

Esercizi per lo sviluppo della lingua

da applicare alle 7 posizioni

Cataldo Barreca

N. B. Ricorda che devi concentrarti sulla lingua!

* far precedere ogni esercizio da esercizi solo labiali (buzzing) dove muovete solo la lingua.

* Rilassare di tanto in tanto la lingua con esercizi sul frullato.

Esercizio n° 1 ♩ = 60

Exercise 1 consists of two staves of music. The first staff is in 3/4 time and contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The second staff is in 2/4 time and contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The second staff also includes triplets of eighth notes and sextuplets of eighth notes.

Esercizio n° 1 (TRIADE)

Exercise 1 (Triade) is a single staff of music in 3/4 time. It contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The notes G4, A4, and B4 are grouped together with a bracket and the number 3. The notes C5, B4, and A4 are grouped together with a bracket and the number 5. The text "Prosegui discendendo con le 7 posizioni" is written to the right of the staff.

Esercizio n° 2

Exercise 2 consists of a single staff of music in 3/4 time. It contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The notes G4, A4, and B4 are grouped together with a bracket and the number 3. The notes C5, B4, and A4 are grouped together with a bracket and the number 5. The text "Prosegui discendendo con le 7 posizioni" is written to the right of the staff.

Esercizio n° 3

Exercise 3 consists of a single staff of music in 4/4 time. It contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The notes G4, A4, and B4 are grouped together with a bracket and the number 3. The notes C5, B4, and A4 are grouped together with a bracket and the number 5. The text "Prosegui discendendo con le 7 posizioni" is written to the right of the staff.

Esercizio n° 4

Exercise 4 consists of a single staff of music in 5/4 time. It contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The notes G4, A4, and B4 are grouped together with a bracket and the number 3. The notes C5, B4, and A4 are grouped together with a bracket and the number 5. The text "Prosegui discendendo con le 7 posizioni" is written to the right of the staff.

Esercizio n° 5 (DOMINANTE)



Esercizio n° 6 (TRIADE DIMINUITA)



Esercizio n° 7



Esercizio n° 8



Fai precedere l'esercizio con sibili che simulano il movimento della lingua (attaccata al palato) e alla fine rilassa con esercizi sul frullato