

А теперь техника

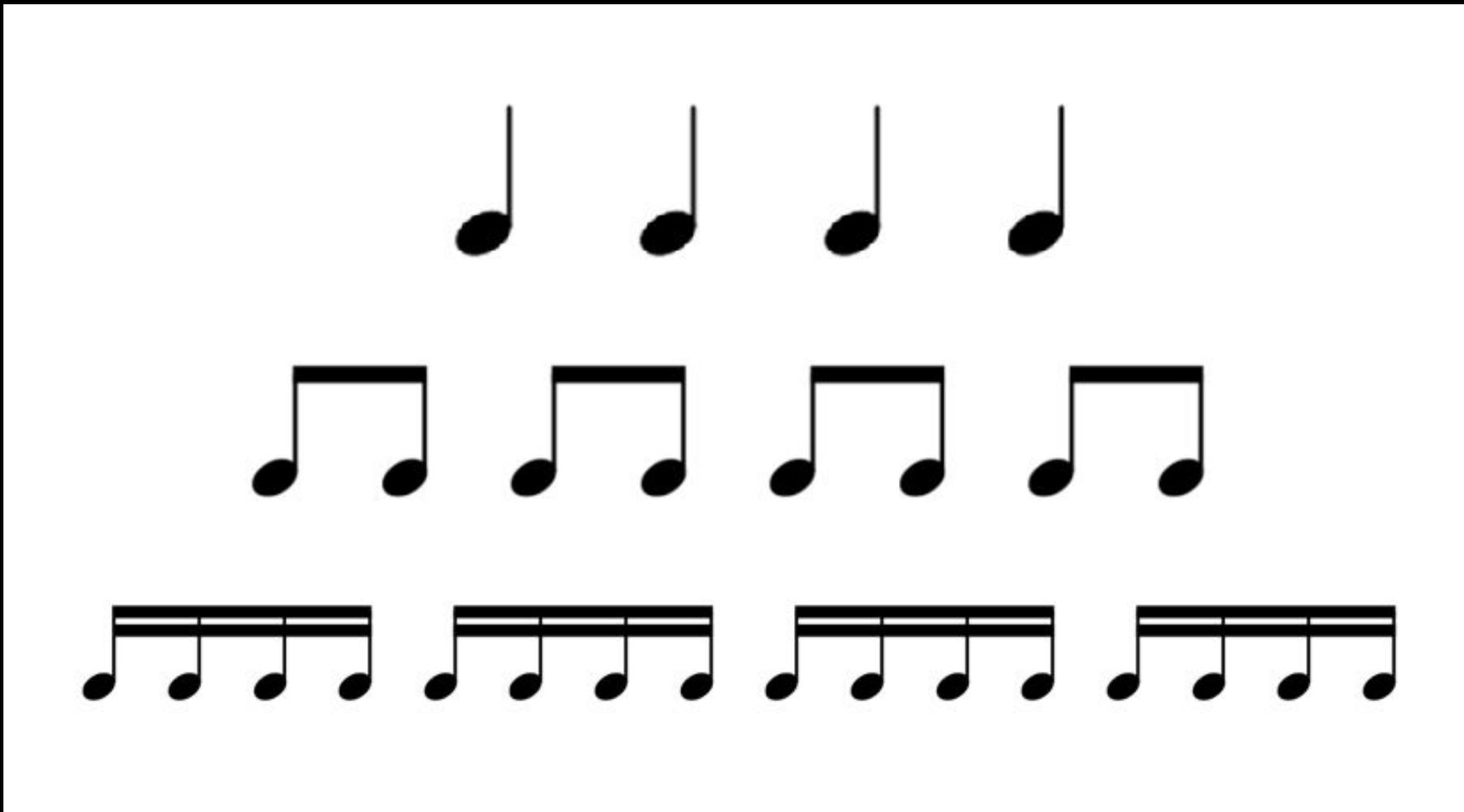
Раскачаем ногу!



Упражнение 1

“ПИРАМИДА”

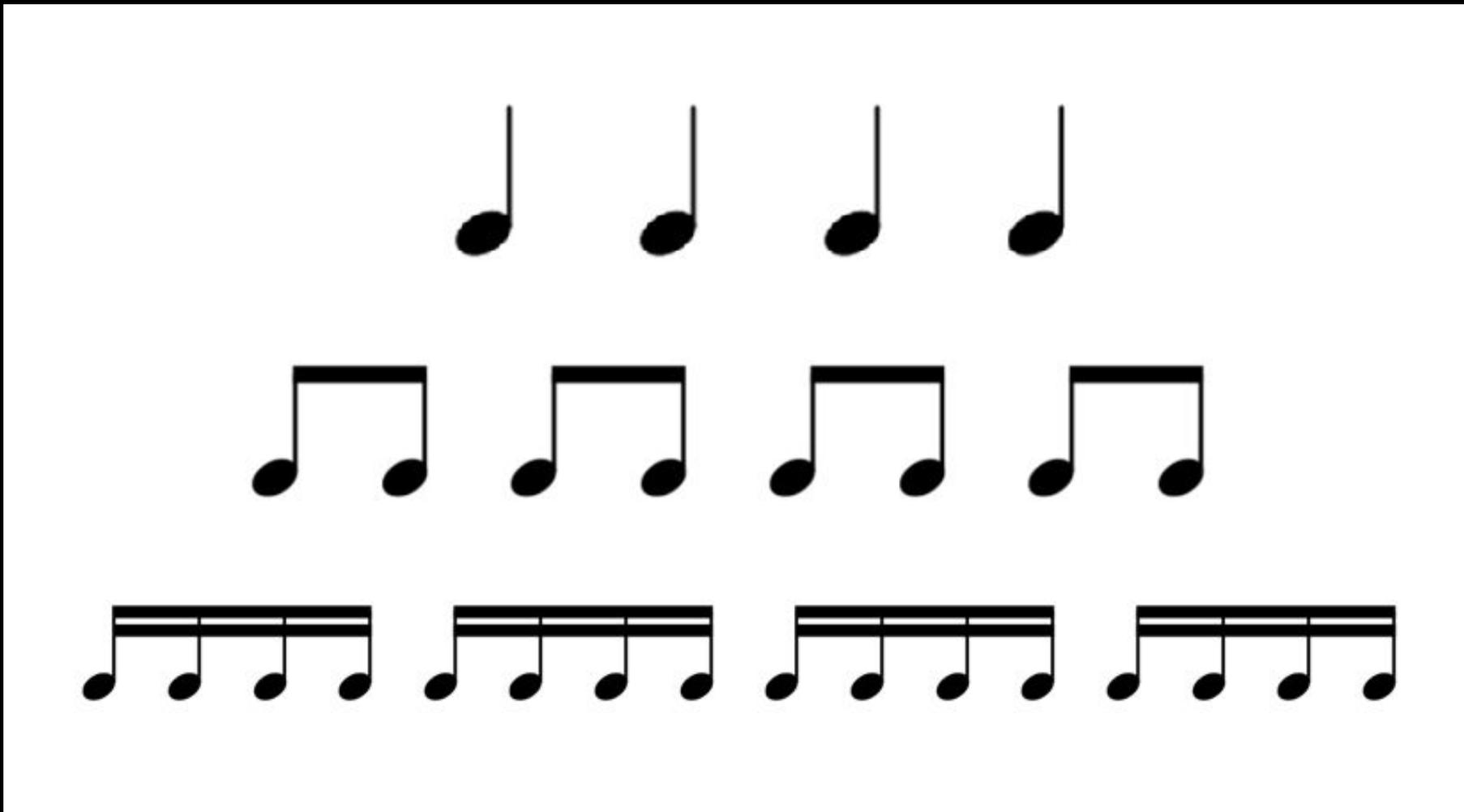
Играем в технике “Пятка Снизу” (Heel Down)



Упражнение 2

“ПИРАМИДА”

Играем в технике “Пятка Сверху” (Heel Up)



Упражнение 3 “ПИРАМИДА”

Учимся комбинировать.

The diagram illustrates a musical exercise in a pyramid shape. It consists of six rows of notes, each labeled on the left in red text:

- HD**: Four quarter notes.
- HUp**: Four quarter notes.
- HD**: Four pairs of eighth notes.
- HUp**: Four pairs of eighth notes.
- HD**: Four groups of four sixteenth notes.
- HUp**: Four groups of four sixteenth notes.

The pyramid structure is formed by the number of notes in each row: 4, 4, 8, 8, 16, 16. The labels HD and HUp are placed to the left of each row.

HD-Пятка Снизу
HUp-Пятка Сверху