

Call & Response Ensemble Trainer

Practice workbook · 24 tracks · 14 days

How to use it

Listen to the question the guide guitar plays in the first two bars. When the bell rings, it is your turn: answer in bars 3 and 4 while the band plays on without the guide. Repeat the same question in your own words, change the rhythm, or finish on a different chord tone. Never start from zero: always start from the question.

In the tab, each column is one note in order, not an exact bar position. The number is the fret; a dash means an open or unplayed string. The number in brackets after each note name is its length in beats.

Map of the 7 modes

#	Mode	Key	Notes (7 degrees)
1	Ionian	C major	C4 · D4 · E4 · F4 · G4 · A4 · B4
2	Dorian	A Dorian	A3 · B3 · C4 · D4 · E4 · F#4 · G4
3	Phrygian	E Phrygian	E3 · F3 · G3 · A3 · B3 · C4 · D4
4	Lydian	F Lydian	F3 · G3 · A3 · B3 · C4 · D4 · E4
5	Mixolydian	G Mixolydian	G3 · A3 · B3 · C4 · D4 · E4 · F4
6	Aeolian	A Aeolian	A3 · B3 · C4 · D4 · E4 · F4 · G4
7	Locrian	B Locrian	B3 · C4 · D4 · E4 · F4 · G4 · A4

Sample questions and answers

One tab per question, with 3 sample answers. They are starting points: yours has to come from your ear.

Ionian · level 1 · 80 BPM

Key: C major · track: pc3-en-mode-1-ionian-level1.mp3

Question: E4 (1) · C4 (1) · C4 (2) · C4 (1) · E4 (1) · C4 (2)

```
e|0-----0----|
B|---1--1--1----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: E4 (1) · C4 (1) · C4 (2) · C4 (1) · E4 (1) · C4 (2)

```
e|0-----0----|
B|---1--1--1----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: E4 (2) · C4 (1) · C4 (1) · C4 (2) · E4 (1) · C4 (1)

```
e|0-----0----|
B|---1--1--1----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: G4 (1) · E4 (1) · E4 (2) · E4 (1) · G4 (1) · E4 (2)

```
e|3--0--0--0--3--0--|
B|-----|
G|-----|
D|-----|
A|-----|
E|-----|
```

Ionian · level 2 · 96 BPM

Key: C major · track: pc3-en-mode-1-ionian-level2.mp3

Question: E4 (0.5) · G4 (0.5) · F4 (1) · E4 (0.5) · D4 (0.5) · E4 (1) · G4 (0.5) · F4 (0.5) · C4 (3)

```
e|0--3--1--0-----0--3--1-----|
B|-----3-----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: E4 (0.5) · G4 (0.5) · F4 (1) · E4 (0.5) · D4 (0.5) · E4 (1) · G4 (0.5) · F4 (0.5) · C4 (3)

```
e|0--3--1--0-----0--3--1-----|
B|-----3-----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: E4 (3) · G4 (0.5) · F4 (0.5) · E4 (1) · D4 (0.5) · E4 (0.5) · G4 (1) · F4 (0.5) · C4 (0.5)

```
e|0--3--1--0-----0--3--1-----|
B|-----3-----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: G4 (0.5) · B4 (0.5) · A4 (1) · G4 (0.5) · F4 (0.5) · G4 (1) · B4 (0.5) · A4 (0.5) · E4 (3)

```
e|3--7--5--3--1--3--7--5--0--|
B|-----|
G|-----|
D|-----|
A|-----|
E|-----|
```

Dorian · level 1 · 80 BPM

Key: A Dorian · track: pc3-en-mode-2-dorian-level1.mp3

Question: C₄ (1) · A₃ (1) · B₃ (2) · A₃ (1) · A₃ (1) · A₃ (2)

```
e|-----|
B|1-----0-----|
G|---2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: C₄ (1) · A₃ (1) · B₃ (2) · A₃ (1) · A₃ (1) · A₃ (2)

```
e|-----|
B|1-----0-----|
G|---2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: C₄ (2) · A₃ (1) · B₃ (1) · A₃ (2) · A₃ (1) · A₃ (1)

```
e|-----|
B|1-----0-----|
G|---2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: E₄ (1) · C₄ (1) · D₄ (2) · C₄ (1) · C₄ (1) · C₄ (2)

```
e|0-----|
B|---1--3--1--1--1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Dorian · level 2 · 96 BPM

Key: A Dorian · track: pc3-en-mode-2-dorian-level2.mp3

Question: C4 (0.5) · A3 (0.5) · B3 (1) · A3 (0.5) · B3 (0.5) · C4 (1) · A3 (0.5) · A3 (0.5) · A3 (3)

```
e|-----|
B|1-----0-----0--1-----|
G|---2-----2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: C4 (0.5) · A3 (0.5) · B3 (1) · A3 (0.5) · B3 (0.5) · C4 (1) · A3 (0.5) · A3 (0.5) · A3 (3)

```
e|-----|
B|1-----0-----0--1-----|
G|---2-----2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: C4 (3) · A3 (0.5) · B3 (0.5) · A3 (1) · B3 (0.5) · C4 (0.5) · A3 (1) · A3 (0.5) · A3 (0.5)

```
e|-----|
B|1-----0-----0--1-----|
G|---2-----2-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: E4 (0.5) · C4 (0.5) · D4 (1) · C4 (0.5) · D4 (0.5) · E4 (1) · C4 (0.5) · C4 (0.5) · C4 (3)

```
e|0-----0-----|
B|---1--3--1--3-----1--1--1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Phrygian · level 1 · 80 BPM

Key: E Phrygian · track: pc3-en-mode-3-phrygian-level1.mp3

Question: G₃ (1) · A₃ (1) · C₄ (2) · B₃ (1) · C₄ (1) · E₃ (2)

```
e|-----|
B|-----1--0--1-----|
G|0--2-----|
D|-----2--|
A|-----|
E|-----|
```

Answer A: ends on the tonic: G₃ (1) · A₃ (1) · C₄ (2) · B₃ (1) · C₄ (1) · E₃ (2)

```
e|-----|
B|-----1--0--1-----|
G|0--2-----|
D|-----2--|
A|-----|
E|-----|
```

Answer B: reversed rhythm: G₃ (2) · A₃ (1) · C₄ (1) · B₃ (2) · C₄ (1) · E₃ (1)

```
e|-----|
B|-----1--0--1-----|
G|0--2-----|
D|-----2--|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: B₃ (1) · C₄ (1) · E₄ (2) · D₄ (1) · E₄ (1) · G₃ (2)

```
e|-----0-----0-----|
B|0--1-----3-----|
G|-----0--|
D|-----|
A|-----|
E|-----|
```

Phrygian · level 2 · 96 BPM

Key: E Phrygian · track: pc3-en-mode-3-phrygian-level2.mp3

Question: G₃ (0.5) · F₃ (0.5) · A₃ (1) · F₃ (0.5) · E₃ (0.5) · G₃ (1) · B₃ (0.5) · G₃ (0.5) · E₃ (3)

```
e|-----|
B|-----0-----|
G|0-----2-----0-----0-----|
D|---3-----3--2-----2--|
A|-----|
E|-----|
```

Answer A: ends on the tonic: G₃ (0.5) · F₃ (0.5) · A₃ (1) · F₃ (0.5) · E₃ (0.5) · G₃ (1) · B₃ (0.5) · G₃ (0.5) · E₃ (3)

```
e|-----|
B|-----0-----|
G|0-----2-----0-----0-----|
D|---3-----3--2-----2--|
A|-----|
E|-----|
```

Answer B: reversed rhythm: G₃ (3) · F₃ (0.5) · A₃ (0.5) · F₃ (1) · E₃ (0.5) · G₃ (0.5) · B₃ (1) · G₃ (0.5) · E₃ (0.5)

```
e|-----|
B|-----0-----|
G|0-----2-----0-----0-----|
D|---3-----3--2-----2--|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: B₃ (0.5) · A₃ (0.5) · C₄ (1) · A₃ (0.5) · G₃ (0.5) · B₃ (1) · D₄ (0.5) · B₃ (0.5) · G₃ (3)

```
e|-----|
B|0-----1-----0--3--0-----|
G|---2-----2--0-----0--|
D|-----|
A|-----|
E|-----|
```

Lydian · level 1 · 80 BPM

Key: F Lydian · track: pc3-en-mode-4-lydian-level1.mp3

Question: A₃ (1) · C₄ (1) · B₃ (2) · D₄ (1) · C₄ (1) · F₃ (2)

```
e|-----|
B|---1--0--3--1---|
G|2-----|
D|-----3--|
A|-----|
E|-----|
```

Answer A: ends on the tonic: A₃ (1) · C₄ (1) · B₃ (2) · D₄ (1) · C₄ (1) · F₃ (2)

```
e|-----|
B|---1--0--3--1---|
G|2-----|
D|-----3--|
A|-----|
E|-----|
```

Answer B: reversed rhythm: A₃ (2) · C₄ (1) · B₃ (1) · D₄ (2) · C₄ (1) · F₃ (1)

```
e|-----|
B|---1--0--3--1---|
G|2-----|
D|-----3--|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: C₄ (1) · E₄ (1) · D₄ (2) · F₄ (1) · E₄ (1) · A₃ (2)

```
e|---0-----1--0---|
B|1-----3-----|
G|-----2--|
D|-----|
A|-----|
E|-----|
```

Lydian · level 2 · 96 BPM

Key: F Lydian · track: pc3-en-mode-4-lydian-level2.mp3

Question: A₃ (0.5) · C₄ (0.5) · E₄ (1) · C₄ (0.5) · A₃ (0.5) · G₃ (1) · F₃ (0.5) · F₃ (0.5) · F₃ (3)

```
e|-----0-----|
B|---1-----1-----|
G|2-----2--0-----|
D|-----3--3--3--|
A|-----|
E|-----|
```

Answer A: ends on the tonic: A₃ (0.5) · C₄ (0.5) · E₄ (1) · C₄ (0.5) · A₃ (0.5) · G₃ (1) · F₃ (0.5) · F₃ (0.5) · F₃ (3)

```
e|-----0-----|
B|---1-----1-----|
G|2-----2--0-----|
D|-----3--3--3--|
A|-----|
E|-----|
```

Answer B: reversed rhythm: A₃ (3) · C₄ (0.5) · E₄ (0.5) · C₄ (1) · A₃ (0.5) · G₃ (0.5) · F₃ (1) · F₃ (0.5) · F₃ (0.5)

```
e|-----0-----|
B|---1-----1-----|
G|2-----2--0-----|
D|-----3--3--3--|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: C₄ (0.5) · E₄ (0.5) · G₄ (1) · E₄ (0.5) · C₄ (0.5) · B₃ (1) · A₃ (0.5) · A₃ (0.5) · A₃ (3)

```
e|---0--3--0-----|
B|1-----1--0-----|
G|-----2--2--2--|
D|-----|
A|-----|
E|-----|
```

Mixolydian · level 1 · 80 BPM

Key: G Mixolydian · track: pc3-en-mode-5-mixolydian-level1.mp3

Question: B₃ (1) · C₄ (1) · E₄ (2) · C₄ (1) · A₃ (1) · G₃ (2)

```
e|-----0-----|
B|0--1-----1-----|
G|-----2--0--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: B₃ (1) · C₄ (1) · E₄ (2) · C₄ (1) · A₃ (1) · G₃ (2)

```
e|-----0-----|
B|0--1-----1-----|
G|-----2--0--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: B₃ (2) · C₄ (1) · E₄ (1) · C₄ (2) · A₃ (1) · G₃ (1)

```
e|-----0-----|
B|0--1-----1-----|
G|-----2--0--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: D₄ (1) · E₄ (1) · G₄ (2) · E₄ (1) · C₄ (1) · B₃ (2)

```
e|---0--3--0-----|
B|3-----1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Mixolydian · level 2 · 96 BPM

Key: G Mixolydian · track: pc3-en-mode-5-mixolydian-level2.mp3

Question: B₃ (0.5) · C₄ (0.5) · A₃ (1) · G₃ (0.5) · B₃ (0.5) · D₄ (1) · E₄ (0.5) · C₄ (0.5) · G₃ (3)

```
e|-----0-----|
B|0--1-----0--3----1----|
G|-----2--0-----0--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: B₃ (0.5) · C₄ (0.5) · A₃ (1) · G₃ (0.5) · B₃ (0.5) · D₄ (1) · E₄ (0.5) · C₄ (0.5) · G₃ (3)

```
e|-----0-----|
B|0--1-----0--3----1----|
G|-----2--0-----0--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: B₃ (3) · C₄ (0.5) · A₃ (0.5) · G₃ (1) · B₃ (0.5) · D₄ (0.5) · E₄ (1) · C₄ (0.5) · G₃ (0.5)

```
e|-----0-----|
B|0--1-----0--3----1----|
G|-----2--0-----0--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: D₄ (0.5) · E₄ (0.5) · C₄ (1) · B₃ (0.5) · D₄ (0.5) · F₄ (1) · G₄ (0.5) · E₄ (0.5) · B₃ (3)

```
e|---0-----1--3--0----|
B|3-----1--0--3-----0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Aeolian · level 1 · 80 BPM

Key: A Aeolian · track: pc3-en-mode-6-aeolian-level1.mp3

Question: C₄ (1) · D₄ (1) · C₄ (2) · A₃ (1) · C₄ (1) · A₃ (2)

```
e|-----|
B|1--3--1-----1---|
G|-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: C₄ (1) · D₄ (1) · C₄ (2) · A₃ (1) · C₄ (1) · A₃ (2)

```
e|-----|
B|1--3--1-----1---|
G|-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: C₄ (2) · D₄ (1) · C₄ (1) · A₃ (2) · C₄ (1) · A₃ (1)

```
e|-----|
B|1--3--1-----1---|
G|-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: E₄ (1) · F₄ (1) · E₄ (2) · C₄ (1) · E₄ (1) · C₄ (2)

```
e|0--1--0-----0---|
B|-----1-----1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Aeolian · level 2 · 96 BPM

Key: A Aeolian · track: pc3-en-mode-6-aeolian-level2.mp3

Question: C₄ (0.5) · B₃ (0.5) · A₃ (1) · A₃ (0.5) · B₃ (0.5) · C₄ (1) · A₃ (0.5) · B₃ (0.5) · A₃ (3)

```
e|-----|
B|1--0-----0--1-----0-----|
G|-----2--2-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: C₄ (0.5) · B₃ (0.5) · A₃ (1) · A₃ (0.5) · B₃ (0.5) · C₄ (1) · A₃ (0.5) · B₃ (0.5) · A₃ (3)

```
e|-----|
B|1--0-----0--1-----0-----|
G|-----2--2-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: C₄ (3) · B₃ (0.5) · A₃ (0.5) · A₃ (1) · B₃ (0.5) · C₄ (0.5) · A₃ (1) · B₃ (0.5) · A₃ (0.5)

```
e|-----|
B|1--0-----0--1-----0-----|
G|-----2--2-----2-----2--|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: E₄ (0.5) · D₄ (0.5) · C₄ (1) · C₄ (0.5) · D₄ (0.5) · E₄ (1) · C₄ (0.5) · D₄ (0.5) · C₄ (3)

```
e|0-----0-----|
B|---3--1--1--3-----1--3--1--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Locrian · level 1 · 80 BPM

Key: B Locrian · track: pc3-en-mode-7-locrian-level1.mp3

Question: D₄ (1) · B₃ (1) · C₄ (2) · D₄ (1) · C₄ (1) · B₃ (2)

```
e|-----|
B|3--0--1--3--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: D₄ (1) · B₃ (1) · C₄ (2) · D₄ (1) · C₄ (1) · B₃ (2)

```
e|-----|
B|3--0--1--3--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: D₄ (2) · B₃ (1) · C₄ (1) · D₄ (2) · C₄ (1) · B₃ (1)

```
e|-----|
B|3--0--1--3--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: F₄ (1) · D₄ (1) · E₄ (2) · F₄ (1) · E₄ (1) · D₄ (2)

```
e|1-----0--1--0-----|
B|---3-----3--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Locrian · level 2 · 96 BPM

Key: B Locrian · track: pc3-en-mode-7-locrian-level2.mp3

Question: D4 (0.5) · B3 (0.5) · B3 (1) · C4 (0.5) · E4 (0.5) · C4 (1) · B3 (0.5) · C4 (0.5) · B3 (3)

```
e|-----0-----|
B|3--0--0--1----1--0--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer A: ends on the tonic: D4 (0.5) · B3 (0.5) · B3 (1) · C4 (0.5) · E4 (0.5) · C4 (1) · B3 (0.5) · C4 (0.5) · B3 (3)

```
e|-----0-----|
B|3--0--0--1----1--0--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer B: reversed rhythm: D4 (3) · B3 (0.5) · B3 (0.5) · C4 (1) · E4 (0.5) · C4 (0.5) · B3 (1) · C4 (0.5) · B3 (0.5)

```
e|-----0-----|
B|3--0--0--1----1--0--1--0--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Answer C: same shape, two scale degrees higher: F4 (0.5) · D4 (0.5) · D4 (1) · E4 (0.5) · G4 (0.5) · E4 (1) · D4 (0.5) · E4 (0.5) · D4 (3)

```
e|1-----0--3--0----0----|
B|---3--3-----3----3--|
G|-----|
D|-----|
A|-----|
E|-----|
```

Backing progressions

Code	Chords (4 bars)	Tempos
P1	Am7 - Dm7 - E7 - Am7	60 and 80 BPM
P2	C - Am7 - F - G7	60 and 80 BPM
P3	Dm7 - G7 - Cmaj7 - Cmaj7	60 and 80 BPM
P4	Em7 - A7 - Dmaj7 - Gmaj7	60 and 80 BPM

Use the click to stay in time. Start at 60 BPM and move up to 80 once you can improvise without losing the pulse.

Tests with no guide

These are two tracks of 6 cycles each. There is no question: at every bell you play your own answer over the chords. Record yourself and compare with track 1 of the mode you found hardest.

14-day routine

Day	Track	What to do
Day 1	Ionian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 2	Dorian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 3	Phrygian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 4	Lydian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 5	Mixolydian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 6	Aeolian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 7	Locrian mode track, level 1	Listen 3 times, then improvise 3 answers (10 min)
Day 8	Ionian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)
Day 9	Dorian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)
Day 10	Phrygian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)
Day 11	Lydian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)

Day 12	Mixolydian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)
Day 13	Aeolian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)
Day 14	Locrian mode track, level 2	Listen 3 times, then improvise 3 answers (10 min)

Questions? escueladigital86@gmail.com