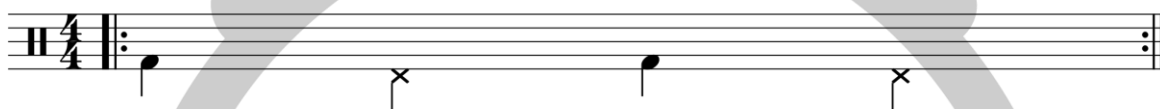


52 ćwiczenia na koordynację

Ćwiczenia opierają się na 13 pierwszych ćwiczeniach ze Stick Control granych rękami i 4 ostinatach granych nogami. Te ostinata to:

W ćwiczeniach 1 - 13 :



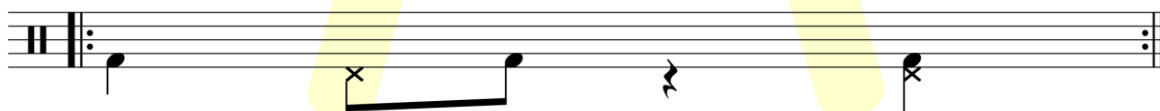
W ćwiczeniach 14 - 26 :



W ćwiczeniach 27 - 39 :



W ćwiczeniach 40 - 52 :



52 ćwiczenia na koordynację str. 1

1 P L P L P L P L
2 L P L P L P L P
3 P P L L P P L L
4 L L P P L L P P
5 P L P P L P L L
6 P L L P L P P L
7 P P L P L L P L
8 P L P L L P L P
9 P P P L P P P L
10 L L L P L L L P
11 P L L L P L L L
12 L P P P L P P P
13 P P P P L L L L

52 ćwiczenia na koordynację str. 2

14 $\text{H} \frac{4}{4}$ P L P L P L P L

15 H L P L P L P L P

16 H P P L L P P L L

17 H L L P P L L P P

18 H P L P P L P L L

19 H P L L P L P P L

20 H P P L P L L P L

21 H P L P L L P L P

22 H P P P L P P P L

23 H L L L P L L L P

24 H P L L L P L L L

25 H L P P P L P P P

26 H P P P P L L L L

52 ćwiczenia na koordynację **str. 3**

This page contains 13 musical exercises, numbered 27 through 39. Each exercise is presented on a two-staff system. The top staff contains a sequence of notes with 'P' (Palm) or 'L' (Lift) markings above them. The bottom staff contains a sequence of notes with 'X' markings above them, indicating where the hand should be lifted. The exercises are arranged in a grid, with each exercise occupying one row. The exercises are: 27 (4/4), 28 (2/4), 29 (2/4), 30 (2/4), 31 (2/4), 32 (2/4), 33 (2/4), 34 (2/4), 35 (2/4), 36 (2/4), 37 (2/4), 38 (2/4), and 39 (2/4). A large, faint watermark of a hand is visible in the background, and a yellow highlight is present on the lower half of the page.

52 ćwiczenia na koordynację **str. 4**

This page contains 13 musical exercises, numbered 40 to 52. Each exercise is presented on a two-staff system. The top staff contains a sequence of notes with 'P' (Piano) or 'L' (Lento) markings above them. The bottom staff contains a sequence of notes with 'x' (pizzicato) or 'r' (ritardando) markings below them. The exercises are arranged in a grid. A large, light gray watermark of the letter 'A' is centered over the page, and a yellow highlight is placed over the bottom half of the exercises (45-52).

40 $\text{H } \frac{4}{4}$ P L P L P L P L

41 L P L P L P L P

42 P P L L P P L L

43 L L P P L L P P

44 P L P P L P L L

45 P L L P L P P L

46 P P L P L L P L

47 P L P L L P L P

48 P P P L P P P L

49 L L L P L L L P

50 P L L L P L L L

51 L P P P L P P P

52 P P P P L L L L