

60 BPM = JUST STARTING

90 BPM = GETTING IT

120 BPM = CAN MOVE ON

150 BPM = SWINGIN'

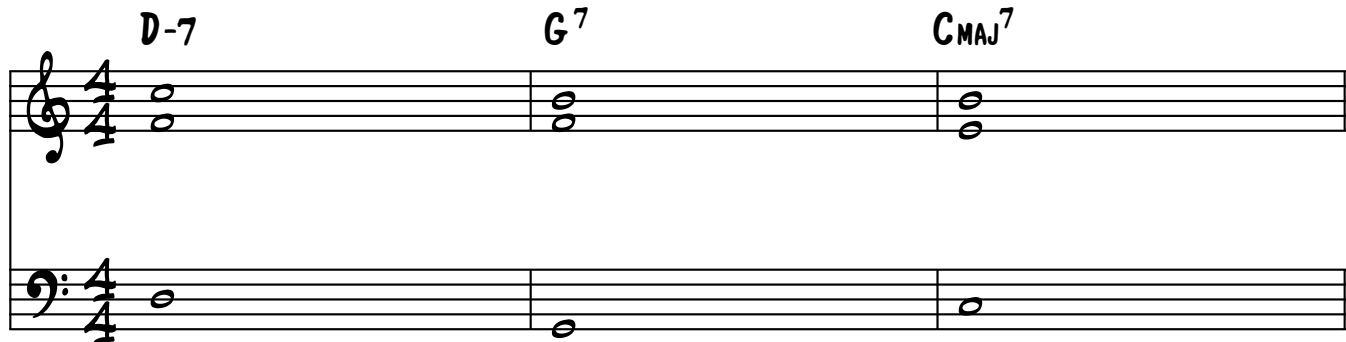
180 BPM = KILLIN IT!

# WORKBOOK STEP 1:

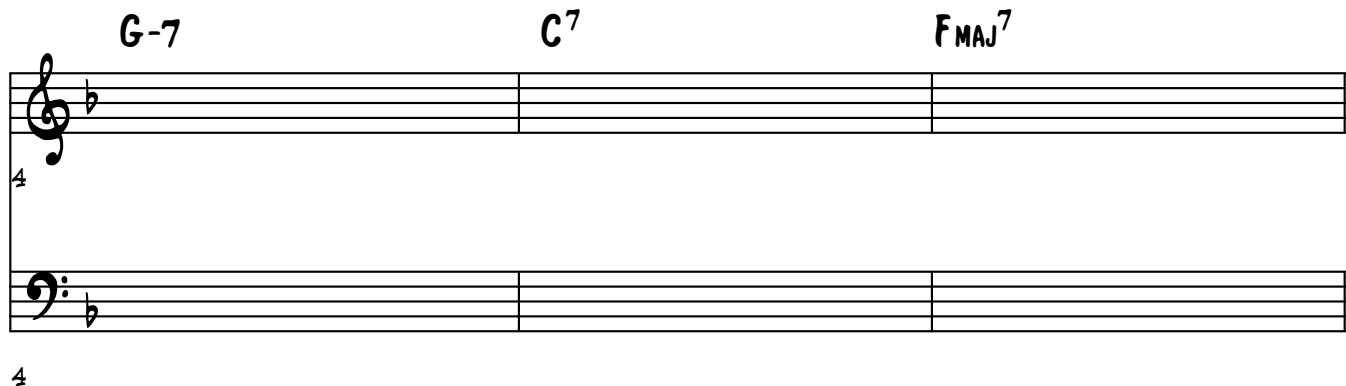
## RH 3 & 7, LH BASS NOTE

WRITE IN THE SHELLS & BASS NOTES THROUGH 2-5-1's

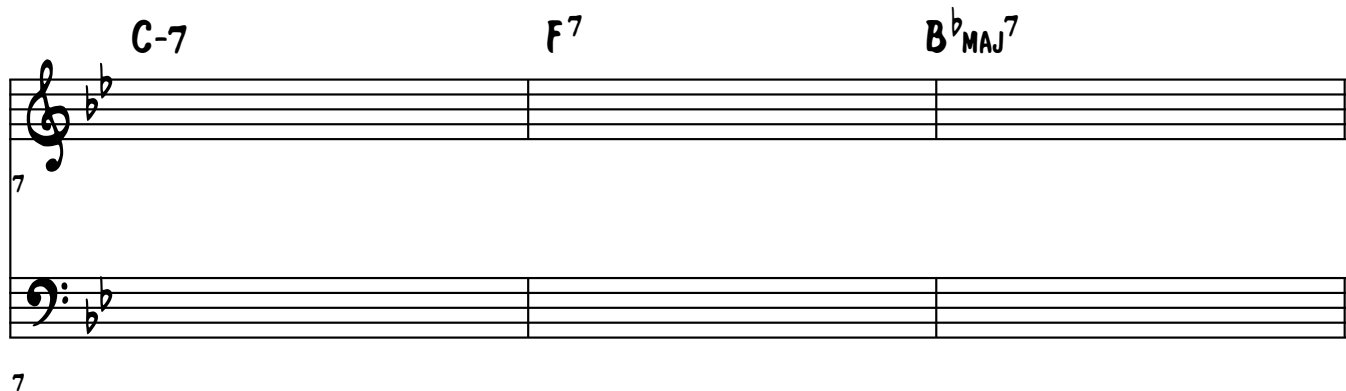
**D-7** **G<sup>7</sup>** **C<sup>MAJ</sup><sup>7</sup>**



**G-7** **C<sup>7</sup>** **F<sup>MAJ</sup><sup>7</sup>**



**C-7** **F<sup>7</sup>** **B<sup>b</sup><sup>MAJ</sup><sup>7</sup>**



**F-7** **B<sup>b</sup>7** **E<sup>b</sup>MAJ<sup>7</sup>**

10

10

**B<sup>b</sup>-7** **E<sup>b</sup>7** **A<sup>b</sup>MAJ<sup>7</sup>**

13

13

**E<sup>b</sup>-7** **A<sup>b</sup>7** **D<sup>b</sup>MAJ<sup>7</sup>**

16

16

**A<sup>b</sup>-7** **D<sup>b</sup>7** **G<sup>b</sup>MAJ<sup>7</sup>**

19

19

**C<sup>#</sup>-7** **F<sup>#</sup>7** **B<sup>MAJ</sup>7**

22

22

**F<sup>#</sup>-7** **B<sup>7</sup>** **E<sup>MAJ</sup>7**

25

25

**B-7** **E<sup>7</sup>** **A<sup>MAJ</sup>7**

28

28

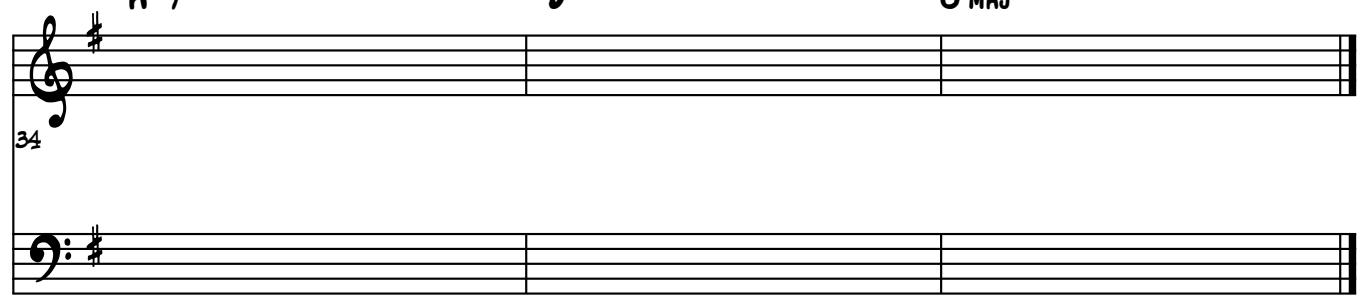
**E-7** **A<sup>7</sup>** **D<sup>MAJ</sup>7**

31

31

WORKBOOK STEP 1:  
RH 3 & 7, LH BASS NOTE

A-7 D<sup>7</sup> G<sup>MAJ</sup><sup>7</sup>



34

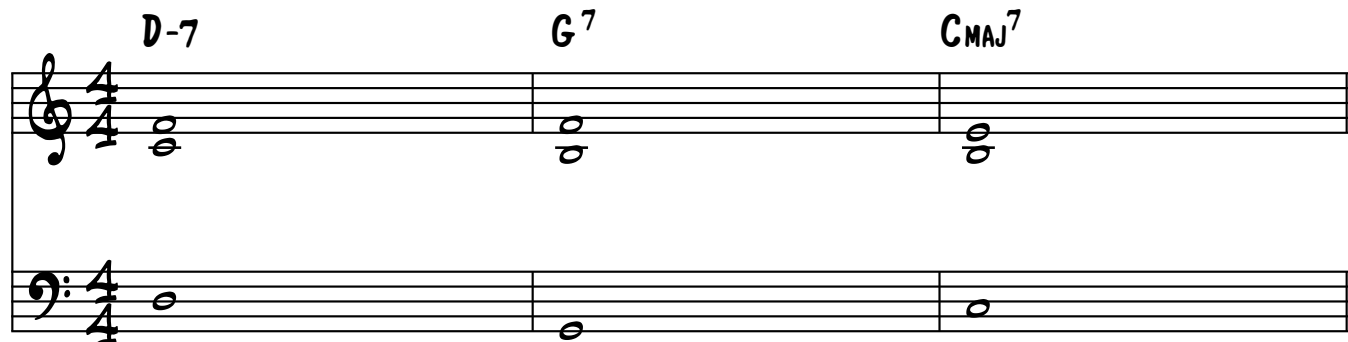
# WORKBOOK STEP 1:

## RH 7 & 3, LH BASS NOTE

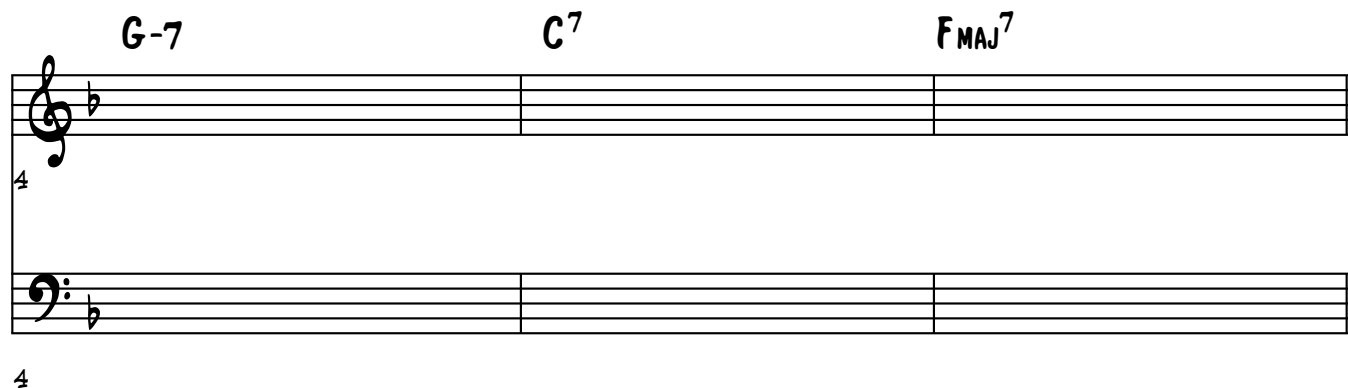
WRITE IN THE SHELLS & BASS NOTES THROUGH 2-5-1's

60 BPM = JUST STARTING  
90 BPM = GETTING IT  
120 BPM = CAN MOVE ON  
150 BPM = SWINGIN'  
180 BPM = KILLIN IT!

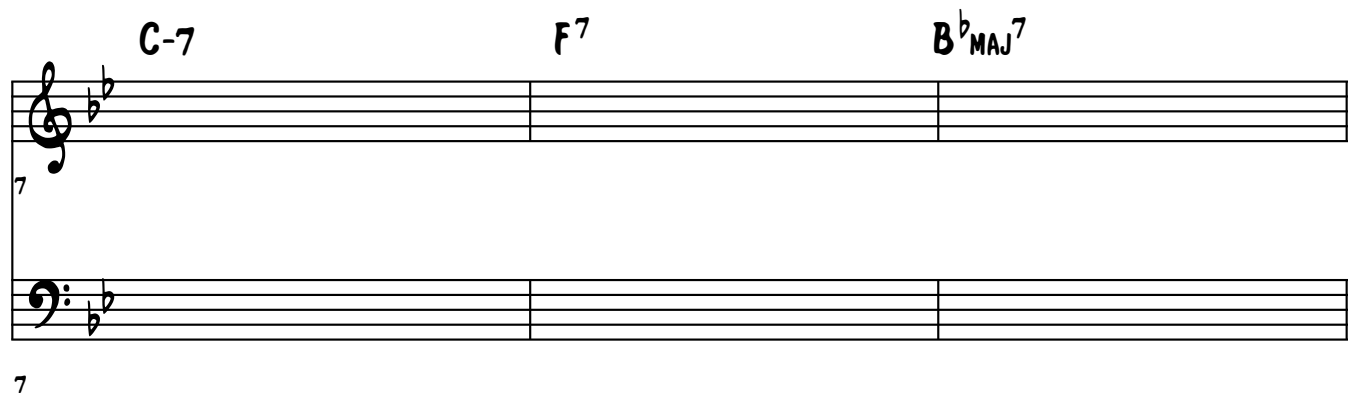
**D-7** **G<sup>7</sup>** **CMAJ<sup>7</sup>**



**G-7** **C<sup>7</sup>** **FMAJ<sup>7</sup>**



**C-7** **F<sup>7</sup>** **B<sup>b</sup>MAJ<sup>7</sup>**



**F-7** **B<sup>b</sup>7** **E<sup>b</sup>MAJ<sup>7</sup>**

10

10

**B<sup>b</sup>-7** **E<sup>b</sup>7** **A<sup>b</sup>MAJ<sup>7</sup>**

13

13

**E<sup>b</sup>-7** **A<sup>b</sup>7** **D<sup>b</sup>MAJ<sup>7</sup>**

16

16

**A<sup>b</sup>-7** **D<sup>b</sup>7** **G<sup>b</sup>MAJ<sup>7</sup>**

19

19

**C<sup>#</sup>-7** **F<sup>#</sup>7** **B<sup>MAJ</sup>7**

22

**F<sup>#</sup>-7** **B<sup>7</sup>** **E<sup>MAJ</sup>7**

25

**B-7** **E<sup>7</sup>** **A<sup>MAJ</sup>7**

28

**E-7** **A<sup>7</sup>** **D<sup>MAJ</sup>7**

31

WORKBOOK STEP 1:  
RH 7 & 3, LH BASS NOTE

A-7                      D<sup>7</sup>                      G<sup>MAJ</sup><sup>7</sup>

34

34

The image shows a musical staff with two staves, treble and bass clef. The treble staff has a key signature of one sharp (F#) and a common time signature (C). The bass staff has a key signature of one sharp (F#) and a common time signature (C). The treble staff is divided into three measures by vertical bar lines. Above the first measure is the chord symbol 'A-7', above the second is 'D<sup>7</sup>', and above the third is 'G<sup>MAJ</sup><sup>7</sup>'. The bass staff is also divided into three measures by vertical bar lines. The number '34' is written below the first measure of the treble staff and the first measure of the bass staff. The staff ends with a double bar line.