

Day 1

Inversions - C major

Follow the suggested fingers, over time, the fingers you use will shape the chord for you. Using 3 for every single inversion also forces the hand to change position between inversions, which is ineffective and uncomfortable at speed. Start with whatever hand is not your dominant hand, it always benefits from extra practice. The music is provided here for learning purposes, but the goal is to memorise these shapes as soon as you are able to.

Left Hand

Left Hand musical notation in 4/4 time, showing 12 chords in the bass staff. The treble staff is empty. Fingerings are indicated by numbers 1, 2, 3, 5 below the notes.

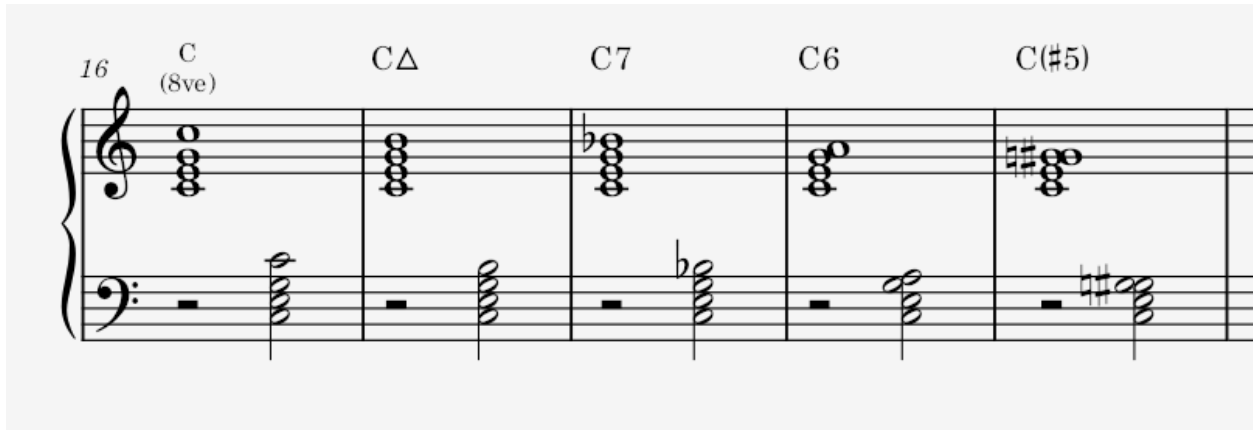
Chord	Fingering
C4	1 3 5
F4	1 3 5
C4	1 2 5
F4	1 3 5
C4	1 3 5
F4	1 2 5
C4	1 3 5
F4	1 2 5
C4	1 3 5
F4	1 3 5
C4	1 2 5
F4	1 3 5

Right Hand

Right Hand musical notation in 4/4 time, showing 12 chords in the treble staff. The bass staff is empty. Fingerings are indicated by numbers 1, 2, 3, 5 above the notes.

Chord	Fingering
C4	5 3 1
F4	5 2 1
C4	5 3 1
F4	5 3 1
C4	5 3 1
F4	5 2 1
C4	5 3 1
F4	5 3 1
C4	5 2 1
F4	5 3 1
C4	5 3 1
F4	5 2 1

Basic Extensions



These are what I call the basic chord extensions. They are all the extensions underneath an octave. Listen carefully to the sound they all make, and say the chord out loud as you play them.

They are created by adding a note to the triad, going down one semitone at a time:

- The 8ve (Octave) chord is simply labelled C in the music, we do not need to explain any duplicate C's in the chord symbol.
- I use the Triangle symbol for C with a Major 7th interval on it. A Major 7th interval is either 12 Semitones counting up from C (using the note C as number 1), or as I prefer to count these intervals, 2 semitones down from the 8ve C
- The Minor 7th is described by the number 7 after the chord. This is added by counting down 3 semitones from octave C. Remember that throughout this guide, I will always include the first note as Number 1, so in this case C = 1, B = 2, Bb = 3, counting down.
- The 6 Chord is labelled with a 6, and can be made by counting down 4 semitones.
- The last chord is called a sharp 5, and is labelled as such in the chord symbol

Some words I use to describe the sound of these chords:

C Major - Bright/Clean
C Major/Maj7 - Glassy, Brittle, Warm
C Major/Min7 - Jazzy, Smooth
C Major/6 - Warm, Gentle, Pastoral
C Major/(#5) - Harsh, Clashing, Intense

This sets out our goal for the first 24 days of warmups this year. We will go round the Circle of 5ths, attempting to master all 24 triad chords in this manner. This should take only 3-5 minutes per day, so you could easily speed up this process by doing 3-5 chords a day.

I have included a plan below to increase frequency of these chords, based on a pattern of Diminished 7ths (Day 25):

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Chords	C (1)	Db (8)	D (3)	Cm (22)	C#m (17)	Dm (24)
(Chord No. on circle of fifths)	Eb (10)	E (5)	F (12)	Ebm (19)	Em (14)	Fm (21)
	F# (7)	G (2)	Ab (9)	F#m (16)	Gm (23)	G#m (18)
	A (4)	Bb (11)	B (6)	Am (13)	Bbm (20)	Bm (15)

The amount of time it takes to execute this process will decrease as you improve, so after the first 24 days of this plan, you will continue to add this chord warmup on top of the new exercises that will be introduced, as it should only take less than 20 seconds per chord once mastered.