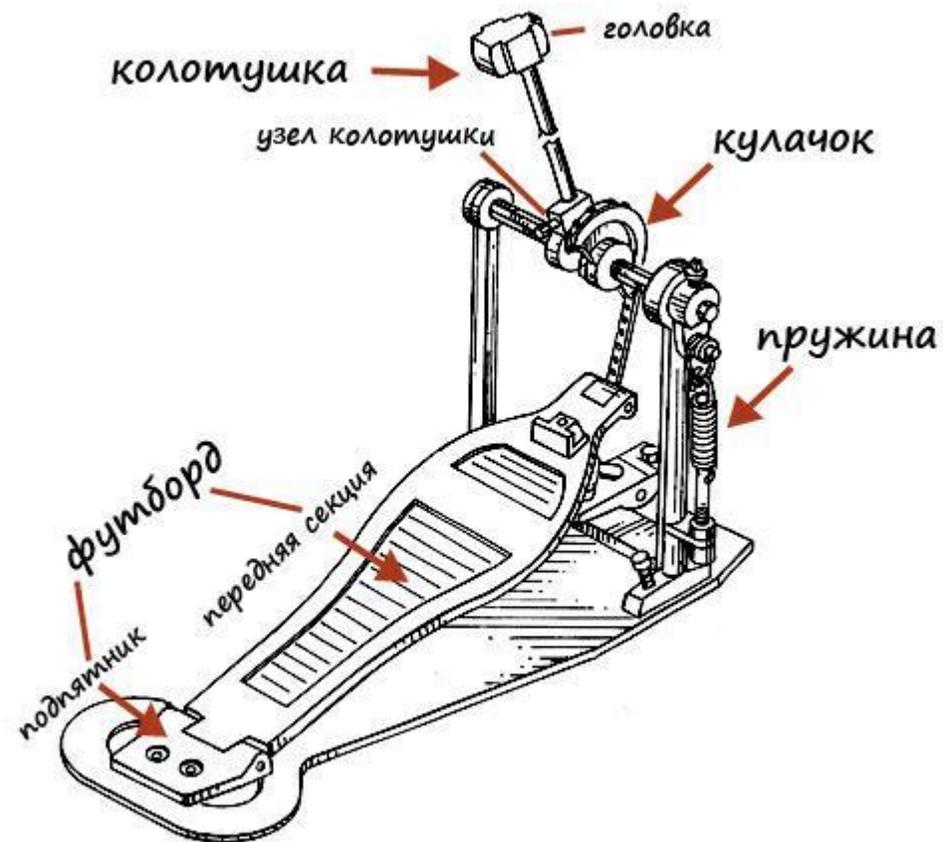


Кардан. Основы

О чём поговорим:

- Удобство, настройка (высота футборда, угол колотушек, натяжение пружин), посадка, расположение.
- Разделение мышечных групп: тазобедренные, икры. Игра всей ногой, игра “носком”.
- Контроль, упражнения на длительности, чередование позиций, триольная пульсация ногами под четверти в руках.
- Скорость, выносливость, тайминги.

Устройство, настройка

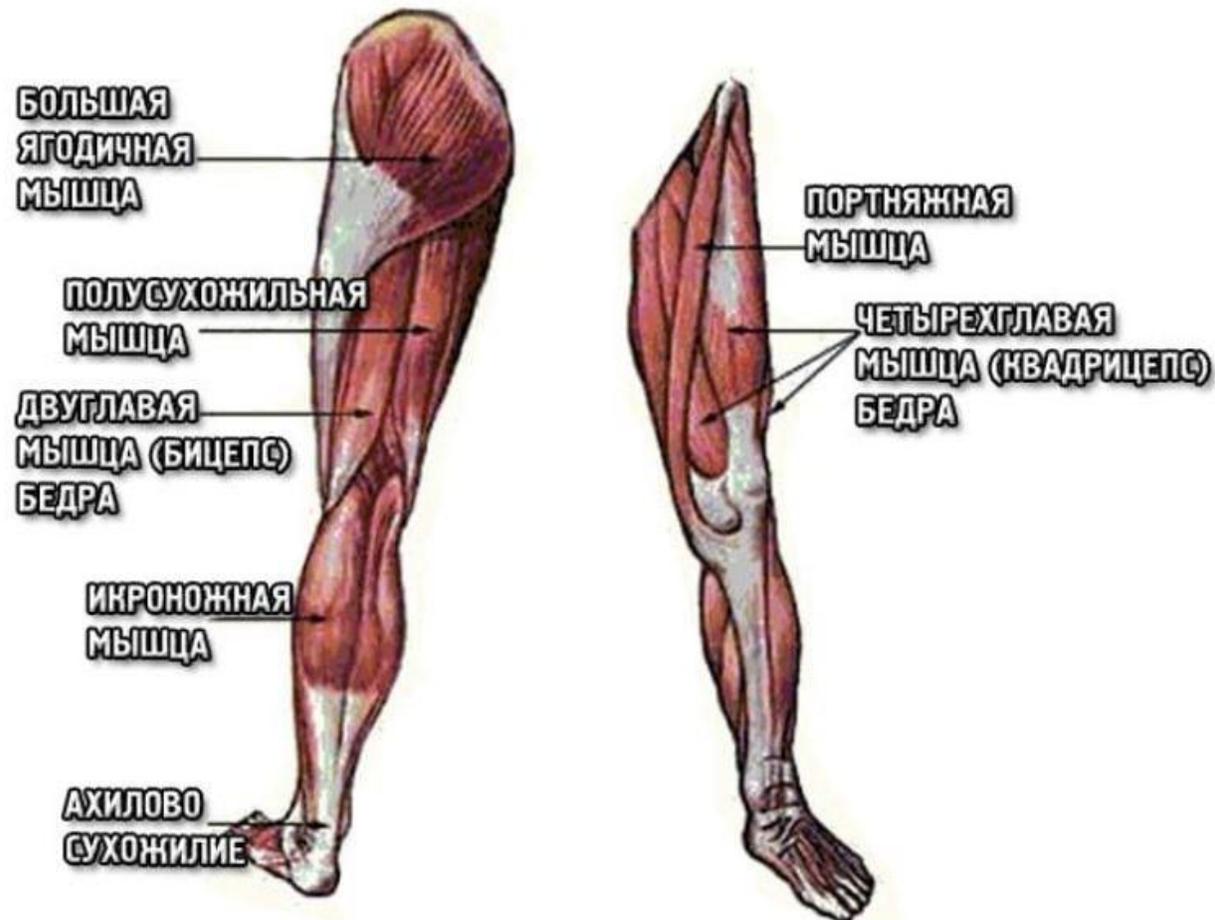


Посадка, расположение, высота



Какими мышцами играть?

МЫШЦЫ НОГ



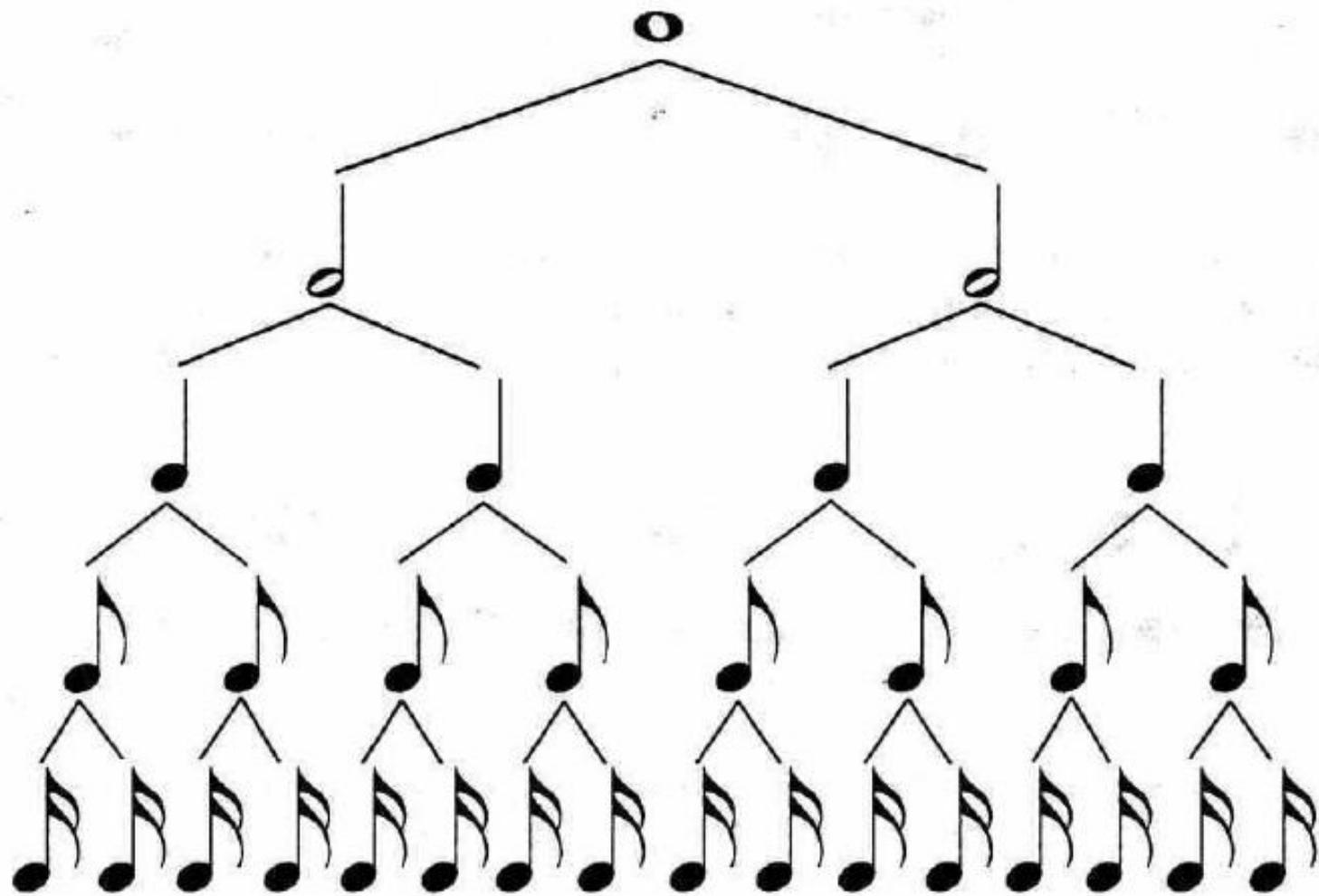


Контроль

```
graph TD; A[Контроль] --- B[Скорость]; A --- C[Координация]
```

Скорость

Координаци
я



Pantera - Domination

Moderate ♩ = 140

The image shows a single staff of music in 4/4 time, marked 'Moderate' with a tempo of 140 beats per minute. The notation is a guitar part consisting of four measures. The first three measures are identical and feature a rhythmic pattern of eighth notes on the lower strings (E, A, D, G) and a melodic line on the higher strings (B, E, G, B). The first measure is marked with a red '1' and contains four circled 'X' symbols above the notes. The second measure is marked with a red '2' and contains four circled 'X' symbols above the notes. The third measure is marked with a red '3' and contains four circled 'X' symbols above the notes. The fourth measure is marked with a red '4' and contains a melodic line on the higher strings (B, E, G, B) and a final chord (E, A, D, G) highlighted in a yellow box. The piece ends with a double bar line.

Disturbed - Down With The Sickness



DIMMU BORGIR - Puritania

Moderate ♩ = 170

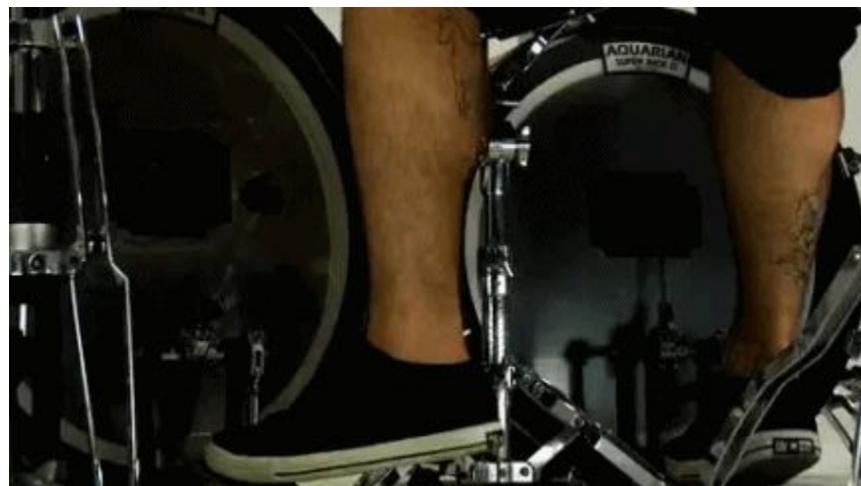
The image shows a musical score for the first line of 'Dimmu Borgir - Puritania'. The score is written on a single staff in 4/4 time. The tempo is marked 'Moderate' with a quarter note equal to 170 beats per minute. The key signature is one flat (B-flat). The score consists of 12 measures, divided into four measures per bar. The first measure is marked with a red '1'. The second and third measures are marked with a circled 'X' above the staff. The fourth measure is marked with a red '2'. The fifth and sixth measures are marked with a circled 'X' above the staff. The seventh measure is marked with a red '3'. The eighth measure is marked with a red '4'. The ninth measure contains a yellow square. The score ends with a double bar line.

STRAPPING YOUNG LAD - Love?

Moderate ♩ = 85

1 2

Скорость, выносливость



Где искать.

- Drumeo
- Jojo Mayer: Secret Weapons Part 2
- Marthyn Jovanovic – Youtube
- Eugene Ryabchenko – Youtube
- Если не забанили, то Google