Mixed Major Tonality: bIII - bVII - IV - I
with two chord forms on one of these

Key of Bb

Please do this example in G, E, and Db, that is, do the whole thing in descending minor 3rds.

Key of Eb

Listen to this one get richer as you travel down the neck in the keys of C, A, and Gb.

Key of Ab

Begin this one in the key of E (after getting acquainted in Ab), and then do in ascending major 2nds: E, Gb, Ab, Bb, and C.
MIXED MAJOR TONALITY: VIII bVII IV I 
with 2 chord forms on one of these

Please look at this example: in half a do, G, C, and D, and then play the whole thing in the mode! mode!