

А теперь техника

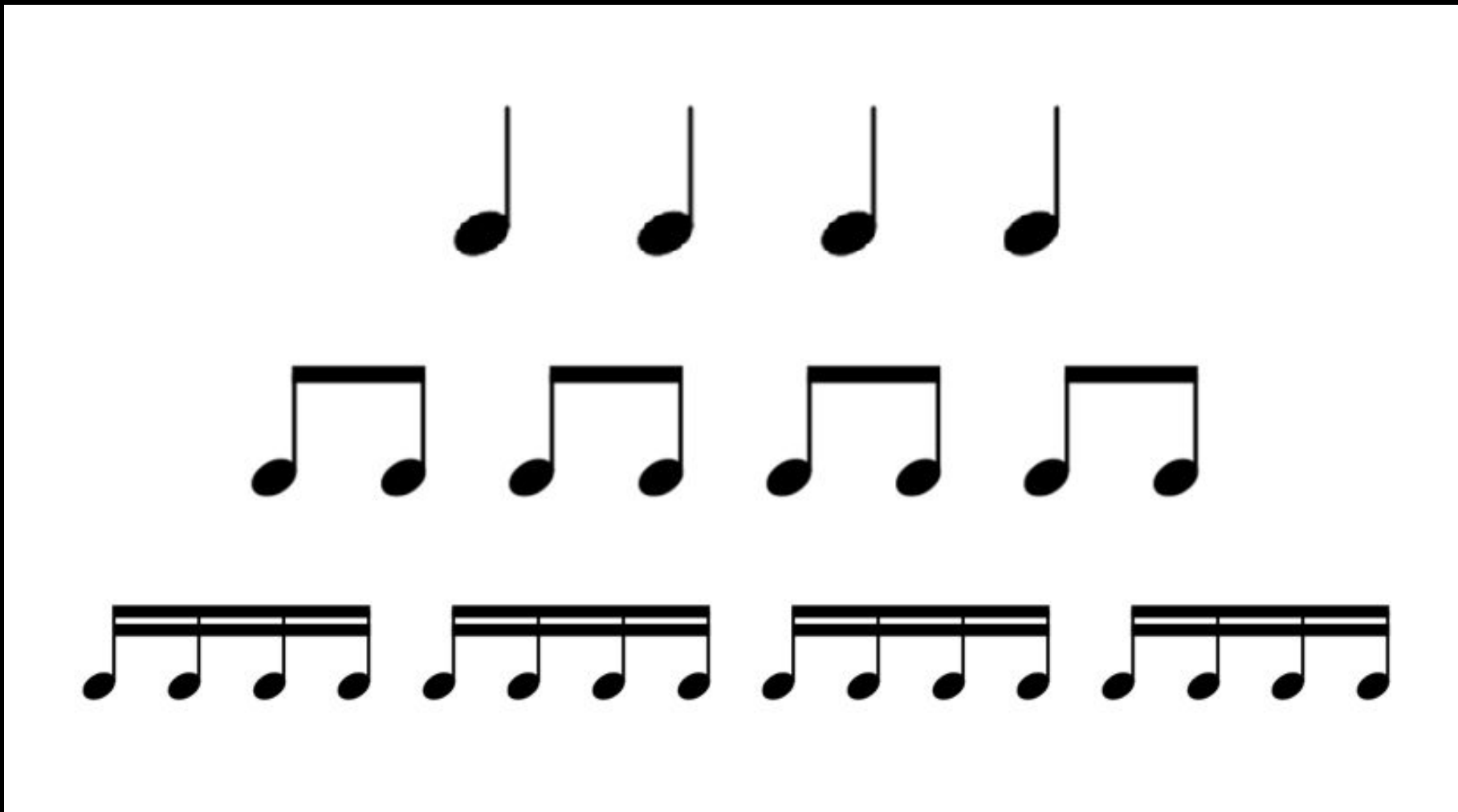
Раскачаем ногу!



# 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 single eighth notes.
- HUp**: Four single eighth notes.
- HD**: Four pairs of eighth notes beamed together.
- HUp**: Four pairs of eighth notes beamed together.
- HD**: Four groups of four sixteenth notes beamed together.
- HUp**: Four groups of four sixteenth notes beamed together.

HD-Пятка Снизу  
HUp-Пятка Сверху