

You go to my head

Triad study

Recognizing a triad over the whole fretboard (Play rubato, then up to tempo)
Recognize all of the notes of each string, starting with the lowest possible note you can play and then play the next 2 notes to complete the triad.
Play up and down.

E \flat maj7

4/4

T
A
B

3-6-11 1-6-10 1-5-8 0-3-8 4-8-11 3-6-11

7

4/4

T
A
B

11-6-3 11-8-4 8-3-0 8-5-1 10-6-1 11-6-3

Repeat the same idea creating a big arpeggio from the lowest to the highest possible note.
Avoid repeating notes and try to create different "paths" to go up and down.

13

4/4

T
A
B

3-1-1-0-3-4 3-6-11-15-18-18 15-11-6-3 4-3-0-1 1-3

19

T
A
B

3 6 6 10 8 13 12 15 16 20 18 18 20 16 15 12 13 8 10 6 6 3

25

T
A
B

3 6 6 5 3 4 8 6 11 15 18 18 15 11 6 8 8 5 6 6 3

You can figure out many different ways to fret the notes of the arpeggio, there are many combinations and try to be aware of as many as you can.

Repeat the same exercise with all of the chords of the tune. It will be tedious at first but as you go on you will find that the same chords are repeated in music and your ears and fingers will be more used to playing different notes.

You should develop this idea by adding approach notes and enclosures to each note of the triad (diatonic and chromatic)

Once you've played through all the harmony rubato you can keep the same ide of moving from the lowest possible to the highest possible note but playing changes. Start simple at first by playing triads only. When you hit the last note of the change move to the closest possible note of the next triad.

31 Ebmaj7 Abm7 Db7 Gbmaj7 Fm7(b5) Bb7(b9)

T
A
B

3 6 6 5 6 9 6 10 7 11 9 14 13 12 11 10

35 Ebm7 Fm7(b5) Bb7(b9) Ebm7 Fm7(b5) Bb7(b9)

T
A
B

8 8 5 6 2 4 1 4 6 6 9 8 8 7 6 11

39

T
A
B