

Objectif poignet souple !

1 2 1 2 1

2 1 2 1 2

1 2 1

2 1 2 1 2

2 1 2

2 3 2 3 2

3 2 3 2

3 2 3

3 2 3 2 3

2 3 2 3 2

3 2 3

System 1: Treble clef starts with notes G4, A4, B4, C5, B4, A4, G4. Bass clef starts with notes G3, F3, E3, D3, C3, B2, A2. Fingerings: Treble (3, 4, 3, 4, 3), Bass (4, 3, 4, 3, 4). Slurs connect notes in both hands.

System 2: Treble clef starts with notes G4, A4, B4, C5, B4, A4, G4. Bass clef starts with notes G3, F3, E3, D3, C3, B2, A2. Fingerings: Treble (4, 3, 4, 3, 4), Bass (4, 3, 4). Slurs connect notes in both hands.

System 3: Treble clef starts with notes G4, A4, B4, C5, B4, A4, G4. Bass clef starts with notes G3, F3, E3, D3, C3, B2, A2. Fingerings: Treble (4, 5, 4, 5, 4), Bass (5, 4, 5, 4, 5). Slurs connect notes in both hands.

System 4: Treble clef starts with notes G4, A4, B4, C5, B4, A4, G4. Bass clef starts with notes G3, F3, E3, D3, C3, B2, A2. Fingerings: Treble (5, 4, 5, 4, 5), Bass (4, 5, 4, 5, 4). Slurs connect notes in both hands.

*Le but est de prendre conscience de la mobilité du poignet dans un mouvement de bas vers le haut
 Respectez bien le doigté en changeant de doigtés à chaque répétition
 Exagérez le geste "bas-haut" (voir la vidéo)
 Mémorisez l'exercice, en le jouant par coeur vous pourrez vous concentrer sur le mouvement.*