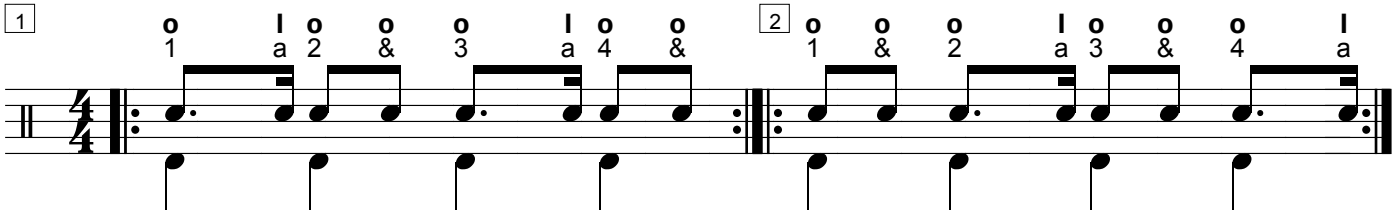
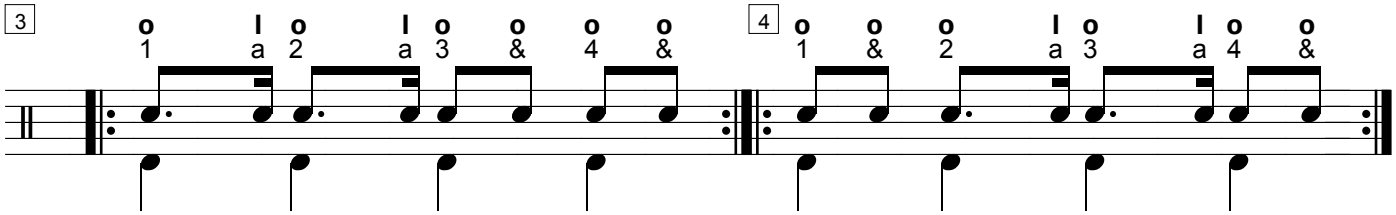
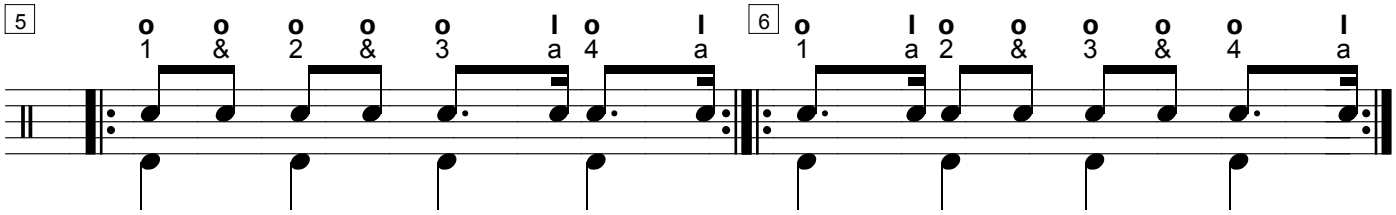
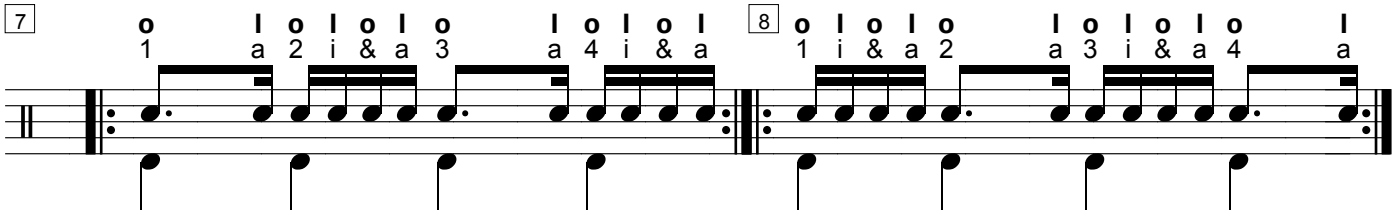
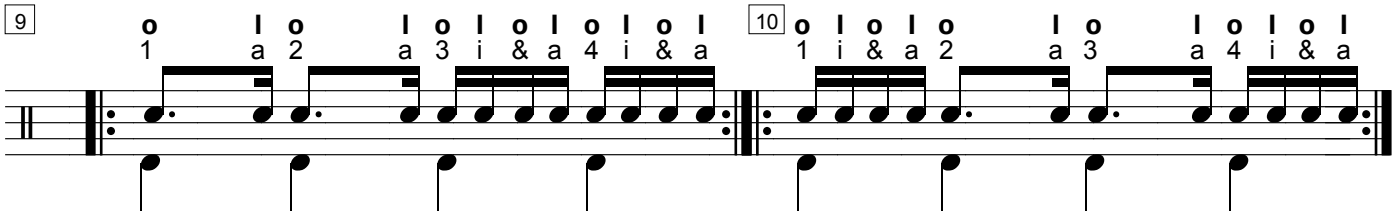
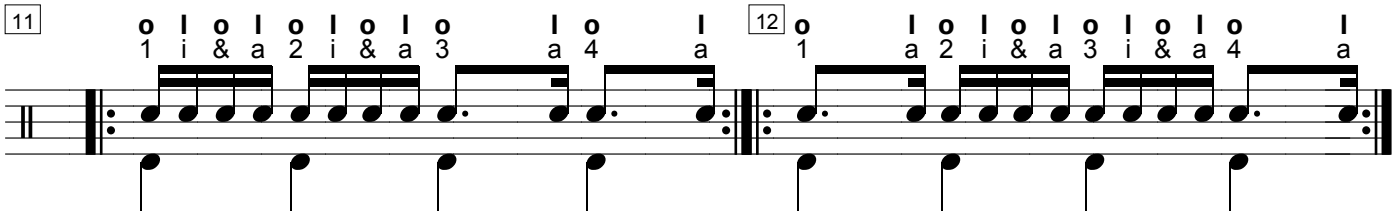
Note ton progrès. Tempo : 60 70 80 90 100 110 120.

Solfège progressive. Croches pointées & doubles 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.



Fais preuve d'imagination ! Exercices à refaire en fills. Le plus simple sera en descente des toms.