

Theory Exercises – 30 Minutes

Practice Exercise	Time	Keys Covered	Variations / Drills
Major 251s: b9s & #5/b13s	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- ii-9 to V13b9 to Imaj9
			- ii-7 to V7#5/b13 to Imaj7
			- Play both the b9 and #5/b13
			- Repeat With Rootless LH Voicings
The #11 Alteration In Major 251s	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- ii-9 to V9#11
			- Resolve Tension Up A Half Step
			- ii-11 to V7#11 to Imaj7
2-Handed Minor 251: #5, b9, & #9 Drill	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- ii-11b5 to V7b9#5 to i-9
			- ii-11b5 to V7#9#5 to i-9
			- Toggle Between The Altered Tones
			- Falling Altered Melody
UST 2 & UST 6: With The Natural 13	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- UST 2 With Left Hand Shell
			- UST 6 With Left Hand Shell
			- Inversions & Doubled Notes
			- Upper Structure Triad Arpeggios
UST #4 & UST #5 2 Altered Tones	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- b9#11 Drill Over Major 251
			- Experiment With Major 13 Chord
			- #5#9 Drill Over Major 251
			- Experiment With Inner Voices
Minor 251s: USTs with b9 or #9	5 mins	C F Bb Eb Ab Db F#/Gb B E A D G	- b9#11 Drill Over Minor 251
			- Rootless #5#9 Over Minor 251
			- Combine b9#11 & #5#9 Inversions
			- Make Your Own Exercises

Play Jazz Standards Using UST Cheat Sheet – 30 Minutes

U.S. Name	Types of Triad – Built from	U.S. Chord Tones
US 2	Major triad built off the 9	9 - #11 - 13
US #4	Major triad built of the #4 or #11	#11 – b7 – b9
US #5	Major triad built off the #5 or b13	#5/b13 – R - #9
US 6	Major triad built off the 13	13 – b9 - 3