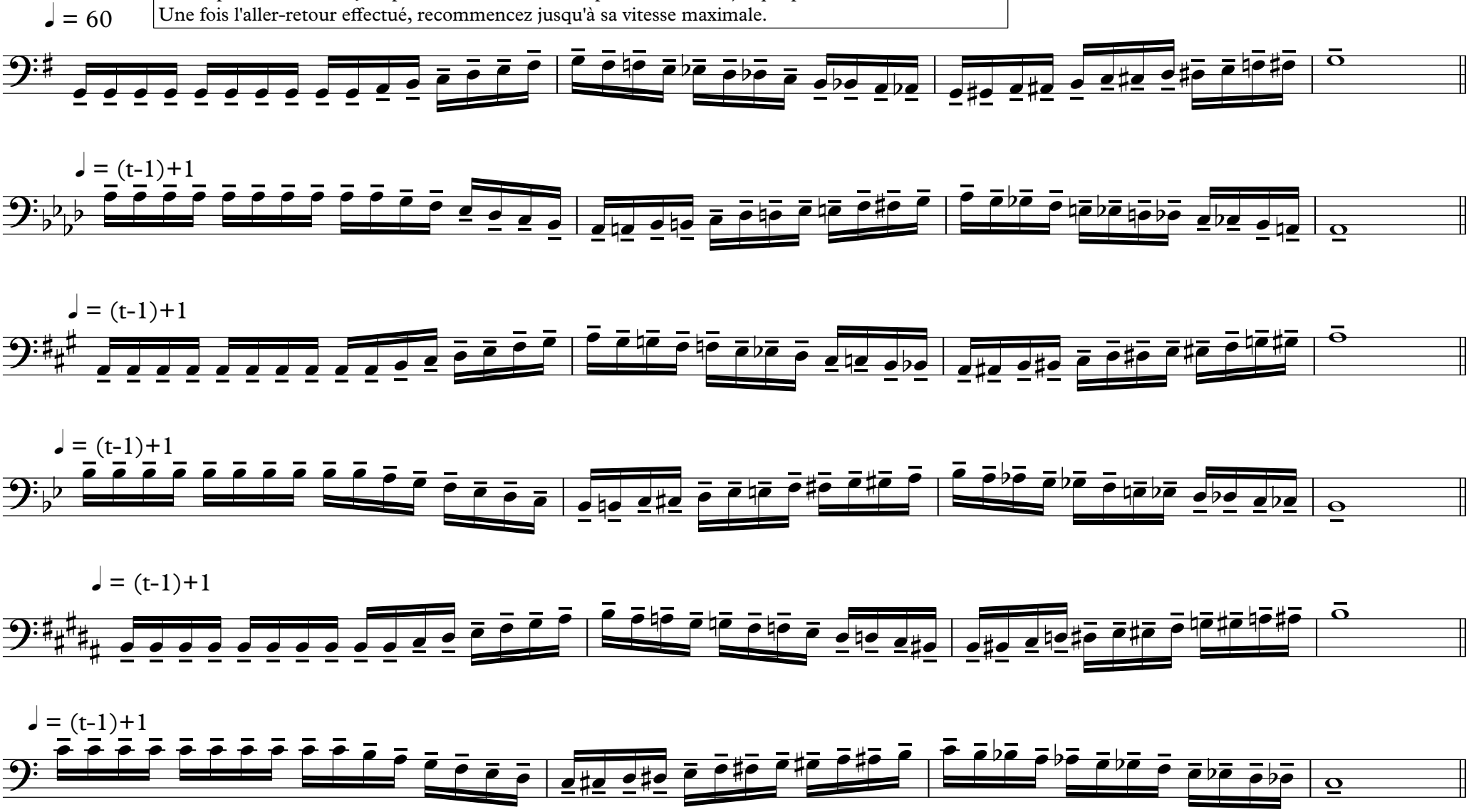
CC BY NC SA

Détaché

Commer très lent sans stopper le son après chaque note. Utiliser une articulation lourée "dou-dou...".
Augmenter de 1 bpm à chaque exercice.
Peu importe la tessiture, on peut commencer sur do pédal et monter jusque plus soif.
Une fois l'aller-retour effectué, recommencez jusqu'à sa vitesse maximale.

ZeD



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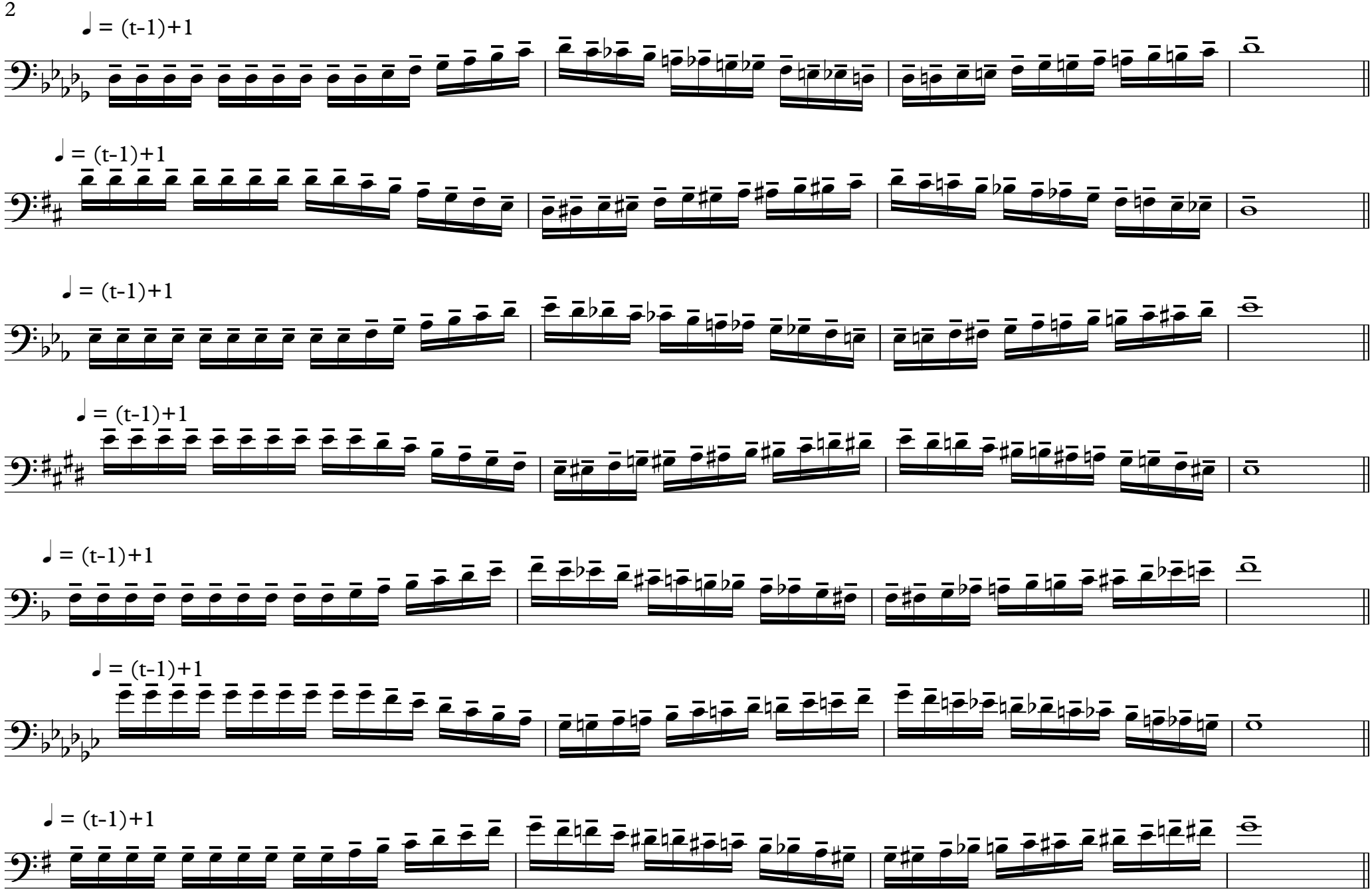
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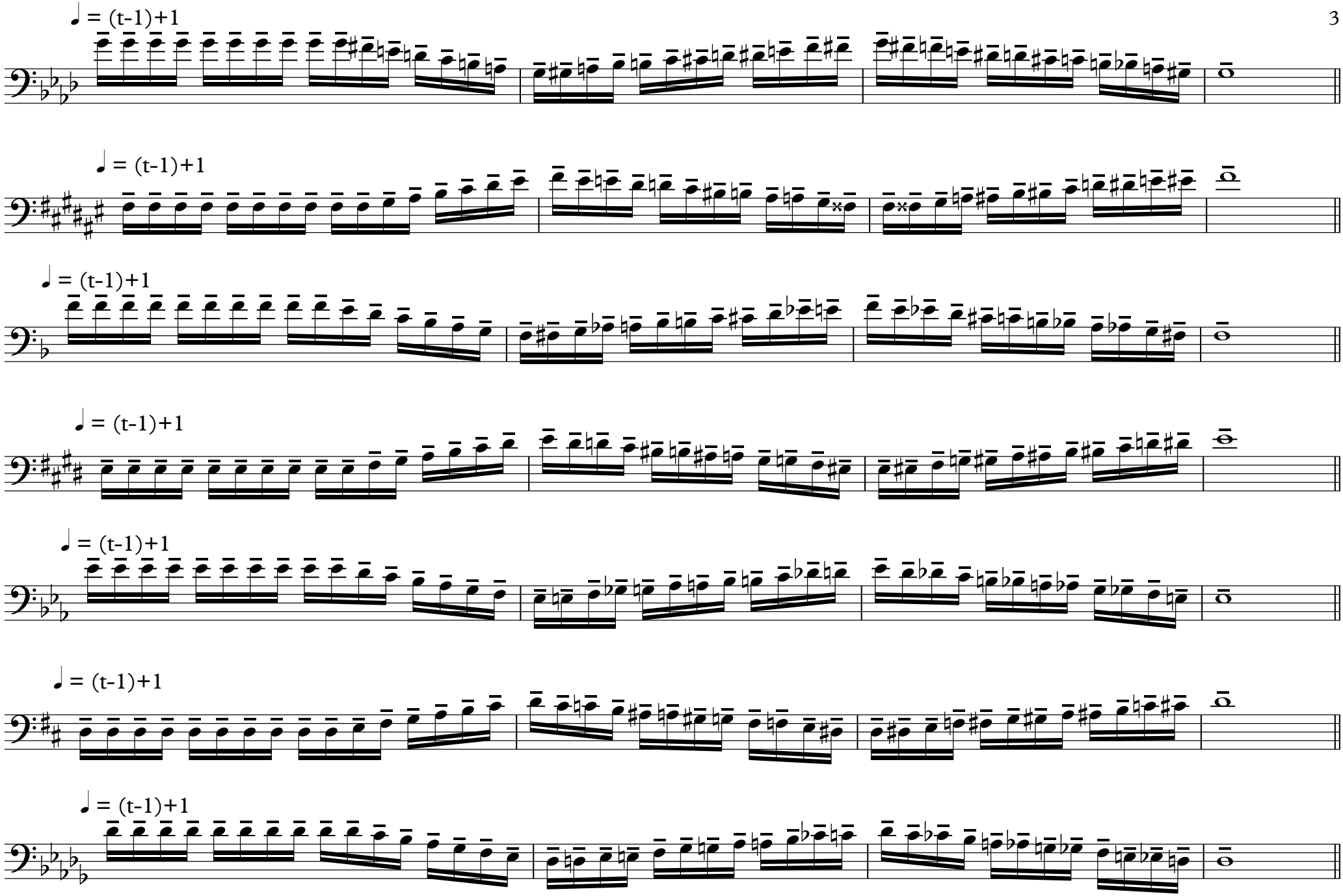
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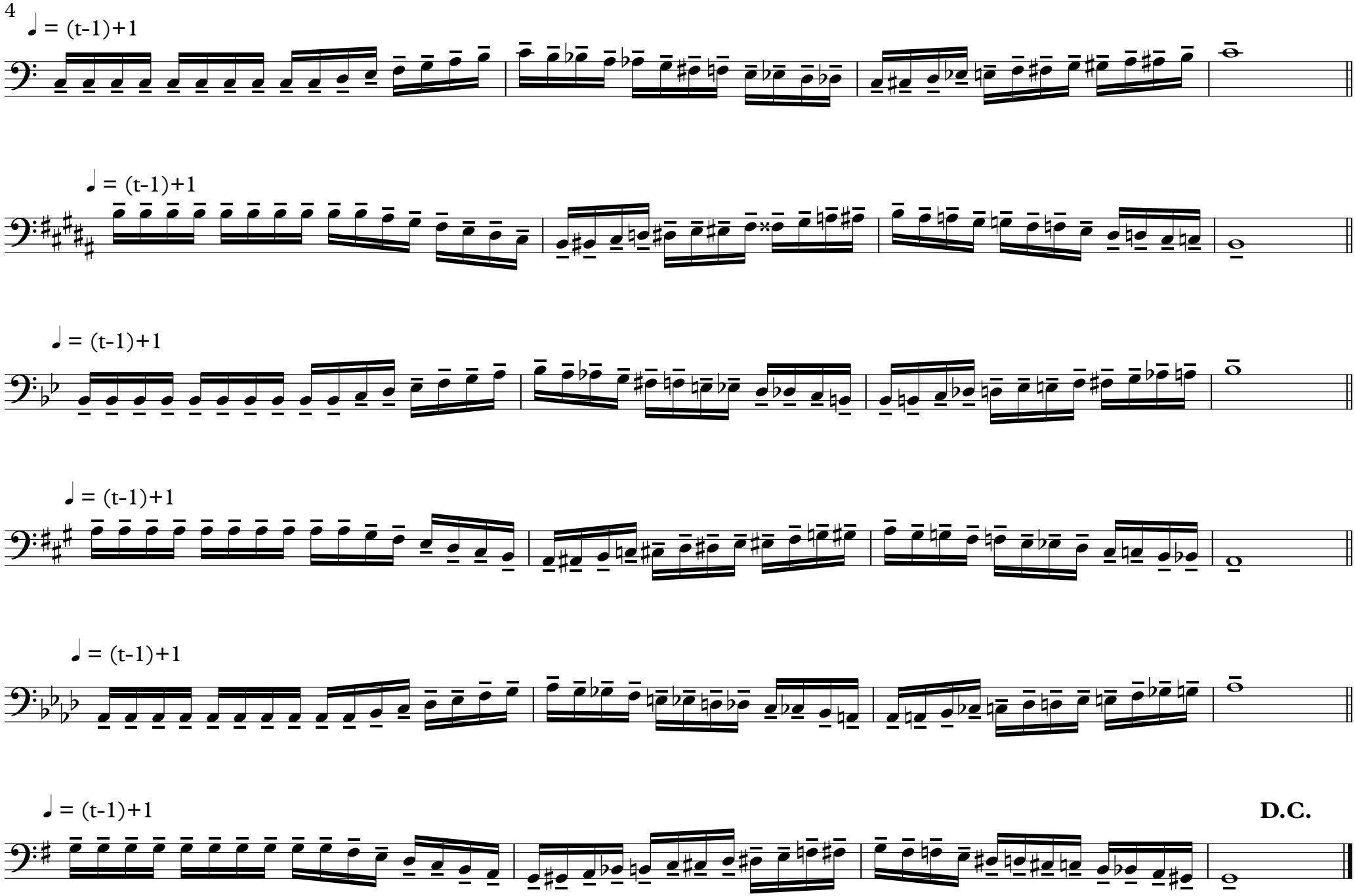
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D.C.