7 Days to Continuo Fluency
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Preparation:
Learn to read the bass clef if you do not already know how.

Day 1: Learn at least one way of playing a major chord in:

\[ \text{C} \quad \text{D} \quad \text{E} \quad \text{F} \quad \text{G} \quad \text{A} \quad \text{Bb} \quad \text{Eb} \]

minor chords in:

\[ \text{c} \quad \text{d} \quad \text{e} \quad \text{f} \quad \text{g} \quad \text{a} \]

Do not worry about number of voices or position.

Day 2: Play I, IV, V progressions in:

\[ \text{C} \quad \text{D} \quad \text{E} \quad \text{F} \quad \text{G} \quad \text{A} \quad \text{Bb} \]

(for example: C, F, G)

Add 4-3 suspensions to the V chord, (I, IV, V4-3, I)

Day 3: Learn 6 chords on:

\[ \text{G} \quad \text{A} \quad \text{B} \quad \text{C} \quad \text{d} \quad \text{e} \quad \text{F} \]

(natural sequence)

\[ \text{g} \quad \text{a} \quad \text{Bb} \quad \text{c} \quad \text{d} \quad \text{e} \quad \text{F} \]

(flat sequence)

\[ \text{G}\# \quad \text{C}\# \quad \text{F}\# \]

Day 4: Learn “Rule of the Octave” starting on:

\[ \text{C} \quad \text{D} \quad \text{F} \quad \text{G} \quad \text{a} \]

(with natural and flat sequence)

Day 5: Find as many ways of playing each major and minor chord as possible.

Play I, IV, V4-3 progressions in each position with proper voice leading.

Day 6: Play:

\[ \begin{array}{c} \text{V} \quad \text{I} \\ 5 \quad 6 \quad 5 \quad 5 \\ \#3 \quad 4 \quad 4 \quad \#3 \\ \end{array} \quad \text{and,} \quad \begin{array}{c} \text{V} \quad \text{I} \\ 7 \quad 6 \quad 5 \quad 5 \\ \#3 \quad 4 \quad 4 \quad \#3 \\ \end{array} \]

in C, D, E, F, G, A, Bb

Day 7: Learn 7-6 or 7-#6 suspension on:

\[ \begin{array}{c} \text{C} \quad \text{d} \quad \text{e} \quad \text{F} \quad \text{g} \quad \text{a} \quad \text{B} \\ \text{eb} \quad \text{Bb} \end{array} \]

Day 8: Learn to transpose bass line an octave in either direction.