

# A position 発展形 (II-V-I-VIトレーニング)

The image displays a piano accompaniment for an A position development exercise in 4/4 time. The exercise is structured as a II-V-I-VI progression across six systems of chords. Each system consists of two staves (treble and bass clef) with chord symbols and fingering numbers above the notes. The bass line consists of quarter notes, while the treble line features chords with specific fingering patterns.

**System 1:** Dm7 (9, 7, 5, 3), G7 (13, 3, 9, 7), Cm7 (9, 7, 5, 3), Am7 (3, 1, 7, 5), Gm7, C7, Fm7, Dm7.

**System 2:** Cm7, F7, Bbm7, Gm7, Fm7, Bb7, EbM7, Cm7.

**System 3:** Bbm7, Eb7, AbM7, Fm7, Ebm7, Ab7, DbM7, Bbm7.

**System 4:** Abm7, Db7, GbM7, Ebm7, C#m7, F#7, BM7, G#m7.

**System 5:** F#m7, B7, EM7, C#m7, Bm7, E7, AM7, F#m7.

**System 6:** Em7, A7, DM7, Bm7, Am7, D7, GM7, Em7.

A position 発展形 循環コード型トレーニング  
(Ⅱ・Ⅴ・Ⅰ+Ⅵ) 1.

Dm7 G7 CM7 Am7

key:C

Dm7 G7 CM7 Am7

key:F

Gm7 C7 FM7 Dm7

※同じ要領でAny keyで練習してみましょう。

A position 発展形 循環コード型トレーニング  
(II・V・I + VI) 2.

Dm7 G7 CM7 Am7

Swing  $\text{♪♪} = \text{♪}^3$

key:C

Dm7 G7 CM7 Am7

key:F

Gm7 C7 FM7 Dm7

※同じ要領でAny keyで練習してみましょう。