

# This Is A Great And Easy Recipe For J...

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Standard tuning

♩ = 120

## Example 1 - Lick With Chromaticism

Cmaj7

el. guit.

10 9 7 6 7 8 10 8 | 9 7 11 10

## Example 2 - Spelling out the changes with arpeggios

Cmaj7

A7(b9)

Dm7

G7(b13)

Cmaj7

12 8 9 10 11 9 8 11 | 10 8 10 7 8 9 10 8 | 7

## Example 3 - Cmaj7 arpeggio

Cmaj7

10 9 8 7

## Example 4 - Pat Martino Enclosure

CMaj7

9 12 11 9 10 | 9

**Example 5 - Lick #1**

**Cmaj7**

10 11

T 9 12 11 9 10 9 8 7 (7)

A

B

**Example 6 - Lick #2**

**Cmaj7**

12 13

T 9 12 11 9 10 9 8 7 10 7 8 9

A

B

**Example 7 - Scale above - chromatic below**

**Cmaj7**

14 15

T 12 9 10 10 8 9 10 7 8 8 6 7

A

B

**Example 8 - Lick #3**

**Cmaj7**

16 17 18

T 9 12 11 9 10 9 8 7 10 7 8 10 8 9 10 9 (9)

A

B

### Example 9 - Descending Arpeggio

Cmaj7

Musical notation for Example 9: Descending Arpeggio. The treble clef staff shows notes 19 and 20. The guitar TAB staff shows fret numbers 7, 8, 9, and 10.

### Example 10 - Lick #4

Cmaj7

Musical notation for Example 10: Lick #4. The treble clef staff shows notes 21 and 22. The guitar TAB staff shows fret numbers 10, 9, 8, 6, 7, 8, 9, 10, and (10).

### Example 11 - Enclosure that works great on the 3rd and 7th of the maj7

Musical notation for Example 11: Enclosure that works great on the 3rd and 7th of the maj7. The treble clef staff shows notes 23 and 24. The guitar TAB staff shows fret numbers 10, 9, 8, 6, 7, 12, 11, 10, 8, 9.

### Example 12 - Lick #5

Cmaj7

Musical notation for Example 12: Lick #5. The treble clef staff shows notes 25 and 26. The guitar TAB staff shows fret numbers 10, 9, 8, 6, 7, 8, 9, 10, 10, 8, 9, 8.

**Example 13 - Arpeggio with 8th note triplet**

**Example 14 - Lick #6**

**Cmaj7**

**Example 15 - George Benson's chromatic connection**

**Cmaj7**

**Example 16 - Using Beson's Run**

**Cmaj7**

Example 17 - Descending arpeggios and a new enclosure

Cmaj7

36

37

6 7 8 9 10 8 6 7 8 10 7 8 9

T  
A  
B

38

T  
A  
B