PPOCK 1 -Basic Chords in the Key-

Lesson	Topic	Audio Used	Status	
	•		Understood, Finished	Need to Revisit
Chapter 1 Concept	We go through the process of building chords off of each note in they key, giving us the foundation for all harmony in music. We also learn some simple moveable chord shapes. **Backing track Included**	Chapter 1 backing track		
Side A Creative	Using the shapes from Ch. 1, we experiment with adding in open strings to get some really great sounds.	"Blackbird" Example		
Side B Creative	Continuing with the shapes from Ch. 1, we experiment with creating melodies on top of the chords with a very simple approach.	None		
Side C Creative	We turn these chords into small two note shapes. Very useful for a lighter sound or if you are trying to fit in a larger band.			

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

PPOCK 2 -Chords and Arpeggios-

Lesson		Topic Audio Used		Statı	ıs
		=		Understood, Finished	Need to Revisit
Chapter 2 Concept	And Diagram Review	Using the small chord shapes from Ch. 1, we find a variety of places to play them on multiple strings. **Backing track and Diagram Included**	Chapter 2 backing track		
Side A Creative		We write some riffs in a pop/hiphop context using the chords in the key.	None		
		criorus in trie key.			
Side B Creative		We write some riffs in a rock context using the chords in the key.	None		
			1		
Side C Practice		Using the LRC shapes from the Fretboard Method, we play each chords arpeggio in one position.	Chapter 2 backing track		
			T	T T	
Side D Creative		Continuing to use the LRC shapes, we talk about targeting chord tones within these shapes as the chords change in our improv.	Chapter 2 backing track		

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

PPOCK 3 -Majors and Their Pentatonic-

Lesson	Topic	Audio Used	Statu	S
	•		Understood, Finished	Need to Revisit
Chapter 3 Concept	Knowing the 1, 4, and 5 chords are all major, we build a pentatonic scale off of each one. This will give us 3 different major pentatonic scales in the key. **Backing track Included**	Chapter 3 backing track		
Side A Practice	We learn and play a simple mechanical exercise to practice these major pentatonics.	Chapter 3 backing track		
Side B Practice	Using the same 1-4-5 pentatonics, we force ourselves to play all in one position, while always keeping the roots highlighted in our head.	Chapter 3 backing track		
Side C Creative	We add in the new notes from the pentatonic (the 2 and 6) to each chord, and see what kind of cool sounds we get.	Chapter 3 backing track		
Side D Practice	Using our knowledge of the chords, we look for shortcuts between them making it easier to move during our improvising.	Chapter 3 backing track		
Side E Practice (Ear Training)	We train our ears to hear these chord tones as we move through the 1-4-5 chords.	Chapter 3 backing track		

I understand the material

1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice

1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music

4

-Minor and Their Pentatonic-

Lesson	Topic	Audio Used	Statı	ıs
	•		Understood, Finished	Need to Revisit
Chapter 4 Concept	We look at the minor chords (the 2,3, and 6) and play pentatonic off of each one. Much like the previous chapter, this will give us 3 different Minor Pentatonics in the key. **Backing track Included**	Chapter 4 backing track		
Side A Practice	Repeating concepts from the previous chapter, just with minor. We go over some exercises and thought processes that make it easier to switch between each chord.	Chapter 4 backing track		
Side B Creative	Repeating concepts from the previous chapter, just with minor. We use our ear to hear connections between each chord, and add in the new notes from the pentatonic (the 4 and b7).	Chapter 4 backing track		
Side C Creative	I write a simple rhythm using all of the minor chords in the key.	None		
Side D Concept	We introduce the last chord of the key, the 7 chord which is diminished.	Custom tracks for this lesson		
Side E Practice	A recap of everything from the past two chapters, reviewing each chords pentatonic scale.	Chapter 2 backing track		

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

Ear Training

Lesson	Topic	Audio Used	Status	
	· · · · · · · · · · · · · · · · · · ·		Understood, Finished	Need to Revisit
Ear Training Concept	We learn the most important fundamental of hear chord progressions, hearing root movements.	Various Songs		
Side A Practice	Using our knowledge of chords in the key, we figure out which chords are major or minor in a logical way.	None		
Side B Practice	We figure out the key of songs very quickly by finding unique chord groupings.	Various Songs		
Side C Creative	We analyze some songs that may seem complex but are actually pretty simple.	Various Songs		
Side D Creative	The opposite of the previous lesson, we analyze songs that seem simple but are actually complex.	Various Songs		

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

The 5 Chord

Major with b7

Lesson	Topic	Audio Used	Status	
	•		Understood, Finished	Need to Revisit
Part 1 Concept	We fill out the entire note hierarchy of the 5 chord, discovering its unique qualities. We also go over the concept of a "Set Up" chord. **Backing track Included**	5 Chord Backing Tracks		
Part 2 Creative	We go over the sound of Major Vs. Dominant. We also add in the 2 and 6 from the pentatonic to see what they do to these two chord types.	None		
Part 3 Concept	Introduce Suspended chords and various modifications we can make to them.	None		
Part 4 Concept	We discuss chord symbols and how to interpret them when reading a chord chart. **Cheat- Sheet Included**	None		
Part 5 Creative	We go over a myriad of songs that use the 5 chord.	Various Songs		
Part 6 Practice	We discuss playing leads and melodies over the 5 chord with an emphasis on its color note, the b7.	5 Chord Backing Tracks		
Part 7 Concept	We go over the very common concept of mixing major and dominant over a dominant 7 chord.	5 Chord Backing Tracks		
Part 8 Creative	A discussion of a few short parts I wrote featuring the 5 chord in a variety of styles.	Original Parts		
Part 9 Concept	Introduction to the idea of "Chord vs Chord", where we memorize how notes function over multiple chords. This can give you a cheat code when it comes to writing/improvising over different chords. **Diagram Included**	None		

I understand the material

1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice

1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music

The 4 Chord

Major with #4

Lesson	Topic	Audio Used	Stati	us
	•		Understood, Finished	Need to Revisit
Part 1 Concept	We fill out the entire note hierarchy for the 4 chord, and discuss why it is so popular. **Backing track Included**	The 4 Chord Backing Tracks		
Part 2 Concept	Another Chord Vs Chord lesson, and the introduction to the incredibly valuable concept I call Pretend Chords. **Diagram Included**	Custom Track for this lesson		
Part 3 Creative	Chord Lesson. We add in every other note into the chord and see what cool shapes/voicings we get.	None		
Part 4 Creative	We apply the Pretend Chord concept in a band situation. Meaning, one instrument plays the 4 chord and the other Pretends something else.	Custom tracks for this lesson		
Part 5 Creative	We go over a wide variety of songs that feature the 4 chord in different ways.			
Part 6 Practice	Leads over the 4 chord. Featuring the color note as well as some Pretend Chords.	The 4 Chord backing track.		
Part 7 Creative	I wrote a few things that feature the 4 chord. We hear them and then I talk about them.	Parts written for this lesson.		
Part 8 Creative	I wrote a solo using many of the concepts discussed in this series. I play it and then go over it.	The 4 Chord Backing Track		

I understand the material

1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice

1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music

The 6 Chord

Minor

Lesson	Topic	Audio Used	Status	
	•		Understood, Finished	Need to Revisit
Part 1 Concept	We go over the note structure and hierarchy for the 6 chord, as well as the origin of minor keys.	None		
Part 2 Concept	We look at minor keys from two approaches, thinking of the 6 chord as the 6 chord, or thinking about it as a *1* chord.	None		
Part 3 Creative	Chord lesson. We go over all of the notes we can add to the chord for various shapes/voicings.	None		
Part 4 Concept	Progressions that feature the 6 chord, primarily the connection between the 6 and 4 chord. **Backing track Included**	The 6 Chord Backing Tracks		
Part 5 Concept	Continuing with progressions featuring the 6 chord, with a focus on a Set Up chord called the "5 of 6". This is a very important lesson that should be understood 100%, as it is the precursor to the Spicy 3, the most common out-of-key chord in history.	None		
Part 6 Practice	Leads over the 6 chord, in particular moving from 6 to 4.	The 6 Chord Backing Track, and another custom track		
Part 7 Practice	Leads over the 6 chord, in particular over the Set Up chord called the "5 of 6".	Custom Track for this lesson		
Part 8 Creative	We use all of these sounds as leads over a 12 bar blues.	Custom Track for this lesson		
Part 9 Creative	We go over a metric ton of songs that feature the 6 chord.	Various Songs		
Part 10 Creative	I wrote a piece that features the 6 chord and a variety of other things. I play the tune and then talk about it.	LoG's mini song		
Part 11 Practice	A final Chord vs Chord lesson, going through some very valuable connections to other chords.	Custom Track for this lesson		

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music 1 2 3 4 5 6 7 8 9 10

The 2 Chord Minor with 6

Lesson	Topic	Audio Used	Stat	us
			Understood, Finished	Need to Revisit
Part 1 Concept	Note structure and Hierarchy of the 2 chord. We talk about how it is the easiest minor sound to play, and how it is the relative minor to the 4 chord.	None		
Part 2 Creative	Chord Lesson. We go over some chord voicings, in particular shapes that have the natural 6. We also go over some progressions that use the 2 chord, and how to not confuse it with the 6 chord.	None		
Part 3 Practice	We go over playing melodies and leads over the 2 chord, featuring the natural 6. **Backing track Included**	The 2 Chord Backing Tracks		
Part 4 Practice	We talk about a myriad of Pretend chords that function alongside the 2 chord.	The 2 Chord Backing Tracks		
Part 5 Concept	We go over the insanely common sound of mixing major and minor over a Dominant Chord. Mandatory if you're playing blues, classic rock, country, jazz, or anything that features a Dominant chord.	Custom track for this lesson		
Part 6A Practice	Part 1 of learning songs for a funk-rock-r&b gig, where the 2 chord is quite common.	Various Songs		
Part 6B Practice	Part 2 of learning songs for a funkrock-r&b gig, where the 2 chord is quite common.	Various Songs		
Part 7 Practice	I go over a bunch of songs I like to use as backing tracks for the 2 chord.	Various Songs		
Part 8 Concept	Basic intro to the sound of Melodic Minor which is the 2 chord with a natural 7.	Custom Tracks for this lesson		
Part 9A Creative	I wrote a short piece that uses the sound of the 2 chord, and Melodic Minor. I play it and then talk about it.	LoG's Mini Song		
Part 9B Creative	A Cubase Project file walkthrough of the song so you can see how I made it.	LoG's Mini Song		

	We talk about using the Chord Vs Chord mindset in your songwriting.	Another LoG Mini Song	
Creative	Chord minuset in your songwriting.		

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

The 3 Chord

Minor with b2

Lesson	Topic	Audio Used	Status	
	•		Understood, Finished	Need to Revisit
Part 1 Concept	Note Structure and Hierarchy for the 3 chord. A very unique sound that is rare but useful.	None		
Part 2 Concept	We go over the idea of Autopiloting and why It doesn't work over the 3 chord.	Custom Track for this lesson		
Part 3 Concept	We continue with the idea from the previous lesson, and discover the Legend of the Hidden 1 Chord. This is where many songs sound like there is a 3 chord happening but it's actually a 1 chord.	Various Songs		
Part 4 Practice	We talk about leads over the 3 chord. A very unique sound due to the b2. **Backing track Included**	The 3 Chord Backing Track		
Part 5 Creative	I wrote a metal tune that features the 3 chord. A very common sound in this genre due to the b2 and it's dark sound.	LoG's Mini Song		
Part 6 Creative	We go over a bunch of songs that use the 3 chord.	Various Songs		

I understand the material

1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice

1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music

The Spicy 3 Major 3 Chord

Lesson	Topic	Topic Audio Used		Status	
	•	•	Understood, Finished	Need to Revisit	
Part 1 Concept	We discuss where this incredibly important sound comes from, as well as the note hierarchy and structure. The beginning of this conversation on the most common out of key chord in history.	None			
Part 2 Creative	Basic intro into casually using this sound in progressions, as well as featuring it in Flamenco and tradition Spanish music.	Various songs			
Part 3A Creative	We discuss how to play leads and melodies over the sound by gradually adding in the stronger notes. We also dive into a very useful pretend chord. **Backing track Included**	The Spicy 3 Backing Tracks			
Part 3B Practice	We talk about leads specifically when this Spicy 3 is used as a transition chord, the origin of this sound. The vast majority of the time it will be as a "5 of 6"	None			
Part 4A Concept	Our first Hidden Sound of the Spicy 3, our introduction to the sound of Diminished 7.	None			
Part 4B Practice	Chord lesson. We discuss playing Diminished 7 chords around the fretboard.	None			
Part 4C Practice	We talk about Diminished 7 leads and how to navigate the fretboard with them.	Custom Track for this lesson			
Part 5A Concept	Our next hidden sound, augmented. We discuss where it is hiding inside the Spicy 3 and how to approach it.	None			
Part 5B Practice	Chord Lesson, we discuss the shapes of augmented chords and how to use them.	None			
Part 5C Practice	We talk about Augmented Leads and how to navigate the fretboard with them.	Custom Track for this lesson			
Part 6 Concept	Our final hidden sound, the Minor 4. We discuss where it is hiding inside the Spicy 3 how to approach it.	None			

Part 7 Creative	We dive into a bunch of songs that use all of these concepts.	Various songs	
Part 8 Creative	I rewrote a song from the 3 chord series and made it Spicy, by simply adjusting the 3rd. I play it and then we talk about it.	LoG's Mini Song	
Part 9 Concept	We talk about making other chords Spicy, which are usually then used as transition chords.		

I understand the material 1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice 1 2 3 4 5 6 7 8 9 10

The 7 Chord

Minor 7 b5

Lesson	Topic	Audio Used	Status	
	•		Understood, Finished	Need to Revisit
Part 1 Concept	The final chord in the key. We discuss the note hierarchy and structure of this mildy dissonant sound.	None		
Part 2 Creative	I discuss how I create and practice new sounds, using the 7 chord as an example.	None		
Part 3A Concept/Practice	Our first use of the 7 chord as a pretend chord, over a Minor 6. **Backing track Included**	"Hottentot" backing track in all keys		
Part 3B Concept/Practice	Our second use of the 7 chord as a pretend chord, over a Dominant 7.	"Play that funky music" backing track.		
Part 3C Concept/Practice	Our third use of the 7 chord as a pretend chord, over Spicy 3.	Custom Track for this lesson		
Part 3D Concept/Practice	Our Final use of the 7 chord as a pretend chord, over a Minor 4.	Various things		
Part 4 Concept	We discuss the concept of Circle Progressions, which is a specific order that uses all chords in the key including the 7 chord.	Various Songs		
Part 5 Concept	Building off the previous lesson, we discuss by far the most common use of the 7 Chord (or minor 7 b5 in general), the minor 2-5-1.	None		
Part 6 Creative	We go over a bunch of songs that use the 7 chord, or the minor 7 b5 sound.	Various Songs		
Part 7 Creative	I wrote a short piece that features the sound of the 7 chord, minor 7 b5. I play it and then we talk about it.	LoG's Mini Song.		
RECAP Concept	The recap to the PPOCK series, as well as a short discussion/rant about "Modes".	None		

I understand the material

1 2 3 4 5 6 7 8 9 10

I can recreate the concept in practice

1 2 3 4 5 6 7 8 9 10

I notice and can use the concept in Music