

Solfège progressive. Noires & paires de croches.

Exercices à faire dans les "4 sens" de coordination;
verticale à droite, verticale à gauche, diagonale à droite et diagonale à gauche.

Enchaîner 4 fois la mesure, puis 4 fois la ligne.

○ = Main droite | = Main gauche

The musical score is organized into 14 numbered measures, each consisting of two staves: the top staff for the right hand (circles) and the bottom staff for the left hand (vertical bars). The time signature is 4/4. Exercises 1-4 are vertical coordination exercises. Exercises 5-8 are diagonal coordination exercises (right to left). Exercises 9-14 are diagonal coordination exercises (left to right). Each measure is repeated four times, and the entire set of exercises is repeated four times.

Measure	Right Hand (○)	Left Hand ()
1	1, 2, 3, 4	
2	1, 2, 3, 4	1 &, 2, 3, 4
3	1, 2, 3, 4	2 &, 3, 4
4	1, 2, 3, 4	3 &, 4
5	1, 2, 3, 4	4 &
6	1, 2, 3, 4	1 &, 2, 3 &, 4
7	1, 2, 3, 4	2 &, 3 &, 4 &
8	1, 2, 3, 4	1 &, 2 &, 3, 4
9	1, 2, 3, 4	2 &, 3 &, 4 &
10	1, 2, 3, 4	1, 2, 3 &, 4 &
11	1, 2, 3, 4	1 &, 2, 3, 4 &
12	1, 2, 3, 4	1 &, 2 &, 3 &, 4 &
13	1, 2, 3, 4	
14	1, 2, 3, 4	1 &, 2 &, 3 &, 4 &