

А теперь техника

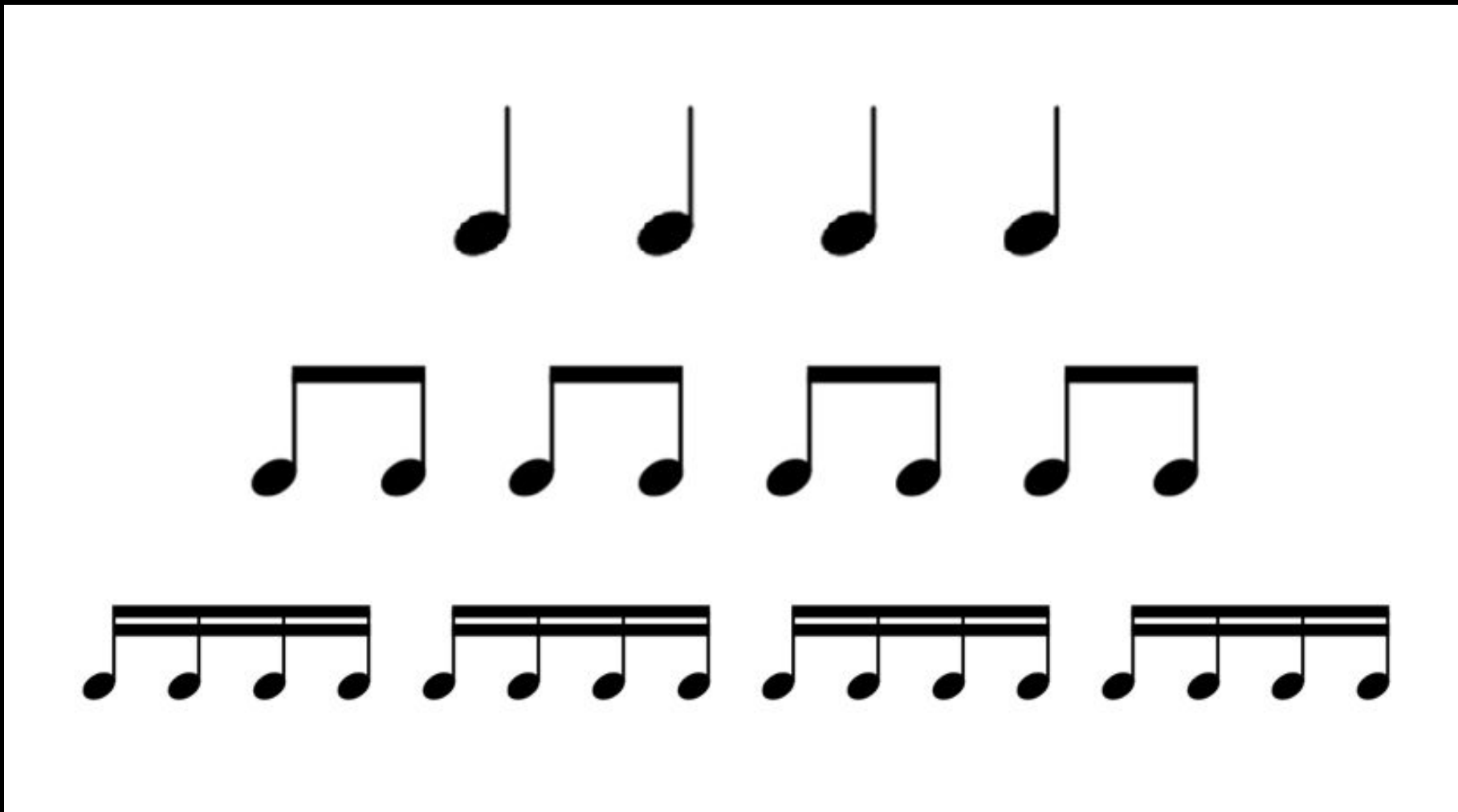
Раскачаем ногу!



# 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, with the number of notes decreasing from four in the top row to one in the bottom row. The notes are organized into two columns: the left column contains four notes per row, and the right column contains three notes per row. The notes are labeled as follows:

- Row 1: HD (left), HUp (right)
- Row 2: HD (left), HUp (right)
- Row 3: HD (left), HUp (right)
- Row 4: HD (left), HUp (right)
- Row 5: HD (left), HUp (right)
- Row 6: HD (left), HUp (right)

The notes are represented by stems and dots, with some rows showing beams connecting multiple notes. The labels 'HD' and 'HUp' are written in red text to the left of each row.

HD-Пятка Снизу  
HUp-Пятка Сверху