

# PRACTICE: STEP 2 - SET UP 1 (LH 1,7 RH 3)

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

PRACTICE SET UP 1 WITH LH PLAYING 1 & 7 AND RH PLAYING THE 3RD THROUGH THE CIRCLE OF FOURTHS FOR ALL MAJOR 7TH CHORDS

The following table summarizes the chord voicings shown in the musical notation:

Chord	Right Hand (RH) - 3rd	Left Hand (LH) - 1st & 7th
C <sup>MAJ7</sup>	C	C, F
F <sup>MAJ7</sup>	F	F, C
B <sup>b</sup> MAJ7	B <sup>b</sup>	B <sup>b</sup> , D
E <sup>b</sup> MAJ7	E <sup>b</sup>	E <sup>b</sup> , G
A <sup>b</sup> MAJ7	A <sup>b</sup>	A <sup>b</sup> , C
D <sup>b</sup> MAJ7	D <sup>b</sup>	D <sup>b</sup> , F
G <sup>b</sup> MAJ7	G <sup>b</sup>	G <sup>b</sup> , B <sup>b</sup>
B <sup>MAJ7</sup>	B	B, D <sup>#</sup>
E <sup>MAJ7</sup>	E	E, G <sup>#</sup>
A <sup>MAJ7</sup>	A	A, C <sup>#</sup>
D <sup>MAJ7</sup>	D	D, F <sup>#</sup>
G <sup>MAJ7</sup>	G	G, B

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Chord progression: C<sup>7</sup> F<sup>7</sup> B<sup>b7</sup> E<sup>b7</sup> A<sup>b7</sup> D<sup>b7</sup> F<sup>#7</sup> B<sup>7</sup> E<sup>7</sup> A<sup>7</sup> D<sup>7</sup> G<sup>7</sup>

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PRACTICE SET UP 1 WITH LH PLAYING 1 & 7 AND RH PLAYING THE 3RD  
THROUGH THE CIRCLE OF FOURTHS FOR ALL MINOR 7TH CHORDS

The following table summarizes the chord voicings shown in the image:

Chord	Left Hand (1 & 7)	Right Hand (3rd)
C-7	C <sup>♭</sup> (B♭), F	G
F-7	F <sup>♭</sup> (E♭), C	D
B <sup>♭</sup> -7	B <sup>♭</sup> , F	A
E <sup>♭</sup> -7	E <sup>♭</sup> , B	D
A <sup>♭</sup> -7	A <sup>♭</sup> , E	G
C <sup>♯</sup> -7	C <sup>♯</sup> , G	B
F <sup>♯</sup> -7	F <sup>♯</sup> , C	E
B-7	B, F	A
E-7	E, B	D
A-7	A, E	G
D-7	D, A	F
G-7	G, D	B

60 BPM = JUST STARTING

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# PRACTICE: STEP 2 - SET UP 2 (LH 1,3 RH 7)

PRACTICE SET UP 2 WITH LH PLAYING 1 & 3 AND RH PLAYING THE 7  
 THROUGH THE CIRCLE OF FOURTHS FOR ALL MAJOR 7TH CHORDS

**C<sup>MAJ7</sup>                      F<sup>MAJ7</sup>                      B<sup>b</sup>MAJ<sup>7</sup>**

4

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

4

**G<sup>b</sup>MAJ<sup>7</sup>                      BMAJ<sup>7</sup>                      EMAJ<sup>7</sup>**

7

**AMAJ<sup>7</sup>                      DMAJ<sup>7</sup>                      GMAJ<sup>7</sup>**

10

# PRACTICE: STEP 2 - SET UP 2 (LH 1,3 RH 7)

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PRACTICE SET UP 2 WITH LH PLAYING 1 & 3 AND RH PLAYING THE 7  
 THROUGH THE CIRCLE OF FOURTHS FOR ALL DOMINANT 7TH CHORDS

C<sup>7</sup>    F<sup>7</sup>    B<sup>b7</sup>

4

E<sup>b7</sup>    A<sup>b7</sup>    D<sup>b7</sup>

4

F<sup>#7</sup>    B<sup>7</sup>    E<sup>7</sup>

7

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

10

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PRACTICE SET UP 2 WITH LH PLAYING 1 & 3 AND RH PLAYING THE 7  
 THROUGH THE CIRCLE OF FOURTHS FOR ALL MINOR 7TH CHORDS

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

4

E<sup>b</sup>-7                                      A<sup>b</sup>-7                                      C<sup>#</sup>-7

4

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

7

A-7                                      D-7                                      G-7

10

# PRACTICE: STEP 2 - SET UP 3 (LH 1,10 RH 7)

- 60 BPM = JUST STARTING
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PRACTICE SET UP 3 WITH LH PLAYING 1 & 10 AND RH PLAYING THE 7  
THROUGH THE CIRCLE OF FOURTHS FOR ALL MAJOR 7TH CHORDS

The musical notation is organized into four systems, each with a treble and bass clef staff. The time signature is 4/4. The notes are as follows:

- System 1:** CMAJ7 (RH: C4, E4, G4, B4; LH: C3, G4), FMAJ7 (RH: F4, A4, C5, E5; LH: F3, C5), B<sup>b</sup>MAJ7 (RH: B3, D4, F4, A4; LH: B2, F4)
- System 2:** E<sup>b</sup>MAJ7 (RH: E4, G4, B4, D5; LH: E3, B4), A<sup>b</sup>MAJ7 (RH: A4, C5, E5, G5; LH: A3, C5), D<sup>b</sup>MAJ7 (RH: D4, F4, A4, C5; LH: D3, F4)
- System 3:** G<sup>b</sup>MAJ7 (RH: G4, B4, D5, F5; LH: G3, D5), BMAJ7 (RH: B4, D5, F5, A5; LH: B3, F5), EMAJ7 (RH: E4, G4, B4, D5; LH: E3, B4)
- System 4:** AMAJ7 (RH: A4, C5, E5, G5; LH: A3, C5), DMAJ7 (RH: D4, F4, A4, C5; LH: D3, F4), GMAJ7 (RH: G4, B4, D5, F5; LH: G3, D5)

# PRACTICE: STEP 2 - SET UP 3 (LH 1,10 RH 7)

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PRACTICE SET UP 3 WITH LH PLAYING 1 & 10 AND RH PLAYING THE 7  
THROUGH THE CIRCLE OF FOURTHS FOR ALL DOMINANT 7TH CHORDS

**System 1:** C<sup>7</sup>, F<sup>7</sup>, B<sup>b7</sup>

**System 2:** E<sup>b7</sup>, A<sup>b7</sup>, D<sup>b7</sup>

**System 3:** F<sup>#7</sup>, B<sup>7</sup>, E<sup>7</sup>

**System 4:** A<sup>7</sup>, D<sup>7</sup>, G<sup>7</sup>



# PRACTICE: STEP 2 - SET UP 3 (LH 1,10 RH 7)

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PRACTICE SET UP 3 WITH LH PLAYING 1 & 10 AND RH PLAYING THE 7  
THROUGH THE CIRCLE OF FOURTHS FOR ALL MINOR 7TH CHORDS

<p>C-7</p>	<p>F-7</p>	<p>B<sup>b</sup>-7</p>
<p>E<sup>b</sup>-7</p>	<p>A<sup>b</sup>-7</p>	<p>C<sup>#</sup>-7</p>
<p>F<sup>#</sup>-7</p>	<p>B-7</p>	<p>E-7</p>
<p>A-7</p>	<p>D-7</p>	<p>G-7</p>