



Modal Workout

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Here is a workout I use when teaching modes **from a common root** to advanced players. This is how you use it:-

- 1) Learn the chords under “chord vamp” heading.
- 2) Play the chord followed by the mode, to internalise the sound of the mode against the chord
- 3) Record a rhythm guitar backing track or program the sequence in to BAND-IN-A- BOX
- 4) Solo over each chord using the appropriate mode
- 5) Transpose to different keys – all 12 keys = utopia!

The chords named e.g. D/A are known as “*slash*” chords, also known as *inversions*. Many of the chords in this instance have an A pedal tone in the bass. Try using an open A string for this.

MODAL WORKOUT: COMMON ROOT

4 bars of each in 3/4 or 4/4 - Tempo/style of your choice

Chord Vamp	Mode Name	Description	Parent Key
: Absus4 /A	: A Lydian	(A Major with b5)	E Major (IV)
: D/A	: A Ionian/Major	(A Lydian with natural 4th)	A Major (I)
: G/A	: A Mixolydian	(Ionian with b7)	D Major (V)
: Am6	: A Dorian	(Mixolydian with a b3)	G Major (II)
: Fmaj7	: A Aeolian	(Dorian with b6)	C Major (VI)
: BbMaj7#11/A	: A Phrygian	(Aeolian with b2)	F Major (III)
: Eb/A	: A Locrian	(Phrygian with b5)	Bb Major (VII)

- Simon Newton