

Probably the key progression to understand and practice is the II V I chord progression, which is a common chord cliché found in many jazz standards. Here is an example in the key of G:

Amin7                                  D7                                  GMaj7

Now let's look at arpeggio patterns for each chord type starting with the II chord of this example Amin7. (The following patterns will start with the 2nd finger at the 5th fret area.)

OK, now the V chord, D7.

And finally G Major 7, the I chord.