

Escalfament

1 Respiració. Exercicis amb *flow ball*.

Respira profundament i relaxadament; tot seguit, bufa a través del *flow ball* i mantén la pilota flotant en sèries de 4, 6 i 8 segons, intentant mantindre la pilota a diferents altures. Repeteix l'exercici almenys cinc vegades.



2 Embocadura.

♩ = 60

3 Sonoritat.

♩ = 60

4 Flexibilitat. Comprova que totes les notes sonen igual en cada una de les posicions d'aquest exercici.

♩ = 60 - 80



The musical score consists of seven staves of music in bass clef, 4/4 time. Each staff contains a sequence of notes with specific fingerings indicated by numbers 1 through 7. Slurs are used to group notes across staves. The exercises are as follows:

- Staff 1: Exercise 1. Notes: B \flat (finger 1), C, D, E, F, G, A, B \flat . Slur from C to G.
- Staff 2: Exercise 2. Notes: A, B \flat , C, D, E, F, G, A. Slur from A to G.
- Staff 3: Exercise 3. Notes: G, F, E, D, C, B \flat , A, G. Slur from G to C.
- Staff 4: Exercise 4. Notes: F, E, D, C, B \flat , A, G, F. Slur from F to C.
- Staff 5: Exercise 5. Notes: E, D, C, B \flat , A, G, F, E. Slur from E to C.
- Staff 6: Exercise 6. Notes: D, C, B \flat , A, G, F, E, D. Slur from D to C.
- Staff 7: Exercise 7. Notes: C, B \flat , A, G, F, E, D, C. Slur from C to C.



5 **Articulació.** Presta atenció al picat i intenta que siga igual en cada nota. Mantín l'aire entre nota i nota per a aconseguir un bon so en l'exercici.

♩ = 60



6 **Exercici per a la vara.** Aconsegueix que el moviment de la vara siga el més precís possible i mantín l'aire entre les notes.

♩ = 60

The musical score consists of seven staves of music in 4/4 time. The tempo is marked as ♩ = 60. The exercise is written in bass clef and features a variety of rhythmic patterns, including eighth notes, quarter notes, and half notes, often grouped together. The patterns are designed to be played with precise stick movement to maintain the air between notes.

