

Flexibility Exercises

① play each pattern in all seven valve combinations:
0, 2, 1, 12, 23, 13, 123



IV

Flexibility Etudes

①

0 2 1 12

0 2 1 12 23

13 0

13 0 2 1 12

23 13 0

1 0 2 1 12 23 13 0

②

0 2 0 2 0 2 1 12 23 12 1 2

0 2 1 12 23 13 123 13 23 12 1 2 0

2 0 2 0 2 13