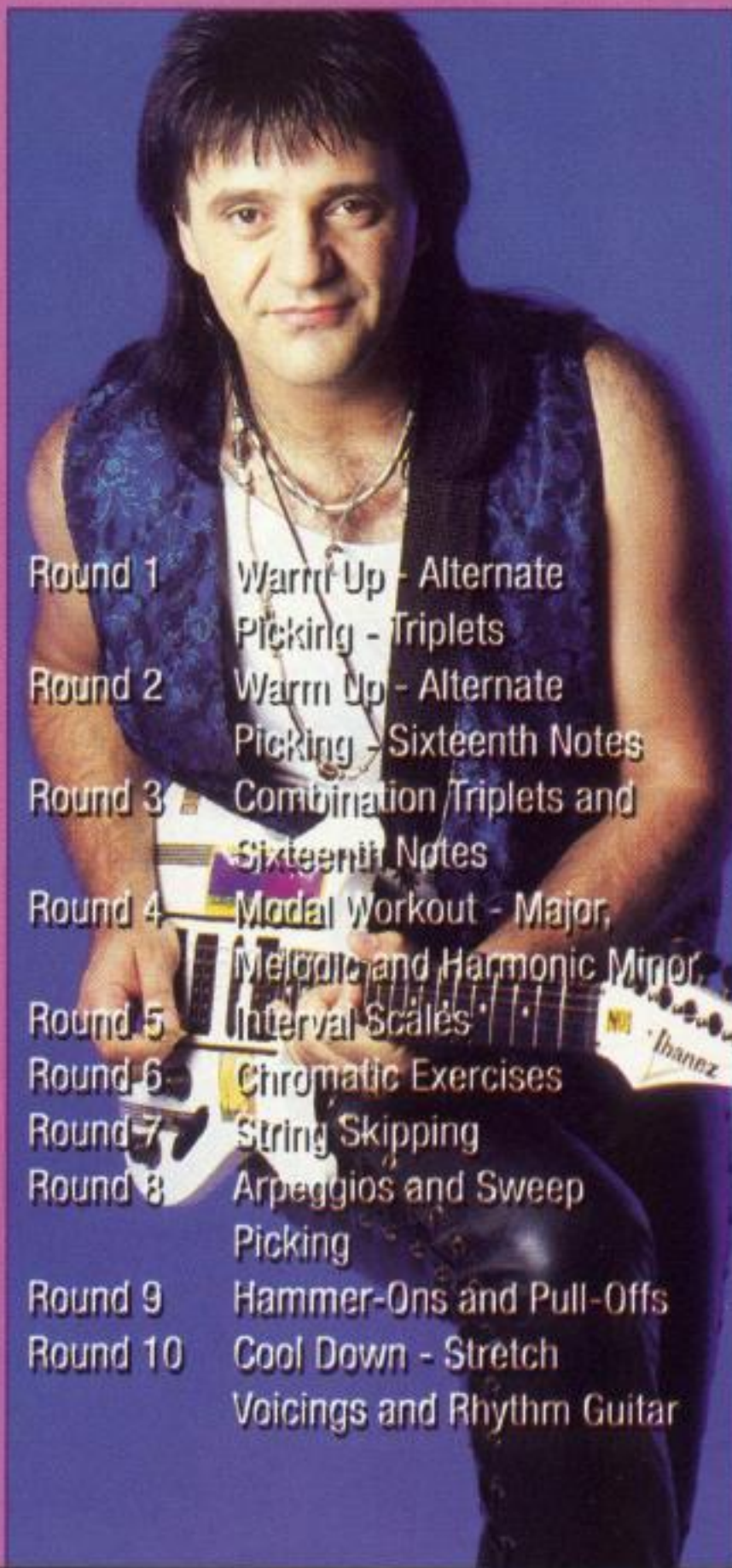


FRANK GAMBALE



THE ULTIMATE GUITAR WORKOUT



- Round 1 Warm Up - Alternate Picking - Triplets
- Round 2 Warm Up - Alternate Picking - Sixteenth Notes
- Round 3 Combination Triplets and Sixteenth Notes
- Round 4 Modal Workout - Major, Melodic and Harmonic Minor
- Round 5 Interval Scales
- Round 6 Chromatic Exercises
- Round 7 String Skipping
- Round 8 Arpeggios and Sweep Picking
- Round 9 Hammer-Ons and Pull-Offs
- Round 10 Cool Down - Stretch Voicings and Rhythm Guitar

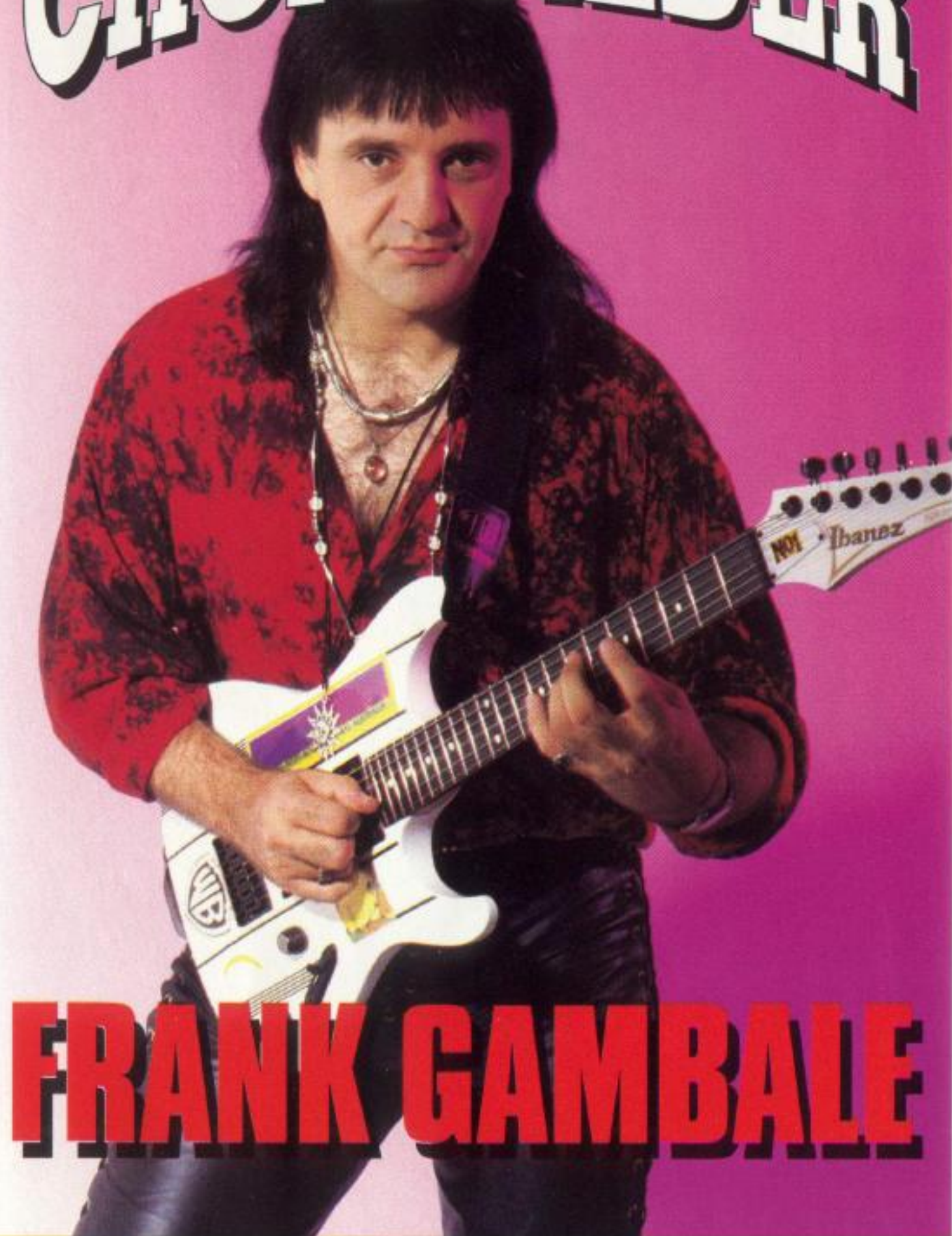
究極のギター・ワークアウト「チョップビルダー」で、プレイに磨きをかけよう！週3回のこの強烈なエクササイズによって、音楽理論やフレット・ポジションに関する知識を高めると同時に、ギター演奏に正確さを増し、指を鍛え、さらにスピードと機敏さを養うことができるだろう。特に持久力をつけることに重点がおかれているので、75分間ほとんどノン・ストップのワークアウトをフランクと一緒にプレイしてみよう。世界でも一流のジャズ・ロック・ギタリストの一人、フランク・ガンバレによるこのエキサイティングで刺激的なビデオは、君の練習意欲を鼓舞するに違いない。すべてに渡って論理的に進められている例に従っていけば、その効果はすぐ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

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フランク・ガンバレ チョップビルダー

THE ULTIMATE GUITAR WORKOUT CHOPBUILDER



FRANK GAMBALE

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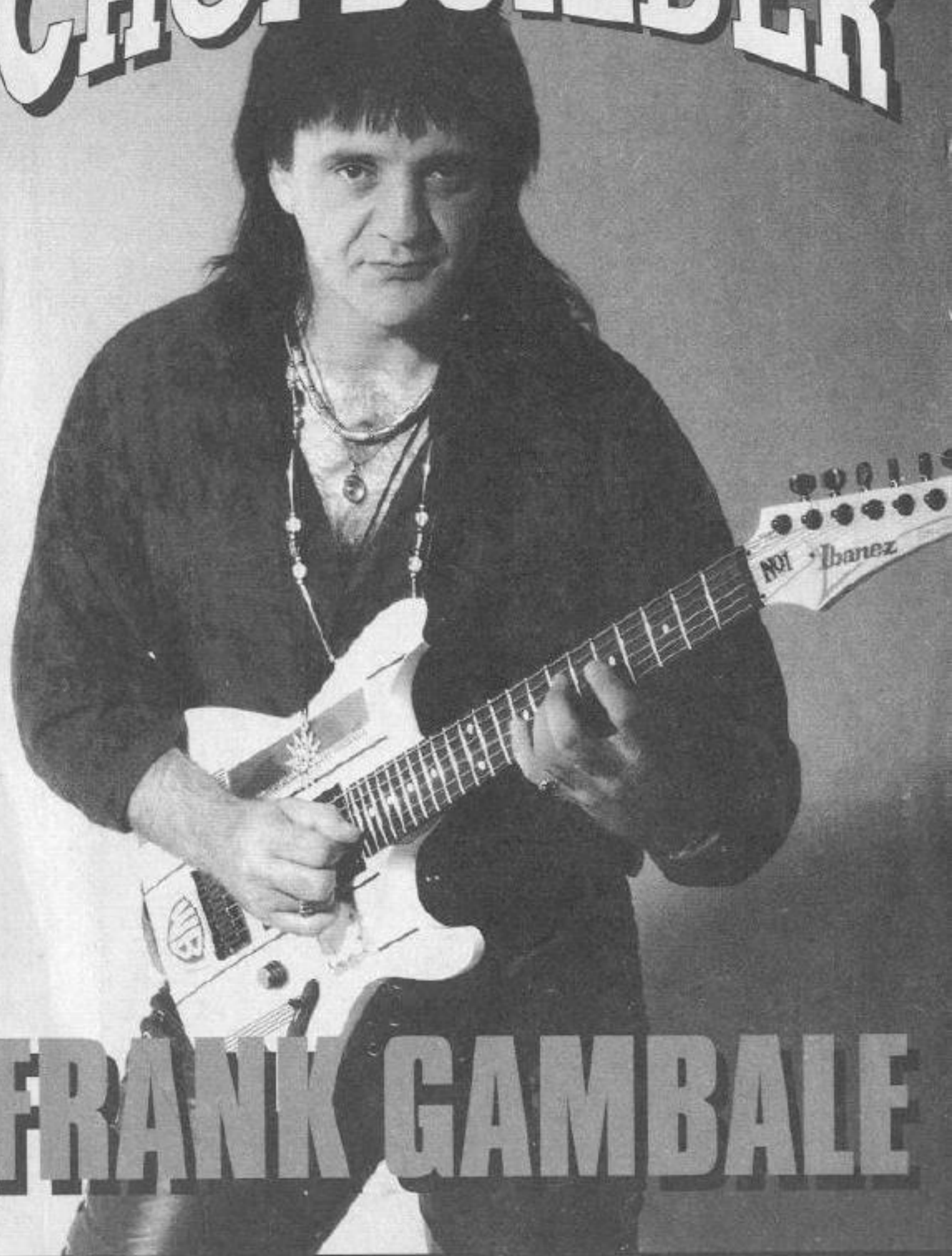
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THE ULTIMATE GUITAR WORKOUT

CHOPBUILDER



FRANK GAMBALE



REH VIDEO

Round 1 • Warm Up Alternate Picking - Triplets

Example 1 (Key of C)

Am⁷

3 3 3 3 3 3 3 3

▣ V ▣ V ▣ V etc.

T
A
B

5 5 5 5 5 5 5 5 5 5 5 5

Example 2

Am⁷

3 3 3 3 3 3 3 3

T
A
B

2 2 2 1 1 1 4 4 4 3 3 3 5 5 5 5 5 5 3 3 3 4 4 4

Example 3

Am⁷

3 3 3 3 3 3 3 3

T
A
B

2 2 2 2 2 2 1 1 1 2 2 2 5 5 5 4 4 4 3 3 3 4 4 4

3 3 3 3 3 3 3 3

T
A
B

7 7 7 5 5 5 5 5 5 7 7 7 5 5 5 4 4 4 3 3 3 5 5 5

Round 1 • Warm Up Alternate Picking - Triplets

Example 4

Am⁷ 3

T 8 8 8 8 8 8 7 7 7 8 8 8

A 10 10 10 9 9 9 7 7 7 9 9 9

B

T 5 5 5 5 5 5 3 3 3 3 3 3 4 4 4 5 5 5

A 7 7 7 5 5 5 3 3 3 4 4 4 5 5 5

B

Example 5

Am⁷ 3

T 5 5 5 5 5 5 5 5 5 8 8 8

A 7 7 7 7 7 7 5 5 5 7 7 7

B 5 5 5 8 8 8 7 7 7 7 7 7

T 7 7 7 3 3 3 3 3 3 4 4 4

A 3 3 3 4 4 4 5 5 5 5 5 5 7 7 7 3 3 3

B

Example 6

Am⁷ 3

T 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9

A 5 7 9 5 7 9 5 7 9 5 7 9 5 7 9

B

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 2

Cm⁷

T 5 5 5 5 4 4 4 4 7 7 7 7 6 6 6 6

A 8 8 8 8 8 8 8 8 6 6 6 6

B 7 7 7 7

Example 3

Cm⁷

T 5 5 5 5 4 4 4 4 5 5 5 5

A 5 5 5 5 5 5 5 5

B 8 8 8 8 7 7 7 7 6 6 6 6 7 7 7 7

T 8 8 8 8 8 8 8 8 10 10 10 10

A 10 10 10 10 8 8 8 8 10 10 10 10

B 8 8 8 8 7 7 7 7 6 6 6 6 8 8 8 8

Example 4

Cm⁷

T 12 12 12 12 11 11 11 11 11 11 11 11 10 10 10 10

A 13 13 13 13 12 12 12 12 11 11 11 11 10 10 10 10

B 12 12 12 12

T 10 10 10 10 8 8 8 8 8 8 8 8 6 6 6 6 6 6 6 6

A 10 10 10 10 8 8 8 8 8 8 8 8

B 7 7 7 7 8 8 8 8

Round 2 • Warm Up Alternate Picking - 16th Notes

Example 5

*Cm*⁷

T
A
B

8 8 8 8 11 11 11 11 10 10 10 10 10 10 10 10 8 8 8 8 11 11 11 11

T
A
B

10 10 10 10 6 6 6 6 6 6 6 6 7 7 7 7 8 8 8 8 8 8 8 8 10 10 10 10 6 6 6 6

Example 6

*Cm*⁷

T
A
B

8 10 8 10 10 13 10 12 8 10 8 11 10 12 11 13

Example 7

*Cm*⁷

T
A
B

8 10 8 10 9 8 10 8 8 10 8 10 11 8 10 8

Example 8

*Cm*⁷

T
A
B

8 10 8 10 8 11 8 11 9 13 10 13 10 13 8 11

Round 4 • Scale Workout

(Major Scale Modes)

Mode 1: G Ionian (G Major)

G

T
A
B

3 5 7 3 5 7 4 5 7 4 5 7 5 7 8 5

7 5 8 7 5 7 5 4 7 5 4 7 5 4 7 5 3 7 5

Mode 2: G Dorian (F Major)

Gm⁷

T
A
B

3 5 6 3 5 7 3 5 7 3 5 7 5 6 8 5

6 5 8 6 5 7 5 3 7 5 3 7 5 3 7 5 3 6 5

Mode 3: G Phrygian (E^b Major)

Gm⁷(#5)

T
A
B

3 4 6 3 5 6 3 5 6 3 5 7 4 6 8 4

(cont'd)

Round 4 • Major Scale Modes

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

6 4 8 6 4 7 5 3 6 5 3 6 5 3 6 4

Mode 4: G Lydian (D Major)

Gmaj7(b5)

3 5 7 4 5 7 4 6 7 5 7 8 5

7 5 8 7 5 7 6 4 7 5 4 7 5 4 7 5

Mode 5: G Mixolydian (C Major)

G7

3 5 7 3 5 7 4 5 7 5 6 8 5

7 5 8 6 5 7 5 4 7 5 3 7 5 3 7 5

Round 4 • Major Scale Modes

Mode 6: G Aeolian (Bb Major)

Gm7

T
A
B

T
A
B

Mode 7: G Locrian (Ab Major)

Gm7b5

T
A
B

T
A
B

Melodic Minor Modes

Mode 1: G Melodic Minor

Gm

T
A
B

T
A
B

(cont'd)

Round 4 • Melodic Minor Modes

Mode 1: G Melodic Minor (cont'd)

Musical notation for Mode 1: G Melodic Minor (cont'd). The notation includes a treble clef staff with a key signature of one flat (Bb) and a bass staff with three lines labeled T, A, and B. The treble staff contains a melodic line with notes G, A, B, C, D, E, F#, G, A, B, C, D, E, F, G. The bass staff contains a bass line with notes G, F, E, D, C, B, A, G, F, E, D, C, B, A, G. Fingering numbers are provided for each note: T (6, 5, 8, 7, 5, 7, 5, 3), A (7, 5, 4, 7, 5, 3), B (6, 5).

Mode 2: G Dorian b2 (F Melodic Minor)

Musical notation for Mode 2: G Dorian b2 (F Melodic Minor). The notation includes a treble clef staff with a key signature of two flats (Bb, Eb) and a bass staff with three lines labeled T, A, and B. The treble staff contains a melodic line with notes G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G. The bass staff contains a bass line with notes G, F, Eb, D, C, B, Ab, G, F, Eb, D, C, B, Ab, G. Fingering numbers are provided for each note: T (3, 4, 6, 3, 5, 7, 3, 5, 6, 3, 5, 7, 5, 6, 8, 4), A (3, 4, 6, 3, 5, 7, 3, 5, 6, 3, 5, 7, 5, 6, 8, 4), B (3, 4, 6, 3, 5, 7, 3, 5, 6, 3, 5, 7, 5, 6, 8, 4).

Musical notation for Mode 2: G Dorian b2 (F Melodic Minor). The notation includes a treble clef staff with a key signature of two flats (Bb, Eb) and a bass staff with three lines labeled T, A, and B. The treble staff contains a melodic line with notes G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G. The bass staff contains a bass line with notes G, F, Eb, D, C, B, Ab, G, F, Eb, D, C, B, Ab, G. Fingering numbers are provided for each note: T (6, 4, 8, 6, 5, 7, 5, 3, 6, 5, 3, 7, 5, 3, 6, 4), A (6, 4, 8, 6, 5, 7, 5, 3, 6, 5, 3, 7, 5, 3, 6, 4), B (6, 4, 8, 6, 5, 7, 5, 3, 6, 5, 3, 7, 5, 3, 6, 4).

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

Musical notation for Mode 3: G Lydian #5 (E Melodic Minor). The notation includes a treble clef staff with a key signature of three sharps (F#, C#, G#) and a bass staff with three lines labeled T, A, and B. The treble staff contains a melodic line with notes G, A, B, C#, D, E, F#, G, A, B, C#, D, E, F#, G. The bass staff contains a bass line with notes G, F, E, D, C, B, A, G, F, E, D, C, B, A, G. Fingering numbers are provided for each note: T (3, 5, 7, 4, 6, 7, 4, 5, 7, 4, 6, 8, 5, 7, 8, 5), A (3, 5, 7, 4, 6, 7, 4, 5, 7, 4, 6, 8, 5, 7, 8, 5), B (3, 5, 7, 4, 6, 7, 4, 5, 7, 4, 6, 8, 5, 7, 8, 5).

Musical notation for Mode 3: G Lydian #5 (E Melodic Minor). The notation includes a treble clef staff with a key signature of three sharps (F#, C#, G#) and a bass staff with three lines labeled T, A, and B. The treble staff contains a melodic line with notes G, A, B, C#, D, E, F#, G, A, B, C#, D, E, F#, G. The bass staff contains a bass line with notes G, F, E, D, C, B, A, G, F, E, D, C, B, A, G. Fingering numbers are provided for each note: T (7, 5, 8, 7, 5, 8, 6, 4, 7, 5, 4, 7, 6, 4, 7, 5), A (7, 5, 8, 7, 5, 8, 6, 4, 7, 5, 4, 7, 6, 4, 7, 5), B (7, 5, 8, 7, 5, 8, 6, 4, 7, 5, 4, 7, 6, 4, 7, 5).

Round 4 • Melodic Minor Modes

Mode 4: G Lydian b7 (D Melodic Minor)

G⁷

T
A
B

3 5 7 4 5 7 3 5 7 4 6 7 5 6 8 5

7 5 8 6 5 7 6 4 7 5 3 7 5 4 7 5

Mode 5: G Mixolydian b6 (C Melodic Minor)

G⁷

T
A
B

3 5 7 3 5 6 3 5 7 4 5 7 4 6 8 5

7 5 8 6 4 7 5 4 7 5 3 6 5 3 7 5

Mode 6: G Aeolian b5 (Bb Melodic Minor)

Gm^{7b5}

T
A
B

3 5 6 3 4 6 3 5 7 3 5 6 4 6 8 5

(cont'd)

Round 4 • Melodic Minor Modes

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

6 5 8 6 4 6 5 3 7 5 3 6 4 3 6 5

Mode 7: G Super Locrian (Ab Melodic Minor)

Gm7b5 (G7alt.)

3 4 6 2 4 6 3 5 6 3 4 6 4 6 8 4

6 4 8 6 4 6 4 3 6 5 3 6 4 2 6 4

Harmonic Minor Modes

Mode 1: A Harmonic Minor

Am

5 7 8 5 7 8 6 7 9 5 7 9 6 9 10 7

8 7 10 9 6 9 7 5 9 7 6 8 7 5 8 7

Round 4 • Harmonic Minor Modes

Mode 2: A Locrian $\flat 6$ (G Harmonic Minor)

Am7 $\flat 5$

T
A
B

5 6 8 5 6 9 5 7 8 7 8 10 6

8 6 10 8 7 8 7 5 8 7 5 9 6 5 8 6

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

Amaj7 $\sharp 5$

T
A
B

5 7 9 5 8 9 6 7 9 6 7 10 7 9 10 7

9 7 10 9 7 10 7 6 9 7 6 9 8 5 9 7

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

Am7

T
A
B

5 7 8 6 7 9 5 7 9 5 8 9 7 8 10 7

(cont'd)

Round 4 • Harmonic Minor Modes

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

T 8 7 10 8 7 9 8 5 9 7 5 9 7 6 8 7

A

B

Mode 5: A Phrygian Major (D Harmonic Minor)

T A7 6 8 10 6 6 7 9 6 8 10 6

A

B 5 6 9 5 7 8 5 7 8 6 7 9 6 8 10 6

T 9 6 10 8 6 9 7 6 8 7 5 8 7 5 9 6

A

B

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

T Amaj7 6 8 9 7 9 10 8 6 8 9 7 9 10 8

A

B 5 8 9 6 7 9 6 7 10 6 8 9 7 9 10 8

T 9 8 10 9 7 9 8 6 10 7 6 9 7 6 9 8

A

B

Round 4 • Harmonic Minor Modes

Mode 7: Super Locrian b7 (Bb Harmonic Minor)

Musical notation for Mode 7: Super Locrian b7 (Bb Harmonic Minor). The notation includes a treble clef staff with a melodic line and a bass staff with fingerings for Treble (T), Alto (A), and Bass (B) clefs. The scale notes are A, Bb, C, Db, Eb, F, G, Ab.

Diminished and Whole-Tone Scales

Scale 1: A Diminished

Musical notation for Scale 1: A Diminished. The notation includes a treble clef staff with a melodic line and a bass staff with fingerings for Treble (T), Alto (A), and Bass (B) clefs. The scale notes are A, Bb, C, Db, Eb, F, G, Ab.

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

Musical notation for Scale 2: A Half-Whole Diminished (Bb Diminished). The notation includes a treble clef staff with a melodic line and a bass staff with fingerings for Treble (T), Alto (A), and Bass (B) clefs. The scale notes are A, Bb, C, Db, Eb, F, G, Ab.

(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

Round 5 • Interval Scales and Patterns

Example 2: A Dorian in 4th's

Am7

T 4 5 5 7 7 8 5 5 7 7 8 8 10 10 12
A 4 5 5 7 7 8 5 5 7 7 8 8 10 10 12
B 5 5 7 7 3 4 5 5 7 7 4 4 5 5 7

T 10 10 8 8 7 7 5 5 7 8 5 7 4 5
A 7 8 5 7 4 5 7 7 5 5 4 4 7 7 5 5 3 4
B 5 4 4 7 7 5 5 3 4 7 7 5 5 3 3

Example 3: Cm7 arpeggio in 5th's

Cm7

T 15 11 13
A 12 10 10 12 13 15 12 15 11 13
B 8 10 11 13 10 12 8 10 10 12 13 15 12 15 11 13

T 13 15 11 13 12 15 13 15 10 12 8 10 10 12 11 13
A 12 15 13 15 10 12 8 10 10 12 11 13
B 10 12 11 13

Example 4: C Mixolydian in 6th's

C7

T 7 9 10 8 10 7 11 8 10 12 13 10 12 8 10 8
A 7 8 10 7 9 7 10 8 10 7 9 10 8 10 9
B 8 10 7 8 10 7 8 10 7 8 10 7 8 10 9

(cont'd)

Round 6 • Chromatic Exercises

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

(cont'd)

Round 7 • String Skipping

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

Example 2 continues with measures 5 and 7. Measure 5 features arpeggios for B/D# and C#m7#5. Measure 7 features arpeggios for G#m7#5 and F#m7. The guitar fretboard diagrams show fingerings for strings T, A, and B.

Measure 5:
 Treble clef, key signature of E major. Chords: B/D# and C#m7#5.
 T: 10 14 12 9
 A: 11 13 11 9
 B: 11 14 12 9

Measure 7:
 Treble clef, key signature of E major. Chords: G#m7#5 and F#m7.
 T: 4 7 5 2
 A: 4 6 4 2
 B: 4 7 5 2

Example 3: Arpeggios in Key of A major

Example 3 starts with measure 1, featuring arpeggios for Amaj7, Bm7, C#m7#5, and Dmaj7 simile. Measure 3 features arpeggios for E7sus, F#m7#5, E/G#, and Amaj7. Measure 5 features arpeggios for E/G#, F#m7#5, E7sus, and Dmaj7. The guitar fretboard diagrams show fingerings for strings T, A, and B.

Measure 1:
 Treble clef, key signature of A major. Chords: Amaj7, Bm7, C#m7#5, Dmaj7 simile.
 T: 0 4 5 2
 A: 1 2 4 2
 B: 0 4 5 2

Measure 3:
 Treble clef, key signature of A major. Chords: E7sus, F#m7#5, E/G#, Amaj7.
 T: 7 10 12 9
 A: 7 9 11 9
 B: 7 11 12 9

Measure 5:
 Treble clef, key signature of A major. Chords: E/G#, F#m7#5, E7sus, Dmaj7.
 T: 10 14 12 9
 A: 11 13 11 9
 B: 11 14 12 9

(cont'd)

Round 7 • String Skipping

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

Chords: C#m7#5, Bm7, Amaj7, E7sus

Bass lines (T, A, B):

- T: 7, 4 7 5 2, 0 4 0
- A: 4 6, 4 2, 1 2, 2 1
- B: 4 7, 5 2, 0 4, 4 0 2

Example 4: A minor and E minor Pentatonics

Chords: Dm7, Am7, Dm7, Am7

Bass lines (T, A, B):

- T: 5 8 10 7, 5 8 10 7
- A: 5 7, 9 7, 5 7, 9 7
- B: 5 8, 10 7, 5 8, 10 7

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

Chords: A, D, Bm, E, A, D, Bm, E

Bass lines (T, A, B):

- T: 6 7 7 9, 6 7 7 9
- A: 5 7 5 7, 5 7 5 7
- B: 5 7 5 7, 5 7 5 7

Chords: A, Bm, G#m7b5, A simile, F#m, G#m7b5, Bm, E

Bass lines (T, A, B):

- T: 9 10 7 9, 5 7 7 9
- A: 7 9 9 11, 4 6 6 7
- B: 7 9 7 9, 7 9 7 9

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

Chords: Am, Dm/A, E7/A, Am

Bass lines (T, A, B):

- T: 8 10 6 5, 4 5 4 5
- A: 9 10 9 7, 4 6 4 6
- B: 10 12 10 8, 7 7 7 8

Round 8 • Sweep Picking Triad Arpeggios

Example 1

A

E

D

E

T

A

B

5 9 7 7 6 5 5 9 7 4 5 4 2 3 2 5 4 5 4 6 7 7 4

Example 2

Am

Em

Dm

Em

T

A

B

5 8 7 7 5 5 5 8 7 3 5 4 1 3 1 5 3 5 4 5 7 7 3

Example 3

Am

G

F

G

T

A

B

5 8 7 7 5 5 5 8 7 3 3 4 1 1 5 3 3 4 5 5 7 3

Am

G

F

G

T

A

B

5 8 7 7 5 5 5 8 7 3 3 4 1 1 5 3 3 4 5 5 7 3

Example 4

C

G

Am

E

T

A

B

8 12 10 9 8 8 12 10 7 8 7 5 5 5 8 7 4 5 4 6 7 7 4

(cont'd)

Round 8 • Sweep Picking Triad Arpeggios

Example 4 (cont'd)

Chords: F, C, Dm

Fingering (T): 5 8, 6 5 8 12 8, 8 9 10, 10 10 10 13 12 9, 10 9 11 12 12 9

Fingering (B): 5 8, 7 5, 10 10, 12 10, 12 12, 11 12 12 9

Round 9 • Hammer-Ons and Pull-Offs

Example 1: Triplets

Chords: G, D7sus

Techniques: Triplets, Hammer-ons (H), Pull-offs (etc., simile)

Fingering (T): 3 5 7, 3 5 7, 4 5 7, 4 5 7, 5 7 8, 5 7 8, 7 8 10, 7 8 10

Fingering (B): 3 5 7, 3 5 7, 4 5 7, 4 5 7

Chords: G, D7sus

Fingering (T): 8 10 12, 8 10 12 7 8 10, 7 8 10, 5 7 9, 5 7 9, 5 7 9, 5 7 8

Fingering (B): 5 7 9, 5 7 9, 5 7 9, 5 7 8

Example 2: Scale with string skip - triplets

Chords: Gmaj7, D7sus

Techniques: Triplets, Hammer-ons (H), Pull-offs (etc., simile)

Fingering (T): 3 5 7, 3 5 7, 4 5 7, 4 5 7, 5 7 8, 5 7 8, 5 7 8

Fingering (B): 3 5 7, 3 5 7, 4 5 7, 4 5 7

Chords: Gmaj7, D7sus

Fingering (T): 7 8 10, 5 7 9, 7 8 10, 5 7 9, 5 7 9, 5 7 9, 5 7 8

Fingering (B): 5 7 9, 5 7 9, 5 7 9, 5 7 8

Round 9 • Hammer-Ons

Example 3: A minor and E minor Pentatonics

Example 3: A minor and E minor Pentatonics

Chords: Dm7, Am7

Technique: Hammer-Ons (H)

Scale: A minor and E minor Pentatonics

Example 4: String Skip Pentatonics - 16th notes

Example 4: String Skip Pentatonics - 16th notes

Chords: Dm7, Am7

Technique: String Skip Pentatonics

Scale: A minor and E minor Pentatonics

Pull-Offs

Example 5: A major pull-off scale - triplets

Example 5: A major pull-off scale - triplets

Chords: Amaj7, E7sus

Technique: Pull-Offs (P), Triplets (3)

Scale: A major pull-off scale

Example 5 (continued): A major pull-off scale - triplets

Chords: Amaj7, E7sus

Technique: Pull-Offs (P), Triplets (3)

Scale: A major pull-off scale

Example 6: A major pull-off scale - triplets

Example 6: A major pull-off scale - triplets

Technique: Pull-Offs (P), Triplets (3)

Scale: A major pull-off scale

(cont'd)

Round 9 • Pull-Offs

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)

Round 10 • Cool Down

Example 1: Stretch Voicings (cont'd)

9

A D/A Amaj7 D/A A D/A Amaj7 D/A

T	2	3	5	5	3	2	3	5	5	3
A	2	2	2	2	2	2	2	2	2	2
B	2	4	6	6	4	2	4	6	6	4

13

C/A F/A Cmaj7/A F/A C/A F/A Cmaj7/A F/A

T	5	6	8	8	6	5	5	6	8	8	6
A	5	7	9	9	7	5	5	7	9	9	7
B											

17

D G/D Dmaj7 G/D D G/D Dmaj7 G/D

T	2	3	5	5	3	2	2	3	5	5	3
A	2	4	6	6	4	2	2	4	6	6	4
B											

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F/D Bb/D Fmaj7/D Bb/D F/D Bb/D Fmaj7/D Bb/D

T	5	6	8	8	6	5	5	6	8	8	6
A	5	7	9	9	7	5	5	7	9	9	7
B											

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Db Gb/Db Dbmaj7 Gb/Db Db Gb/Db Dbmaj7 Gb/Db

T	6	7	9	9	7	6	6	7	9	9	7
A	6	6	6	6	6	6	6	6	6	6	6
B	6	8	10	10	8	6	6	8	10	10	8

(cont'd)

Example 1: Stretch Voicings (cont'd)

29

A D/A Amaj7 D/A Cadd9 Gadd9

T 2 3 3 3 3 5
A 2 4 6 6 4 7
B 2 4 6 6 4 9

Example 2

Am/E Em/B Dadd9 Am7

T 5 7 9 5 8 7 5
A 7 9 7 9 9 9 9 9
B 0 7 7 7 7 7 7 7

Dadd9 Aadd9 Cadd9 Gadd9

T 2 2 2 2 2 2 2
A 0 2 5 2 5 2 2
B 0 2 4 2 4 2 3

Dadd9 Aadd9 Cadd9 Gadd9 (1st X)
Gadd9/B (2nd X)

T 2 2 2 2 2 2 2
A 0 2 5 2 5 2 2
B 0 2 4 2 4 2 3

Example 3: E9 Blues

E9

T 6 7 7 5 3 6 7 7
A 6 7 7 6 4 6 7 7
B 5 6 6 6 4 5 6 6

(cont'd)

Round 10 • Cool Down

Example 3: E9 Blues (cont'd)

A⁹ **G/A** **A/B**

T	6	7	7	7	5	4	5	7	7	7	3	5
A	6	7	7	7	6	4	5	6	7	6	4	6
B	6	7	7	7	7	5	7	7	7	5	5	7

E⁹

T	6	7	7	5	3	6	6	7	7	7	3	5
A	6	7	7	6	4	6	7	7	7	4	4	6
B	5	6	6	6	4	5	6	6	6	4	4	6

B⁹ **A⁹** **G/A** **A/B**

T	8	9	9	9	7	6	7	6	7	7	3	5
A	7	8	8	8	6	7	6	7	7	4	4	6
B	8	9	9	9	7	6	7	6	7	5	5	7

E⁹

T	6	7	7	5	3	12	9	11	12	11	8	9
A	6	7	7	6	4	11	11	10	11	10	10	11
B	5	6	6	6	4	12	12	11	12	11	11	12