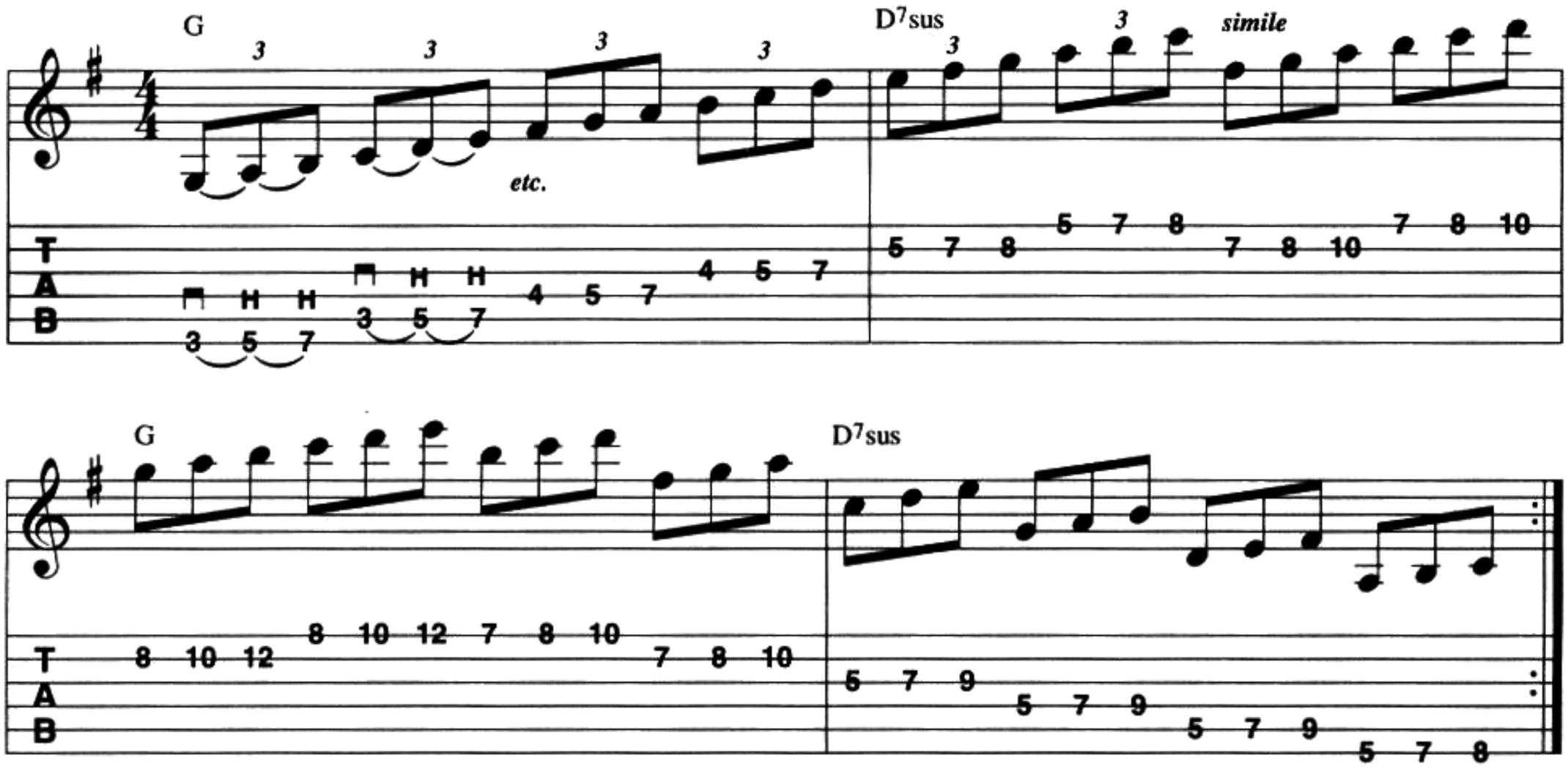
Example 4 (cont'd)

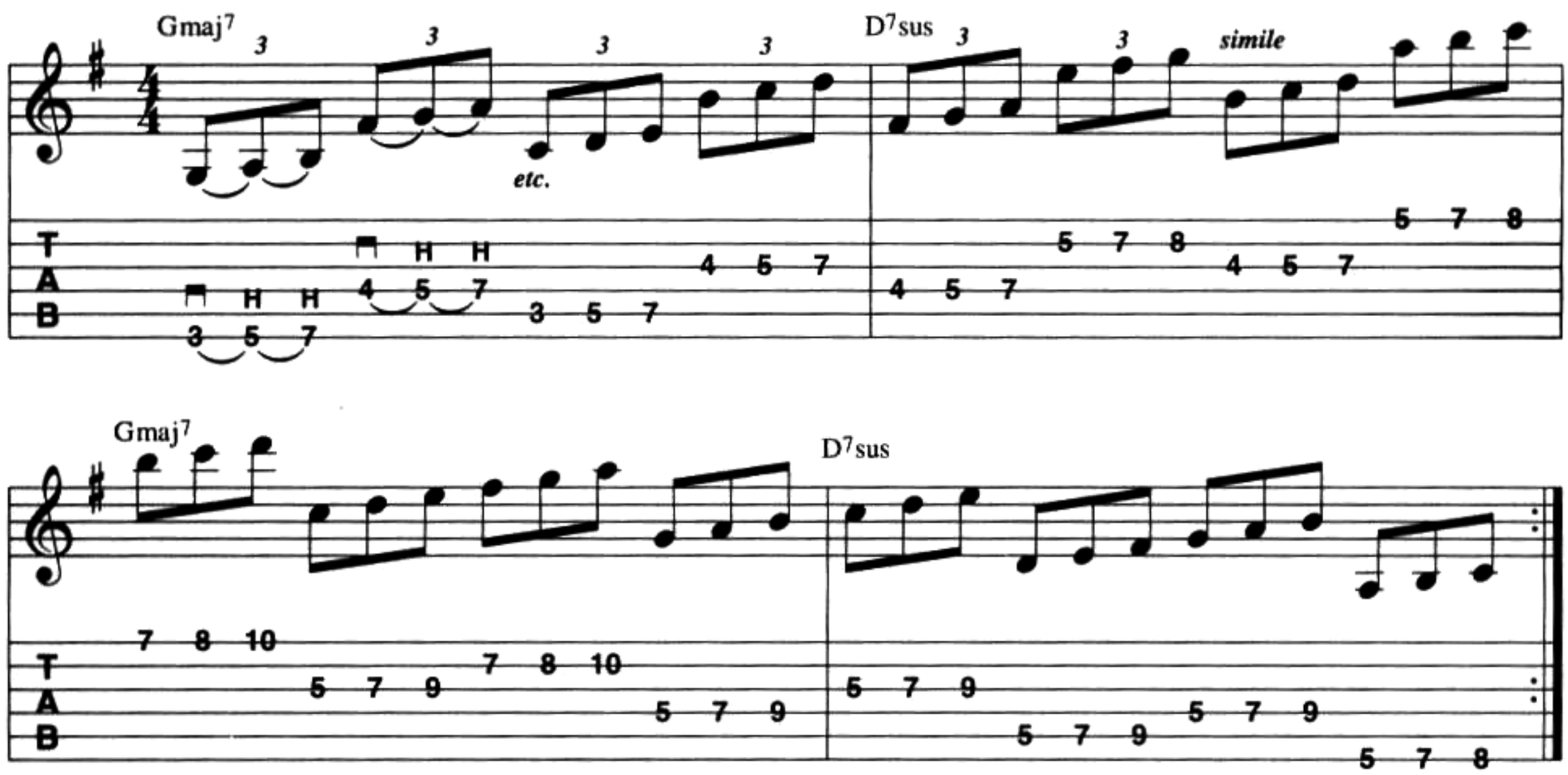


Round 9 • Hammer-Ons and Pull-Offs

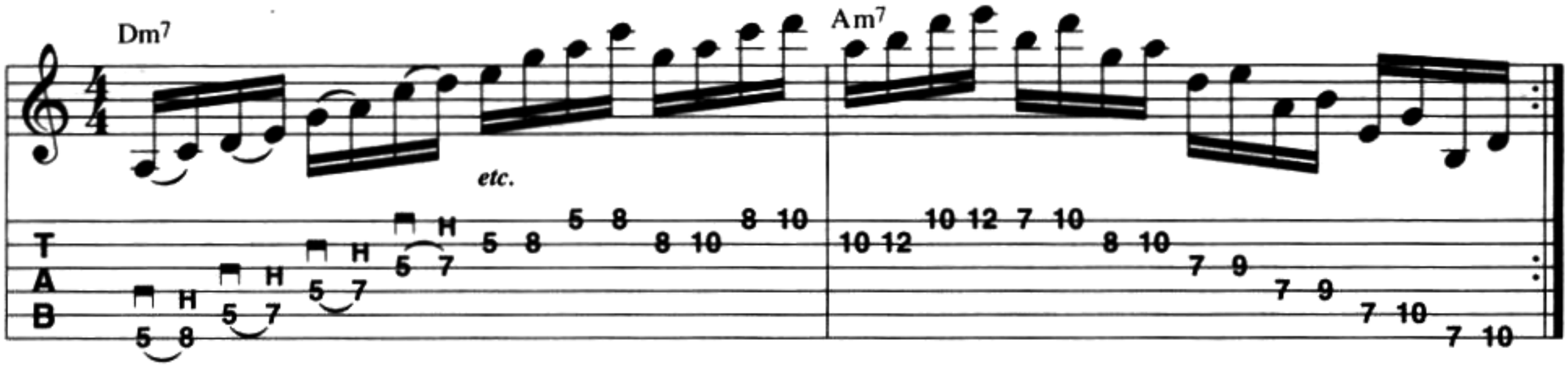
Example 1: Triplets



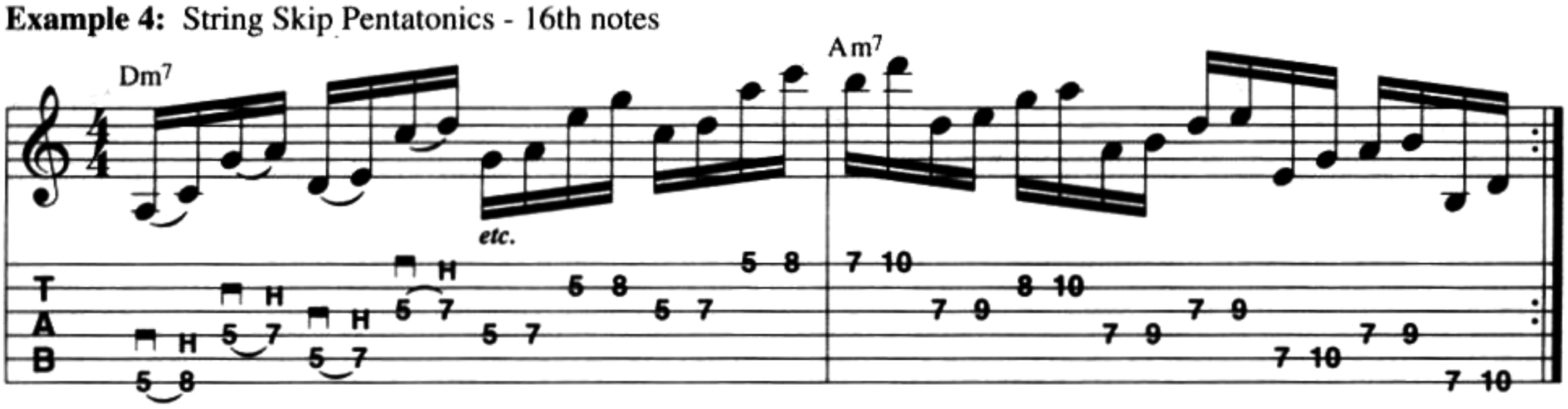
Example 2: Scale with string skip - triplets



Example 3: A minor and E minor Pentatonics

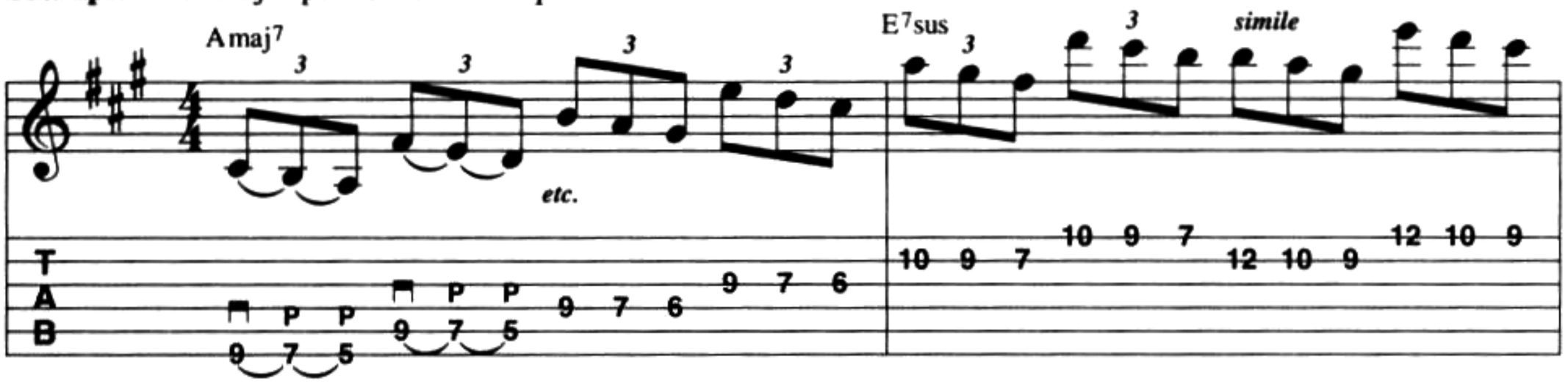


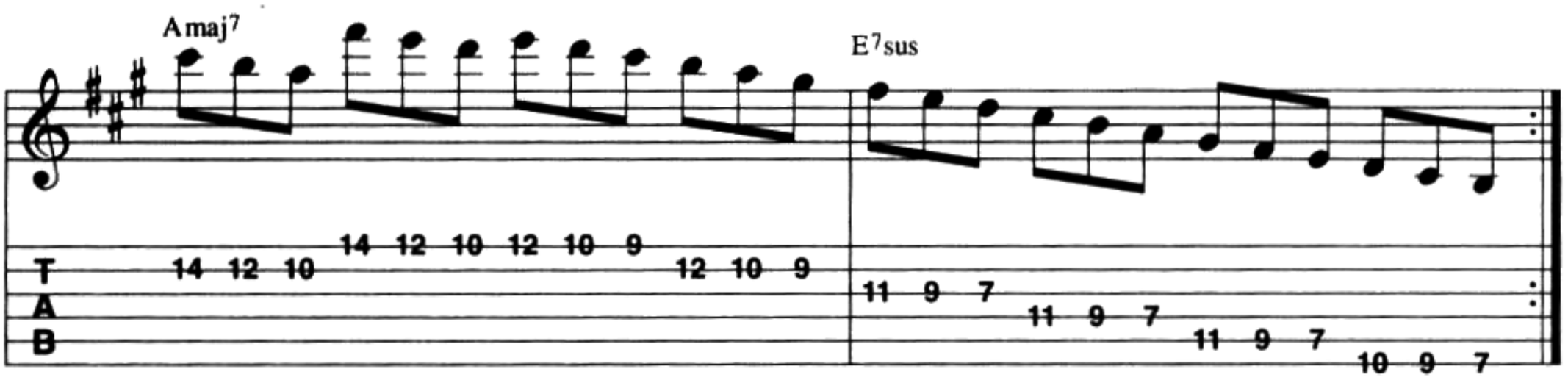
Example 4: String Skip Pentatonics - 16th notes



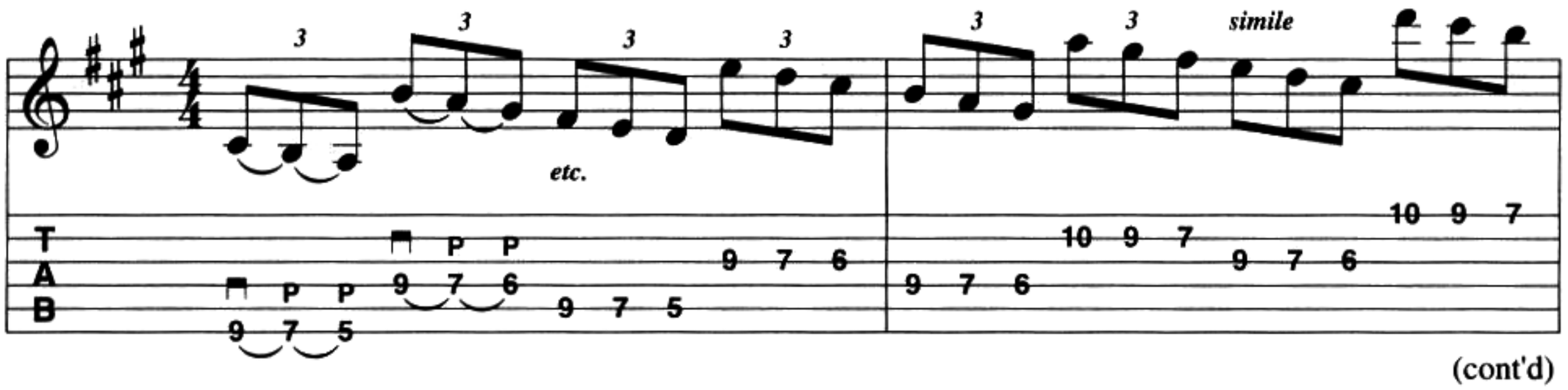
Pull-Offs

Example 5: A major pull-off scale - triplets





Example 6: A major pull-off scale - triplets



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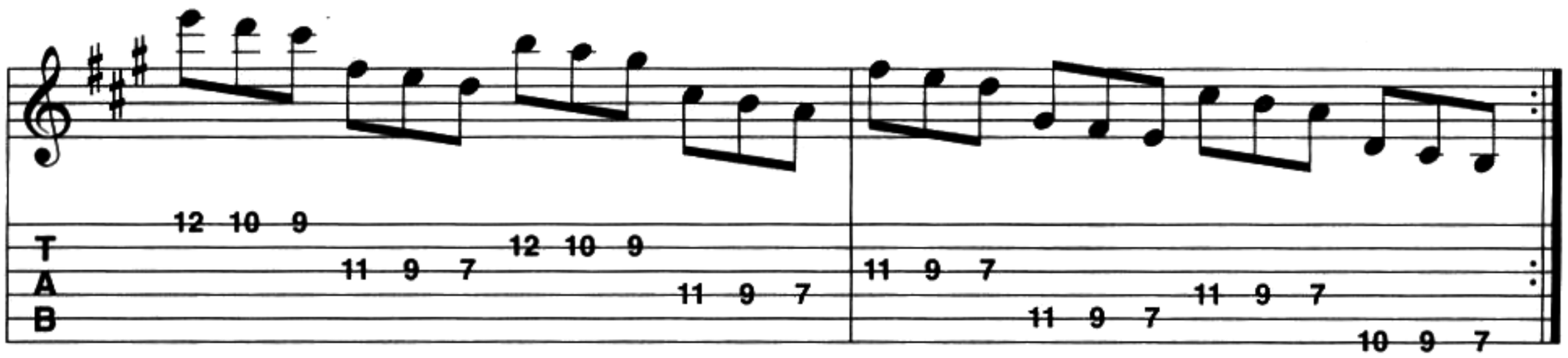
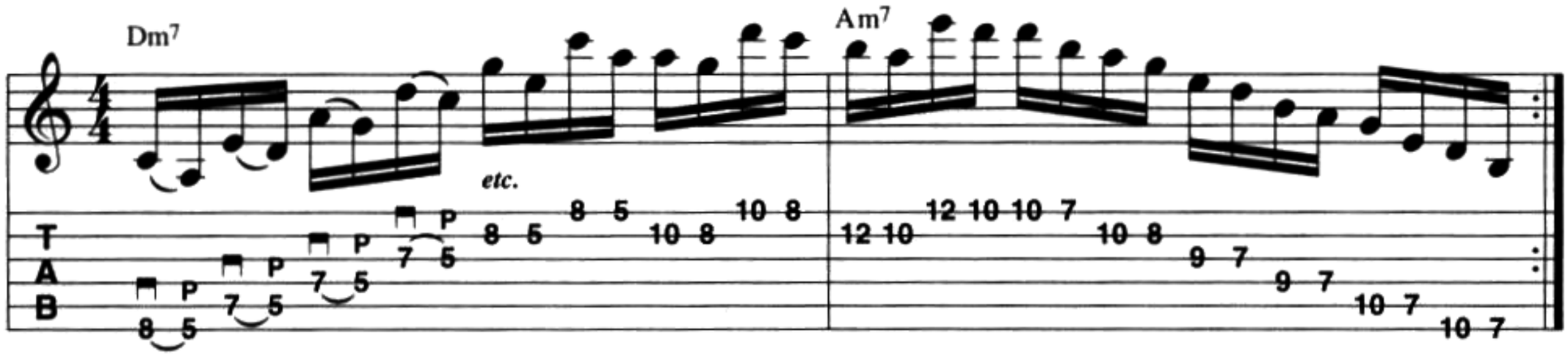
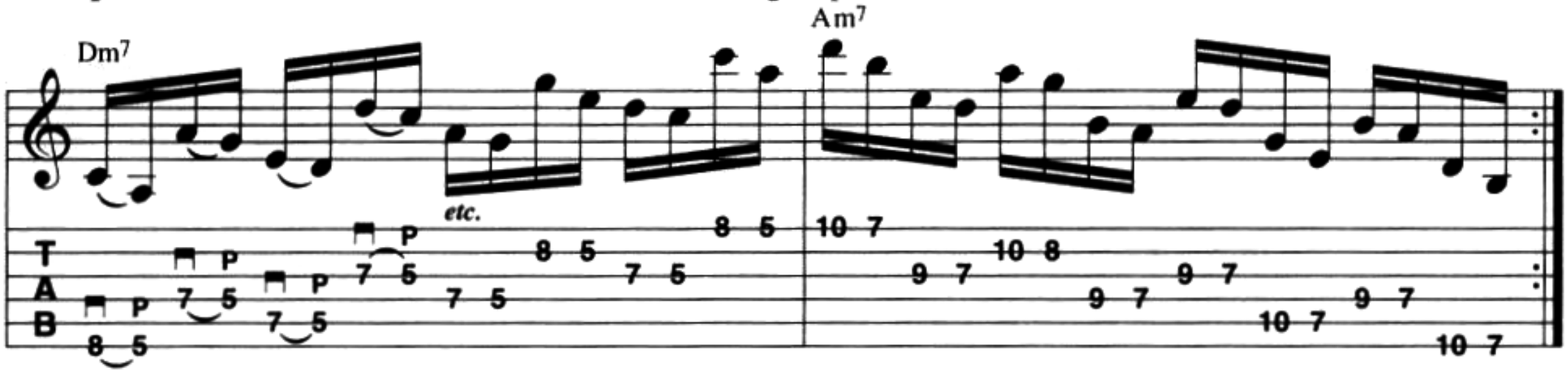
Example 6: A major pull-off scale - triplets (cont'd)



Example 7: A minor and E minor Pentatonics - 16th notes

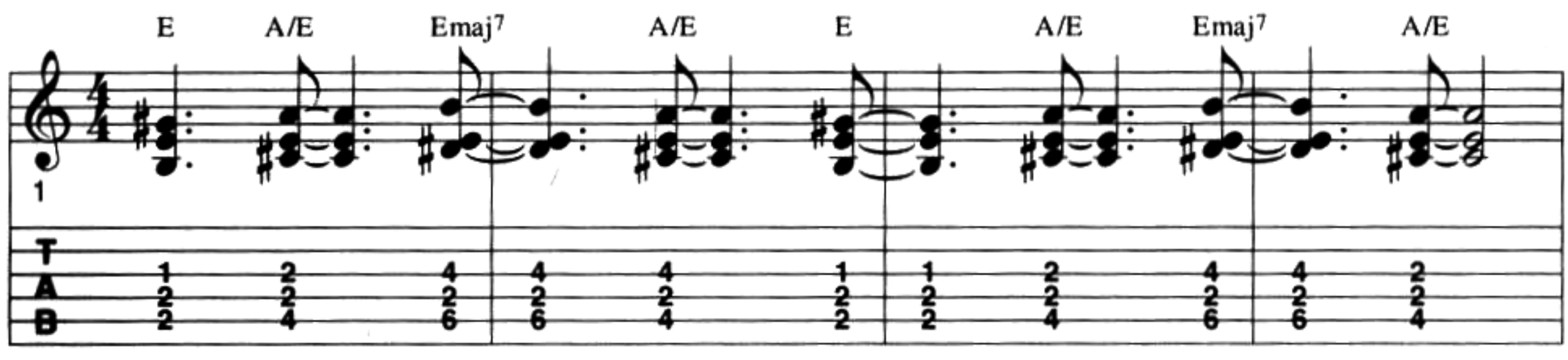


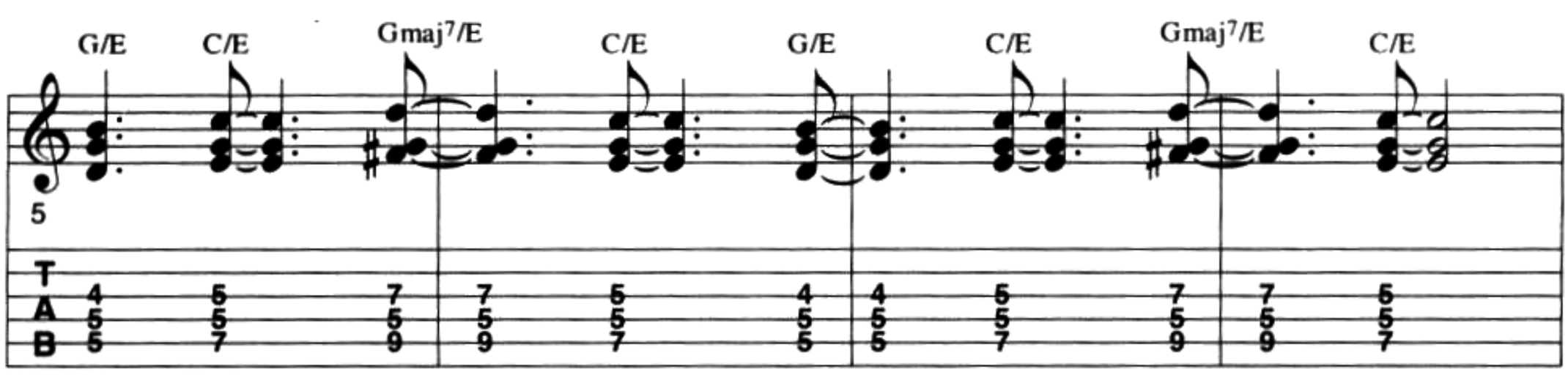
Example 8: A minor and E minor Pentatonics with string skip - 16th notes



Round 10 • Cool Down

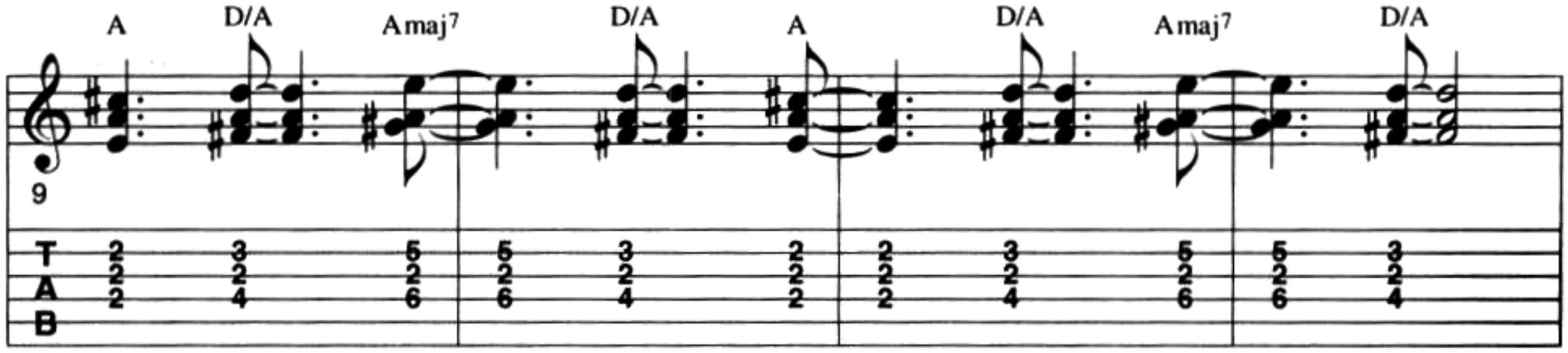
Example 1: Stretch Voicings

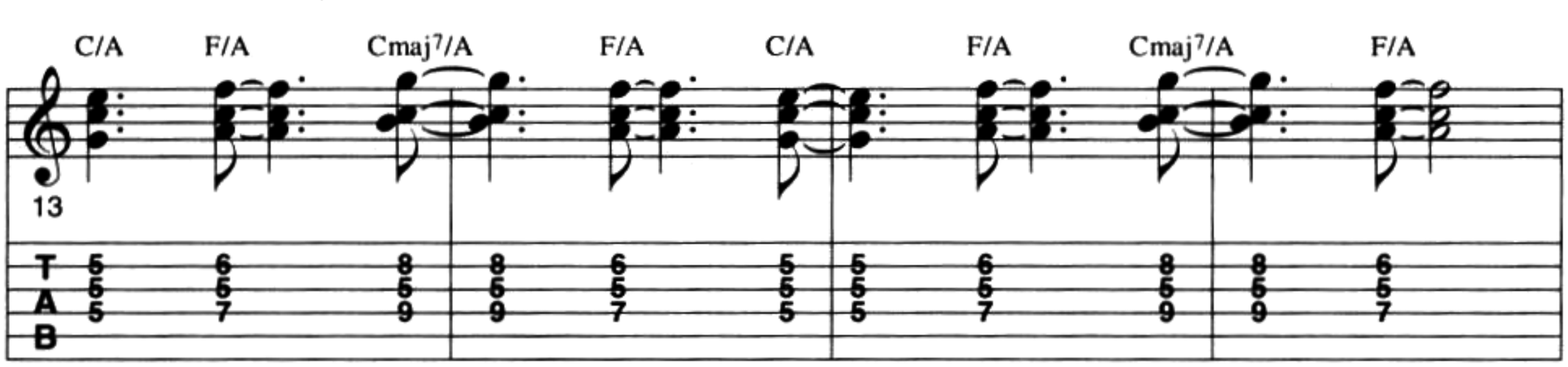


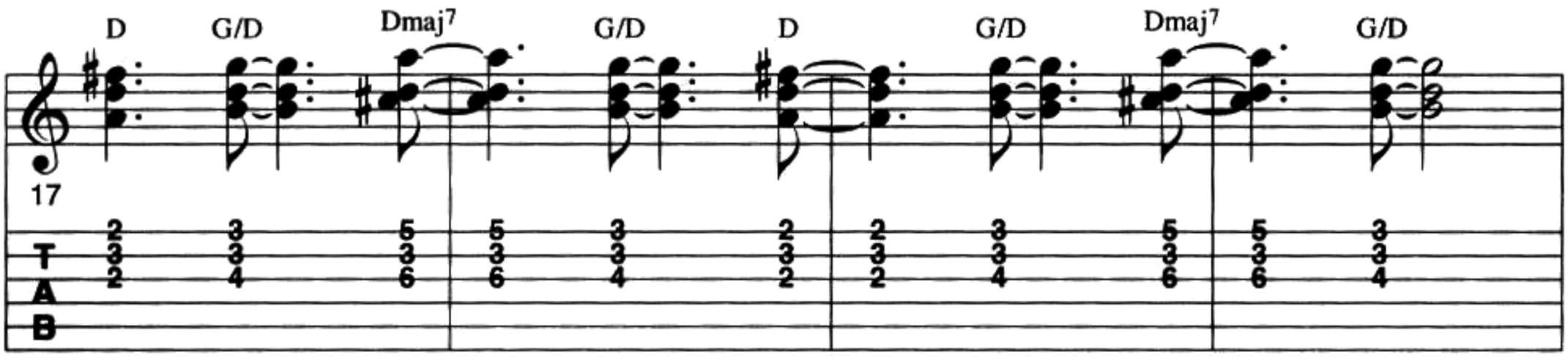


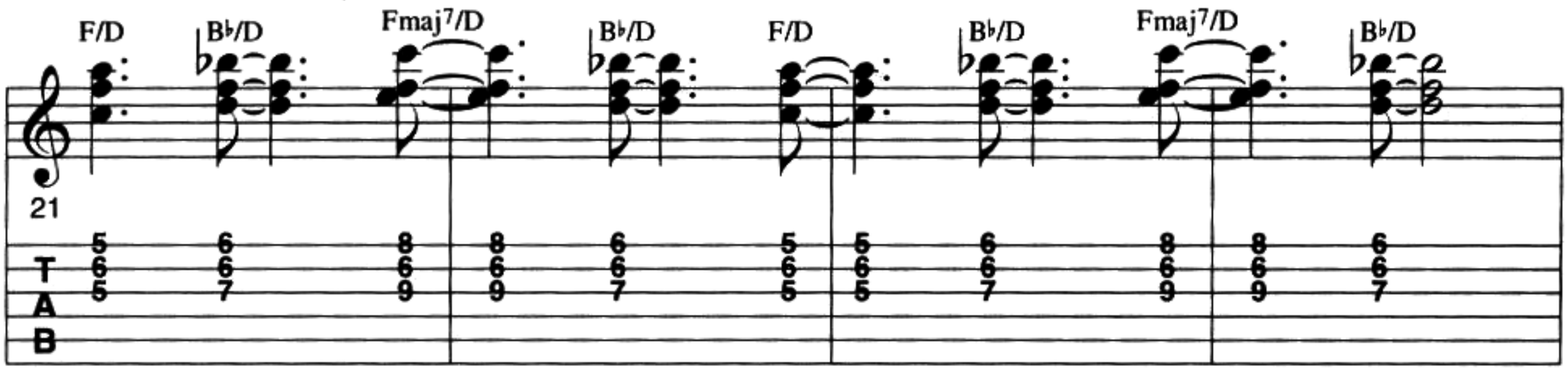
(cont'd)

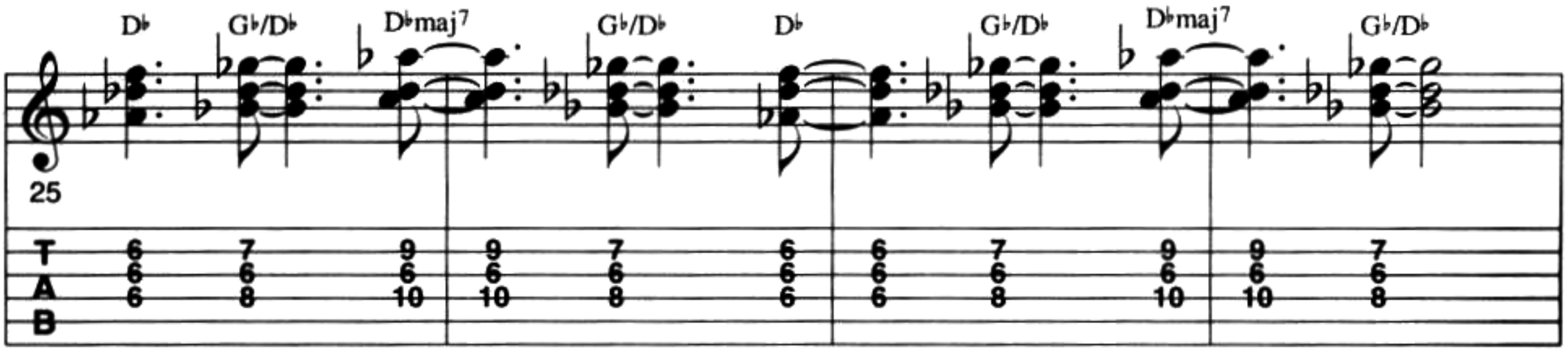
Example 1: Stretch Voicings (cont'd)





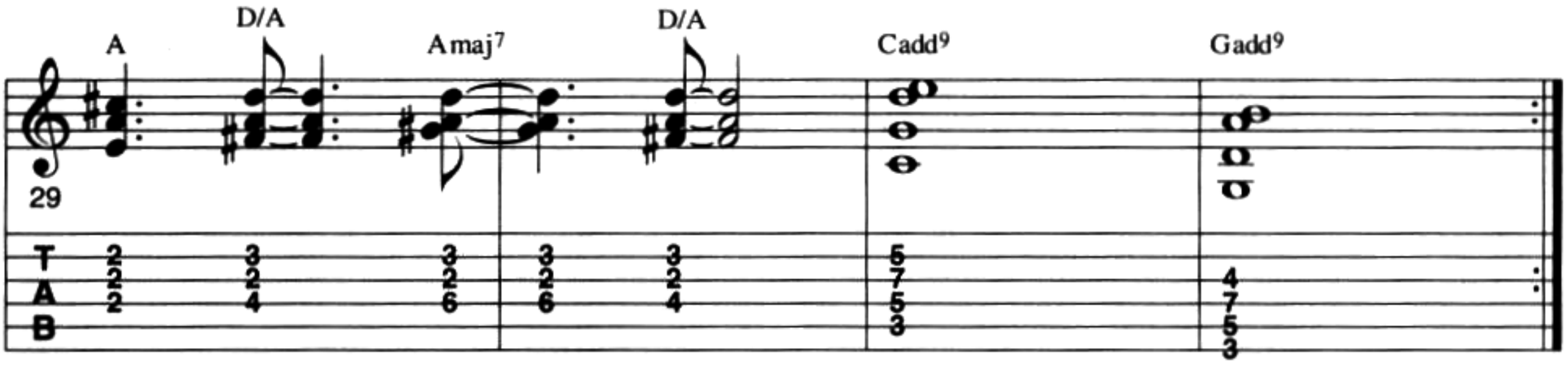




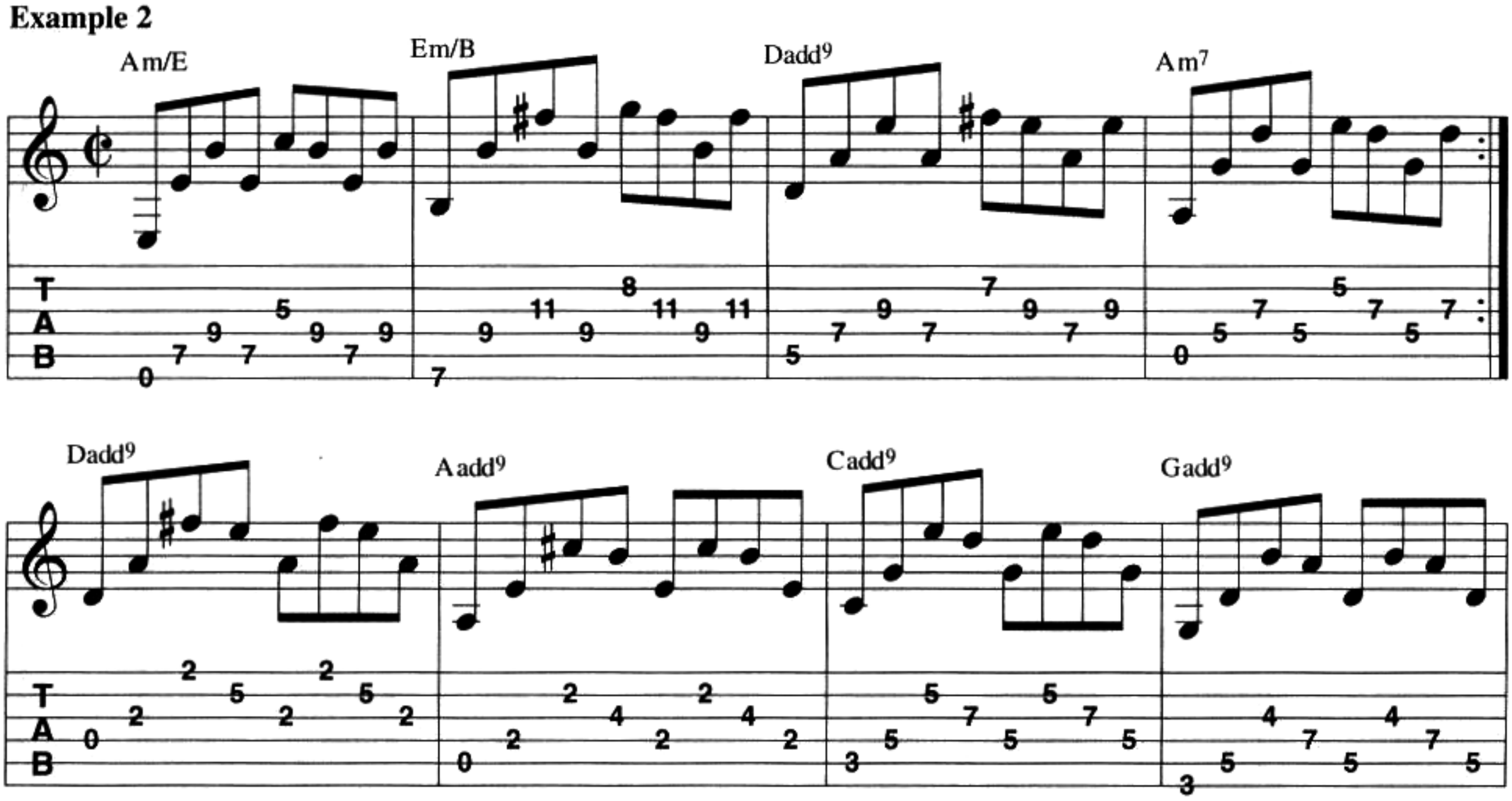


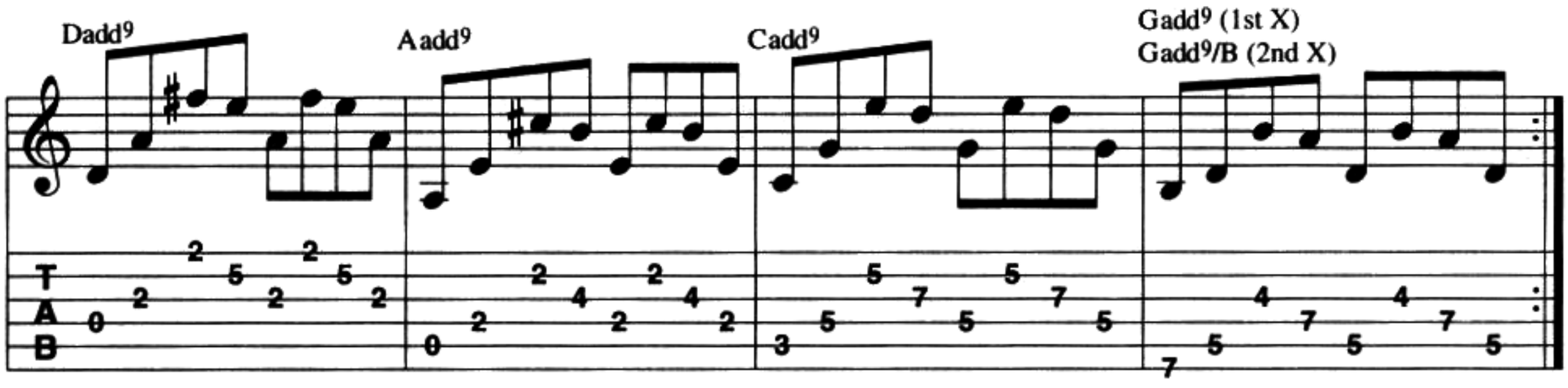
(cont'd)

Example 1: Stretch Voicings (cont'd)

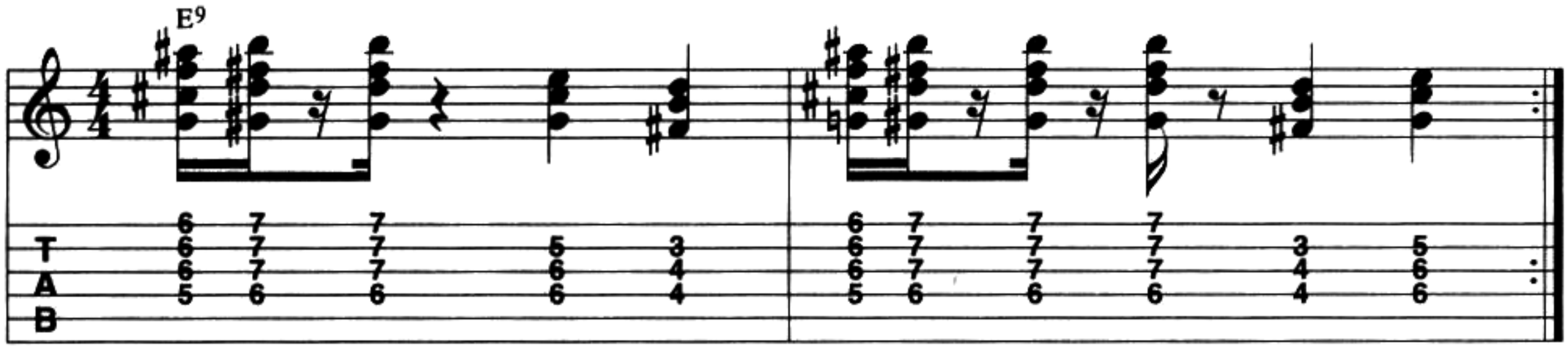


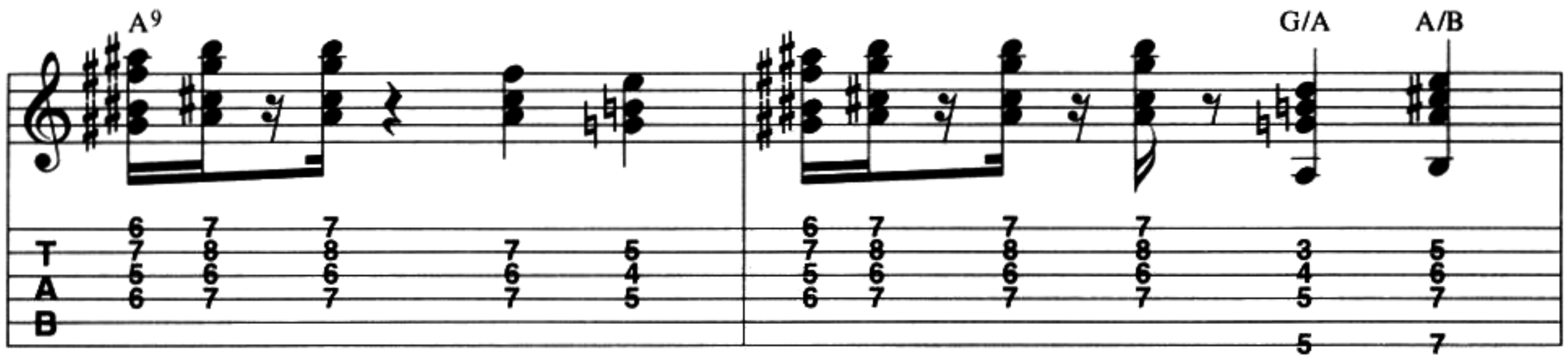
Example 2





Example 3: E9 Blues



(cont'd)

Example 3: E9 Blues (cont'd)