

## Guitar Training material contents:

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| 4    | technical exercises                 | exercise | GT XL    |       |       | a     |
| 6    | practising tips                     | exercise | GT XL    |       |       | a     |
| 8    | scales, interval structure, chord f | exercise | GT XL    |       |       | a     |
| 9    | Scale overview                      | exercise | GT XL    |       |       | a     |
| 10   | major scale fingerings              | exercise | GT XL    |       | v     | a     |
| 11   | major scale chromatic up and do     | exercise | GT XL    |       |       | a     |
| 12   | diatonic scales position 1          | exercise | GT XL    |       |       | a     |
| 14   | major scale in groups of four       | exercise | GT XL    |       |       | a     |
| 15   | major scale in a II - V - progressi | exercise | GT XL    |       |       | a     |
| 17   | major scale sequencing ideas        | exercise | GT XL    |       |       | a     |
| 18   | diatonic fingerings of the major s  | exercise | GT XL    |       |       | a     |
| 21   | major pentatonic scale              | exercise | GT XL    |       |       | a     |
| 22   | melodic minor scale                 | exercise | GT XL    |       |       | a     |
| 23   | harmonic minor scale                | exercise | GT XL    |       |       | a     |
| 24   | melodic minor pentatonics           | exercise | GT XL    |       |       | a     |
| 25   | Blues scale                         | exercise | GT XL    |       |       | a     |
| 26   | whole tone half tone scale          | exercise | GT XL    |       |       | a     |
| 27   | half tone whole tone scale          | exercise | GT XL    |       |       | a     |
| 28   | pentatonics theory                  | exercise | GT XL    |       |       |       |
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| 31   | elementary arpeggios                | exercise | GT XL    |       | v     |       |
| 37   | major arpeggio                      | exercise | GT XL    |       |       | a     |
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| 40   | drop2 and drop3 voicings            | exercise | GT XL    |       |       |       |
| 44   | chords introduction                 | exercise | GT XL    |       |       |       |
| 46   | chords type 1                       | exercise | GT XL    |       |       | a     |
| 48   | chords type 2                       | exercise | GT XL    |       |       | a     |
| 49   | chord exercises type one and tw     | exercise | GT XL    |       |       | a     |
| 51   | chords type 3                       | exercise | GT XL    |       |       | a     |
| 54   | chords type 4                       | exercise | GT XL    |       |       | a     |
| 56   | chord overview                      | exercise | GT XL    |       |       |       |
| 57   | instructions for basic chords       | exercise | GT XL    |       |       |       |
| 58   | basic chords notation and tab       | exercise | GT XL    |       |       |       |
| 60   | basic chords tab only               | exercise | GT XL    |       |       | a     |
| 61   | block chords introduction           | exercise | GT XL    |       |       |       |
| 62   | block chords tab                    | exercise | GT XL    |       |       | a     |
| 66   | 2 blues in F7                       | solo     | GT XL    | blues |       | a     |
| 67   | 4 bebop blues                       | solo     | GT XL    | blues |       | a     |
| 69   | blues tribute to Wes                | solo     | GT XL    | blues | v     |       |

|     |                                   |            |       |        |   |
|-----|-----------------------------------|------------|-------|--------|---|
| 72  | 2 blues in F advanced             | solo       | GT XL | blues  | a |
| 75  | Take the A Train chord melody     | melody     | GT XL | swing  | a |
| 76  | Take the A Train voicings         | chord      | GT XL | swing  | a |
| 78  | Take the A Train solo             | solo       | GT XL | swing  | a |
| 80  | All the things you are chord melc | melody     | GT XL | swing  | a |
| 81  | Autumn Leaves basic chords        | chord      | GT XL | swing  | v |
| 82  | Autumn Leaves comping exercis     | chord      | GT XL | swing  | v |
| 88  | Blue Bossa melody and voicings    | chord      | GT XL | bossa  | v |
| 89  | Blue in Green                     | chord      | GT XL | ballad | v |
| 90  | Blue Bossa example                | solo       | GT XL | bossa  | a |
| 93  | Blue Bossa extended               | solo       | GT XL | bossa  | v |
| 99  | There will never be another you   | chord      | GT XL | swing  | a |
| 101 | Autumn Leaves solo 1              | solo       | GT XL | swing  | v |
| 106 | Autumn Leaves solo 2              | solo       | GT XL | swing  | v |
| 112 | voicings introduction             | exercise   | GT XL |        |   |
| 113 | blues voicings in F7              | chord      | GT XL | blues  | a |
| 114 | blues voicings in Bb7             | chord      | GT XL | blues  | a |
| 115 | blues voicings (Parker blues)     | chord      | GT XL | blues  | a |
| 116 | Body and Soul                     | chord      | GT XL | ballad | v |
| 117 | Lullaby of Birdland               | chord      | GT XL | swing  | a |
| 118 | I've grown accustomed to your fi  | chord      | GT XL | ballad | a |
| 120 | Giant Steps                       | chord      | GT XL | swing  | a |
| 121 | Girl from Ipanema                 | chord      | GT XL | bossa  | a |
| 123 | How high the moon                 | chord      | GT XL | swing  | v |
| 125 | It shouldn't happen to a dream    | chord      | GT XL | ballad | a |
| 126 | Have you met Mrs Jones            | chord      | GT XL | swing  | a |
| 127 | Misty                             | chord      | GT XL | ballad | a |
| 128 | One Note Samba                    | chord      | GT XL | bossa  | a |
| 129 | Pent up House                     | chord      | GT XL | swing  | a |
| 130 | Satin Doll                        | chord      | GT XL | swing  | v |
| 131 | Stella by starlight               | melody     | GT XL | swing  | a |
| 133 | When lights are low               | melody     | GT XL | swing  | a |
| 134 | Yardbird suite                    | melody     | GT XL | swing  | a |
| 135 | Satin Doll solo example           | solo       | GT XL | swing  | v |
| 137 | Turnarounds                       | exercise   | GT XL |        | a |
| 138 | Rhythm patterns for scales        | exercise   | GT XL |        |   |
| 139 | patterns for comping              | exercise   | GT XL |        | a |
| 142 | II-V-I patterns                   | exercise   | GT XL |        | a |
| 148 | scofield patterns                 | exercise   | GT XL |        | a |
| 151 | Round Midnight (block chords)     | chord solo | GT XL | ballad |   |
| 153 | Rhythm Changes Solo 1             | solo       | GT XL | swing  | v |
| 155 | Rhythm Changes Solo 2             | solo       | GT XL | swing  | v |
| 158 | Rhythm Changes voicings           | chord      | GT XL | swing  | v |
| 160 | The Thumb (solo transcription)    | solo       | GT XL | blues  |   |

|     |  |          |       |       |   |
|-----|--|----------|-------|-------|---|
| 163 | Blues for Mickey-O (transcription solo |          | GT XL | blues |   |
| 165 | basic patterns in G major              | exercise | GT XL |       | a |
| 166 | basic patterns in C major              | exercise | GT XL |       | a |
| 167 | dorian phrases                         | exercise | GT XL |       | a |
| 168 | altered phrases                        | exercise | GT XL |       | a |
| 173 | mixolydian phrases                     | exercise | GT XL |       | a |
| 175 | dorian phrases over two octaves        | exercise | GT XL |       | a |
| 177 | standard chord progressions            | theory   | GT XL |       |   |
| 178 | articulation and phrasing              | theory   | GT XL |       |   |
| 179 | substitutions                          | theory   | GT XL |       |   |
| 184 | diagram: chord reinterpretation        | theory   | GT XL |       |   |
| 185 | diatonic chord shapes                  | exercise | GT XL |       |   |
| 188 | diagram: scale circle                  | theory   | GT XL |       |   |
| 190 | diagram: which scale for which c       | theory   | GT XL |       |   |
| 191 | drop2 and drop3 chords and inv         | theory   | GT XL |       |   |

### Backing Tracks Guitar Training XL:

|                                 |                                |       |  | page |   |
|---------------------------------|--------------------------------|-------|--|------|---|
| Bossa in Gmaj                   | backing_bossa_maj              | GT XL |  | 15   | a |
| Bossa in Cmaj                   | backing_bossa_maj_c            | GT XL |  | 15   | a |
| Diatonic chords up in Gmaj      | 02_gmaj1-pb_80.mp3             | GT XL |  | 17   | a |
| Swing in Gminor                 | backing_swing_minor_pb         | GT XL |  | 27   | a |
| Blues in F7                     | Blues_F2_backing.mp3           | GT XL |  | 76   | a |
| Take the A-Train                | A-Train - Track71.mp3          | GT XL |  | 80   | a |
| All the things you are          | All the things_pb.mp3          | GT XL |  | 83   | a |
| Autumn Leaves                   | autumn_pb.mp3                  | GT XL |  | 85   | a |
| Blue Bossa                      | blue bossa backing.mp3         | GT XL |  | 94   | a |
| There will never be another you | ther will never be_backing.mp3 | GT XL |  | 103  | a |
| Blues in Bb7                    | blues_bb.mp3                   | GT XL |  | 119  | a |
| Lullaby of Birdland             | lullaby_pb.mp3                 | GT XL |  | 122  | a |
| Giant Steps                     | giant steps.mp3                | GT XL |  | 125  | a |
| Girl from Ipanema               | girl ipanema.mp3               | GT XL |  | 126  | a |
| How high the moon               | How high2b.mp3                 | GT XL |  | 129  | a |
| Have you met Mrs Jones          | Mrs Jones2_full.mp3            | GT XL |  | 131  | a |
| Misty                           | Misty_pb.mp3                   | GT XL |  | 132  | a |
| One Note Samba                  | one note samba.mp3             | GT XL |  | 133  | a |
| Pentup House                    | Pentup.mp3                     | GT XL |  | 134  | a |
| Stella by starlight             | Stella_pb.mp3                  | GT XL |  | 136  | a |
| Rhythm Changes in Bb -          | Track69.mp3                    | GT XL |  | 164  | a |

|   |                 |                   |          |        |   |   |
|---|-----------------|-------------------|----------|--------|---|---|
| 3 | A child is born | basic voicings    | add on 4 | ballad | v |   |
| 3 | A child is born | extended voicings | add on 5 | ballad | v | a |
| 5 | A child is born | chord melody      | add on 4 | ballad | v |   |

|    |                                |                    |          |             |   |   |
|----|--------------------------------|--------------------|----------|-------------|---|---|
| 6  | A foggy day                    | basic chords       | add on 5 | swing       | v | a |
| 19 | A foggy day                    | chord              | add on 2 | swing       |   | a |
| 8  | A night in Tunisia             | basic chords       | add on 5 | Swing/latin | v | a |
| 9  | Afternoon in Paris             | basic chords       | add on 5 | swing       | v | a |
| 10 | Airegin                        | basic chords       | add on 5 | swing       | v | a |
| 11 | Alice in Wonderland            | melody arrangement | add on 5 | waltz       | v | a |
| 13 | All Blues                      | basic voicings     | add on 5 | waltz       |   | a |
| 16 | All Blues                      | 2 solos            | add on 5 | waltz       |   | a |
| 26 | All Blues                      | chord              | add on 2 | blues       |   | a |
| 3  | All of me                      | chord              | add on 1 | swing       |   |   |
| 18 | All of me                      | basic voicings     | add on 5 | swing       | v | a |
| 20 | Alone together                 | basic chords       | add on 5 | swing       | v | a |
| 7  | Angel Eyes                     | basic voicings     | add on 4 | ballad      |   | a |
| 22 | Anthropology                   | basic voicings     | add on 5 | swing       | v | a |
| 23 | April Joy                      | basic voicings     | add on 5 | latin       | v | a |
| 8  | As time goes by                | basic voicings     | add on 4 | ballad      |   | a |
| 24 | Au privave                     | basic chords       | add on 5 | swing       | v | a |
| 25 | Autumn Leaves                  | basic chords       | add on 5 | swing       | v | a |
| 26 | Autumn Leaves                  | bassline           | add on 5 | swing       |   |   |
| 3  | Beautiful love                 | melody voicings    | add on 6 | swing       | v | a |
| 4  | Beautiful love                 | improvisation      | add on 6 | swing       | v | a |
| 6  | Black Orpheus                  | basic chords       | add on 6 | bossa       | v | a |
| 8  | Black Orpheus                  | extended chords    | add on 6 | bossa       | v | a |
| 2  | Block chord exercises          | exercise           | add on 3 |             | v |   |
| 9  | Blue in Green                  | chord melody       | add on 4 | ballad      | v |   |
| 10 | Blue in Green                  | voicings           | add on 4 | ballad      |   | a |
| 10 | Blue Moon                      | basic chords       | add on 6 | swing       | v | a |
| 12 | Blue Moon                      | extended chords    | add on 6 | swing       | v | a |
| 19 | Blue Trane (Minor blues)       | basic voicings     | add on 6 | swing       | v | a |
| 16 | Blues for Alice (Parker Blues) | chord voicings     | add on 6 | swing       | v | a |
| 24 | Blues in F - Twisted Blues     | melody             | add on 2 | blues       |   | a |
| 21 | Blues in G - The Thumb         | chord              | add on 2 | blues       |   | a |
| 14 | Bluesette                      | basic chords       | add on 6 | waltz       | v | a |
| 15 | Bluesette                      | extended voicings  | add on 6 | waltz       | v | a |
| 21 | Body and Soul                  | Easy comping       | add on 6 | ballad      | v | a |
| 10 | Bossa Comping                  | chord              | add on 2 | bossa       |   | a |
| 23 | But not for me                 | basic voicings     | add on 6 | swing       | v | a |
| 25 | Bye bye Blackbird              | basic voicings     | add on 6 | swing       | v | a |
| 26 | Bye bye Blackbird              | extended voicings  | add on 6 | swing       | v | a |
| 3  | Cantaloupe Island              | voicings           | add on 7 | modal       |   |   |
| 5  | Caravan                        | melody arrangement | add on 7 | swing       |   |   |
| 7  | Cherokee                       | basic chords       | add on 7 | swing       |   |   |
| 9  | Cherokee                       | extended chords    | add on 7 | swing       |   |   |
| 3  | chromatische Übungen (chromat  | exercise           | add on 2 |             |   | a |

|    |                                    |                    |          |        |     |
|----|------------------------------------|--------------------|----------|--------|-----|
| 15 | Corcovado (Begleitung - compin     | chord              | add on 2 | bossa  | a   |
| 10 | Darn that dream                    | melody arrangement | add on 7 | ballad |     |
| 5  | Days of Wine and Roses             | chord              | add on 1 | swing  |     |
| 16 | Days of Wine and Roses             | extended chords    | add on 7 | swing  |     |
| 12 | Desafinado                         | basic chords       | add on 7 | bossa  |     |
| 14 | Desafinado                         | extended chords    | add on 7 | bossa  |     |
| 6  | diatonic thirds and triads         | exercise           | add on 3 |        | v   |
| 14 | diatonic thirds and triads diagram | exercise           | add on 3 |        | v   |
| 18 | Doxy                               | extended chords    | add on 7 | swing  |     |
| 17 | Fly me to the moon                 | chord              | add on 2 | swing  | a   |
| 7  | Freddie Freeloader                 | chord              | add on 1 | blues  |     |
| 11 | Georgia on my mind                 | basic voicings     | add on 4 | ballad | v   |
| 8  | How insensitive                    | chord              | add on 1 | bossa  |     |
| 10 | Meditation                         | chord              | add on 1 | bossa  |     |
| 12 | My funny Valentine                 | basic voicings     | add on 4 | ballad | v   |
| 14 | My funny Valentine                 | extended voicings  | add on 4 | ballad | v   |
| 16 | My funny Valentine                 | melody with bass   | add on 4 | ballad | a   |
| 18 | Peace                              | basic voicings     | add on 4 | ballad | v   |
| 19 | Peace                              | extended voicings  | add on 4 | ballad | v   |
| 20 | Peace                              | melody with bass   | add on 4 | ballad | v   |
| 21 | Peace                              | chord melody       | add on 4 | ballad | v   |
| 12 | Rhythm Changes easy                | chord              | add on 1 | swing  |     |
| 22 | Round Midnight                     | basic voicings     | add on 4 | ballad | v   |
| 23 | Round Midnight                     | extended voicings  | add on 4 | ballad | v   |
| 24 | Round Midnight                     | chord solo         | add on 4 | ballad | a   |
| 14 | Song for my father (Begleitung -   | chord              | add on 2 | bossa  | a   |
| 14 | Song for my father chord arrang    | chord              | add on 1 | bossa  |     |
| 22 | triads and inversions C major      | exercise           | add on 3 |        | v   |
| 24 | triads and inversions C minor      | exercise           | add on 3 |        | v   |
| 18 | triads and inversions G major      | exercise           | add on 3 |        | v   |
| 20 | triads and inversions G minor      | exercise           | add on 3 |        | v   |
| 26 | triads and inversions mixed exer   | exercise           | add on 3 |        | v   |
| 8  | ternary exercises                  | exercise           | add on 2 |        | a   |
| 22 | Voicings for Blues in G            | chord              | add on 2 | blues  | a   |
| 15 | Voicings for turnaround progress   | chord              | add on 1 | swing  |     |
| 25 | Twisted Blues voicings             | chord              | add on 2 | blues  | a   |
| 19 | Walking Bass Blues in F            | chord              | add on 1 | swing  |     |
| 18 | Walking Bass Lines in Bb           | chord              | add on 1 | swing  |     |
| 20 | Wave                               | chord              | add on 1 | bossa  |     |
| 22 | Why didn't I choose you            | chord              | add on 1 | ballad |     |
| 26 | You don't know what love is        | basic voicings     | add on 4 | ballad | a   |
| 28 | You don't know what love is        | extended voicings  | add on 4 | ballad | a   |
| 4  | Blues in F7 - 1                    | voicings           | add on 8 | blues  | v a |

|    |                                    |               |          |       |   |   |
|----|------------------------------------|---------------|----------|-------|---|---|
| 5  | Blues in F7 - 2                    | voicings      | add on 8 | blues | v | a |
| 6  | Blues in F7 - 3                    | voicings      | add on 8 | blues | v | a |
| 7  | 3 voicings for F7 Blues            | voicings      | add on 8 | blues | v | a |
| 8  | Blues in Bb7 - 1                   | voicings      | add on 8 | blues | v | a |
| 9  | Blues in Bb7 - 2                   | voicings      | add on 8 | blues | v | a |
| 10 | Blues in Bb7 - 3                   | voicings      | add on 8 | blues | v | a |
| 11 | 3 voicings for Bb7 Blues           | voicings      | add on 8 | blues | v | a |
| 12 | 3 voicings for Parker (Bird) Blues | voicings      | add on 8 | blues | v | a |
| 13 | 3 voicings for G7 Blues            | voicings      | add on 8 | blues | v | a |
| 15 | 3 voicings for All Blues           | voicings      | add on 8 | blues | v | a |
| 18 | 3 voicings for Blues for Alice     | voicings      | add on 8 | blues | v | a |
| 21 | 4 voicings for Blues in C minor    | voicings      | add on 8 | blues | v | a |
| 23 | voicing for Freddie Freeloader     | voicings      | add on 8 | blues | v | a |
| 24 | walking bass blues in F7           | voicings      | add on 8 | blues | v | a |
| 25 | The blues scale                    | scale         | add on 8 | blues | v | a |
| 26 | soloing over All Blues             | improvisation | add on 8 | blues |   | a |
| 28 | soloing with the D-blues scale     | improvisation | add on 8 | blues | v | a |
| 31 | soloing over slow blues in G7      | improvisation | add on 8 | blues | v | a |
| 34 | soloing over blues in F7           | improvisation | add on 8 | blues | v | a |
| 36 | soloing over blues in F7 extended  | improvisation | add on 8 | blues | v | a |
| 40 | comping with block chords and      | improvisation | add on 8 | blues | v | a |
| 40 | octaves                            | improvisation | add on 8 | blues |   |   |

|  |          |              |
|--|----------|--------------|
| shell chords / structure: 1 (root) - 7 (7th) - 3 (3rd)                     | add on 9 | walking bass |
| shell chords / structure: 1 - 3 - 7 (3rd and 7th inverted)                 | add on 9 | walking bass |
| diatonic shell chords / structure: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 1 (of the r | add on 9 | walking bass |
| shell chords with approach tones and tritone substitution                  | add on 9 | walking bass |
| inversions of major, minor and dominant7th chords (3 voices)               | add on 9 | walking bass |
| inversions of major, minor and dominant7th chords (4 voices) - D           | add on 9 | walking bass |
| Walking bass: playing the first three scale tones                          | add on 9 | walking bass |
| Walking bass: playing 1 - 2 - 3 - 5  | add on 9 | walking bass |
| Walking bass: playing bass lines with approach tones                       | add on 9 | walking bass |
| Walking bass: combining shell chords and walking bass lines                | add on 9 | walking bass |
| Walking bass: some jazz standards with walking bass lines                  | add on 9 | walking bass |

|                                 |           |            |
|---------------------------------|-----------|------------|
| Theory and diagrams (English)   | add on 10 | pentatonic |
| Theorie und Diagramme (Deutsch) | add on 10 | pentatonic |
| Position 1                      | add on 10 | pentatonic |
| Position 2                      | add on 10 | pentatonic |
| Position 3                      | add on 10 | pentatonic |
| Position 4                      | add on 10 | pentatonic |
| Position 5                      | add on 10 | pentatonic |
| Position 1 +2                   | add on 10 | pentatonic |
| Position 2 +3                   | add on 10 | pentatonic |
| Position 3 +4                   | add on 10 | pentatonic |
| Position 4 +5                   | add on 10 | pentatonic |
| Position 1 +2 +3                | add on 10 | pentatonic |
| Position 1 +2 +3+4              | add on 10 | pentatonic |

|                                 |                     |
|---------------------------------|---------------------|
| Theory and diagrams (English)   | add on 11 arpeggios |
| Theorie und Diagramme (Deutsch) | add on 11 arpeggios |
| Position 1                      | add on 11 arpeggios |
| Position 2                      | add on 11 arpeggios |
| Position 3                      | add on 11 arpeggios |
| Position 4                      | add on 11 arpeggios |
| Position 5                      | add on 11 arpeggios |
| Exercises 6 - 10                | add on 11 arpeggios |
| Progressions of backing tracks  | add on 11 arpeggios |