

Vorübungen zum „freien Fall“.

Kleine Tongabe mit Schulterblattsenkung.

Wir beginnen mit den Vorübungen zum „freien Fall“ (Kleine Tongabe mit Schulterblattsenkung.) Die Hand mit gehobenem Gelenke, frei von dem Arm getragen, gleitet in die Taste hinein; man gibt mit dem Handgelenk nach, um dann wieder in die erste Lage zurückzukehren.

Die Bewegungen müssen stets einfache runde sein. Es muß aussehen, als ließe man den Arm mit Hand nur hinab- oder vielmehr „hineinfallen“ in die Taste. Der Ellbogen soll dabei möglichst an den Körper herangehalten werden; jedoch darf in der Haltung nichts Gezwungenes hervortreten.

Ganze Noten und ganze Pausen.

Rechte Hand.

Three staves of musical notation for the right hand. Each staff contains five measures of music. The first measure of each staff has a whole note with a finger number (5, 4, 3, 2, 1) above it. The following four measures contain whole rests. The staves are for C major (no sharps or flats), B-flat major (one flat), and C# major (one sharp).

Linke Hand.

Three staves of musical notation for the left hand. Each staff contains five measures of music. The first measure of each staff has a whole note with a finger number (5, 4, 3, 2, 1) below it. The following four measures contain whole rests. The staves are for C major (no sharps or flats), B-flat major (one flat), and C# major (one sharp).

Halbe Noten und halbe Pausen.

Rechte Hand.

Three staves of musical notation for the right hand. Each staff contains five measures of music. The first measure of each staff has a half note with a finger number (5, 4, 3, 2, 1) above it. The following four measures contain half rests. The staves are for C major (no sharps or flats), B-flat major (one flat), and C# major (one sharp).

Linke Hand.

Three staves of musical notation for the left hand. Each staff contains five measures of music. The first measure of each staff has a half note with a finger number (5, 4, 3, 2, 1) below it. The following four measures contain half rests. The staves are for C major (no sharps or flats), B-flat major (one flat), and C# major (one sharp).