

Major scale Tension & Avoid note

	Chord	Tension
<p>Ionian (Major scale)</p> <p>R T9 M3 A4 P5 T13 M7 R</p>	<p>CMaj7 (IMaj7)</p>	<p>T9 / T13</p>
<p>Dorian</p> <p>R T9 $\flat 3$ T11 P5 A6 $\flat 7$ R</p>	<p>Dm7 (IIIm7)</p>	<p>T9 / T11</p>
<p>Phrygian</p> <p>R $A\flat 2$ $\flat 3$ T11 P5 $A\flat 6$ $\flat 7$ R</p>	<p>Em7 (IIIIm7)</p>	<p>T11</p>
<p>Lydian</p> <p>R T9 M3 $\sharp 11$ P5 T13 $\flat 7$ R</p>	<p>FMaj7 (IVΔ7)</p>	<p>T9 / T#11 / T13</p>
<p>Mixolydian</p> <p>R T9 M3 A4 P5 T13 $\flat 7$ R</p>	<p>G7 (V7)</p>	<p>T9 / T13</p>
<p>Aeolian (Natural Minor scale)</p> <p>R T9 $\flat 3$ T11 P5 $A\flat 6$ $\flat 7$ R</p>	<p>Am7 (VIIm7)</p>	<p>T9 / T11</p>
<p>Locrian</p> <p>R $A\flat 2$ $\flat 3$ T11 $\flat 5$ $\sharp 13$ $\flat 7$ R</p>	<p>Bm7(b5) (VIIIm7b5)</p>	<p>T11 / T#13</p>