

**TORE MORTEN ANDREASSEN**

**GRUNNØVELSER  
OVER  
KVINTSIRKELSKJEMA  
OG  
BEBOP MIKSOLYDISK SKALA**

**TMA Music 42**

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# Sekvenseringsøvelser over Kvintsirkelskjema

## 1. Oppadgående bevegelse

Am7 D7 Gmaj7 Cmaj7

5 F#m7b5 H7 Em7

## 2. Nedadgående bevegelse

Am7 D7 Gmaj7 Cmaj7

5 F#m7b5 H7 Em7

## 3. Nedadgående bevegelse med kromatiske gjennomgangstoner

Am7 D7 Gmaj7 Cmaj7

5 F#m7b5 H7 Em7

#### 4. Oppadgående bevegelse med kromatiske gjennomgangstoner

Am7 D7 Gmaj7 Cmaj7

F#m7b5 H7 Em7

5

Detailed description: This exercise is written in 4/4 time. The first staff shows an ascending chromatic line: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter). The second staff shows a descending chromatic line: F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). Chords are placed above the notes: Am7 (G), D7 (A), Gmaj7 (B), Cmaj7 (C), F#m7b5 (F), H7 (E), Em7 (D). A '5' is written above the first note of the second staff.

#### 5. Nedadgående bevegelse med kromatiske/diatoniske gjennomgangstoner

Am7 D7 Gmaj7 Cmaj7

F#m7b5 H7 Em7

5

Detailed description: This exercise is written in 4/4 time. The first staff shows a descending chromatic line: G4 (quarter), F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter). The second staff shows a descending diatonic line: F4 (quarter), E4 (quarter), D4 (quarter), C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F3 (quarter). Chords are placed above the notes: Am7 (G), D7 (F), Gmaj7 (E), Cmaj7 (D), F#m7b5 (F), H7 (E), Em7 (D). A '5' is written above the first note of the second staff.

## Bebop Miksolydisk: skalaøvelser med bruk av to akkorder: C7 F7

Trinnformel for skala:

Oppadgående: 1-2-3-4-5-6-b7-7

Nedadgående: 1-7-b7-6-5-4-3-2

En åttetoneskala med både liten og stor septim slik at åttendelsløp går opp i 4/4-takt (åtte toner på fire pulsslag) og vi får kromatiske gjennomgangstoner med b7 -7 - 1

### 1. Opp- og nedadgående bevegelse i to oktaver

C7 F7 C7

C: 1 2 3 4 5 6 b7 7 F: 5 4 3 2 1 7 b7 6 C: 1

C7 F7 C7

### 2. C7 Bebop miksolydisk opp- og nedadgående bevegelse

C7

### 3. F7 Bebop miksolydisk opp- og nedadgående bevegelse

F7

#### 4. Oppadgående bevegelse – C7 og F7. To oktaver

Exercise 4 consists of two staves of music in 4/4 time. The first staff shows an ascending eighth-note scale starting on C4, moving up to C5, with a C7 chord above the first measure and an F7 chord above the second measure. The second staff shows a similar ascending eighth-note scale starting on C5, moving up to C6, with a C7 chord above the first measure and an F7 chord above the second measure. A '5' is written above the first measure of the second staff, indicating the fifth finger.

#### 5. Nedadgående bevegelse – C7 og F7. To oktaver

Exercise 5 consists of two staves of music in 4/4 time. The first staff shows a descending eighth-note scale starting on C5, moving down to C4, with a C7 chord above the first measure and an F7 chord above the second measure. The second staff shows a similar descending eighth-note scale starting on C6, moving down to C5, with a C7 chord above the first measure and an F7 chord above the second measure. A '5' is written above the first measure of the second staff, indicating the fifth finger.

#### 6. 16-deler: Først oppadgående bevegelse i to oktaver deretter nedadgående bevegelse i to oktaver

Exercise 6 consists of two staves of music in 4/4 time, each containing 16 measures. The first staff shows an ascending eighth-note scale starting on C4, moving up to C5, with a C7 chord above the first measure and an F7 chord above the second measure. The second staff shows a descending eighth-note scale starting on C5, moving down to C4, with a C7 chord above the first measure and an F7 chord above the second measure. A '5' is written above the first measure of the second staff, indicating the fifth finger.

### 7. Spille inn i akkordskifte C7 – F7. Opp- og nedadgående bevegelse

Exercise 7 consists of three staves of music in 4/4 time. The first staff shows an ascending eighth-note pattern starting on C4, moving up to F5, with a C7 chord above the first two measures and an F7 chord above the last two measures. The second staff shows a descending eighth-note pattern starting on F5, moving down to C4, with a C7 chord above the first two measures and an F7 chord above the last two measures. The third staff shows a whole note C4 on a treble clef staff, with a C7 chord above it, ending with a double bar line.

### 8. Spille inn i akkordskifte C7 – F7. Ned- og oppadgående bevegelse

Exercise 8 consists of three staves of music in 4/4 time. The first staff shows a descending eighth-note pattern starting on F5, moving down to C4, with a C7 chord above the first two measures and an F7 chord above the last two measures. The second staff shows an ascending eighth-note pattern starting on C4, moving up to F5, with a C7 chord above the first two measures and an F7 chord above the last two measures. The third staff shows a whole note C4 on a treble clef staff, with a C7 chord above it, ending with a double bar line.