

Plyometric Tonicizations II- Major and Minor

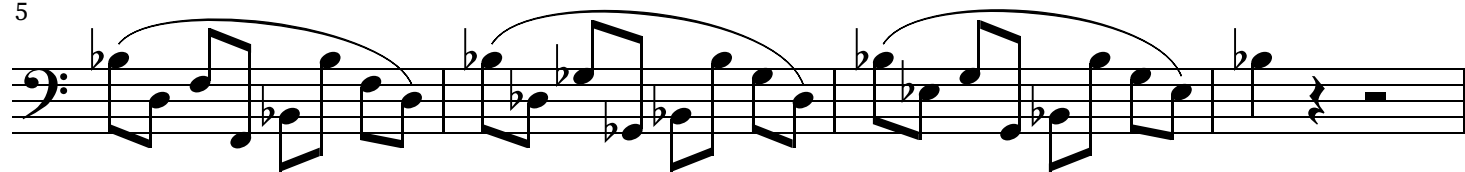
Practice these slowly, building speed over time.

Alex Knutrud

A



5



9



13



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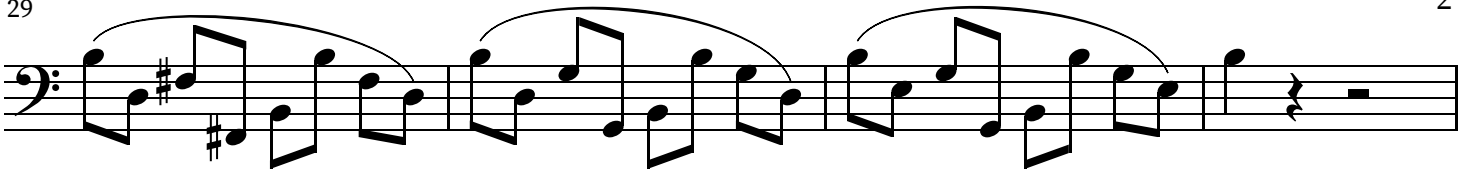


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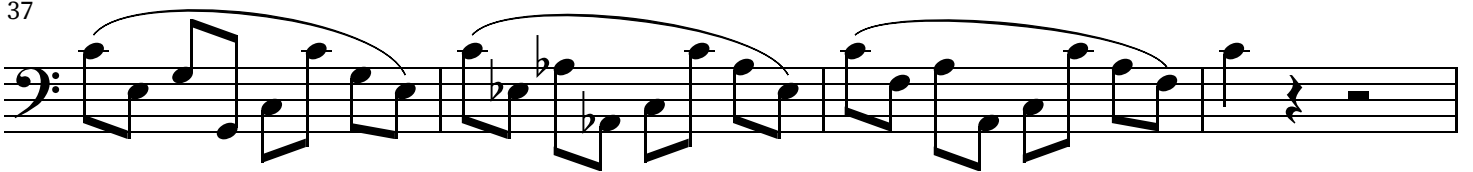




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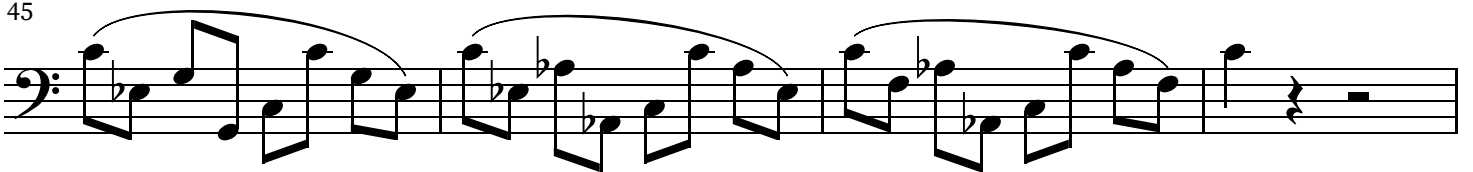
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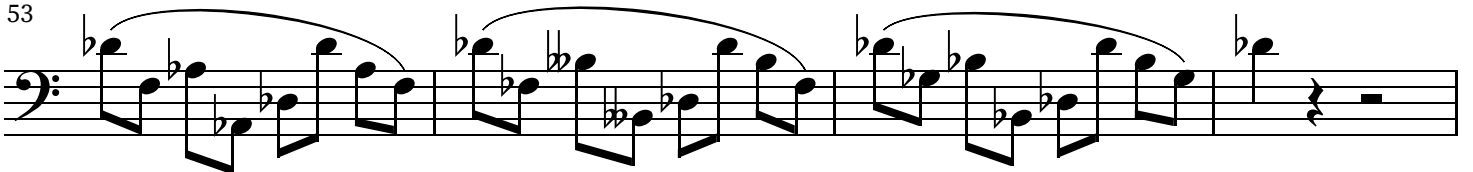
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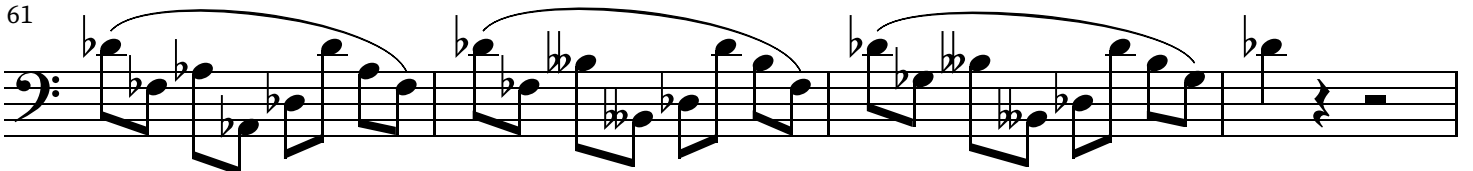
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57



61



101

Bass clef, treble clef, key signature of one sharp (F#). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: F#4, G4, A4, B4; C5, B4, A4, G4; F#4, E4, D4, C4; B3, A3, G3, F#3. The piece ends with a double bar line and a fermata.

105

Bass clef, treble clef, key signature of one sharp (F#). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: F#4, G4, A4, B4; C5, B4, A4, G4; F#4, E4, D4, C4; B3, A3, G3, F#3. The piece ends with a double bar line and a fermata.

109

Bass clef, treble clef, key signature of one sharp (F#). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: F#4, G4, A4, B4; C5, B4, A4, G4; F#4, E4, D4, C4; B3, A3, G3, F#3. The piece ends with a double bar line and a fermata.

113

Bass clef, treble clef, key signature of two flats (Bb, Eb). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: Bb4, C5, Bb4, Ab4; Gb4, Fb4, Eb4, D4; C4, Bb3, Ab3, Gb3; Fb3, Eb3, D3, C3. The piece ends with a double bar line and a fermata.

117

Bass clef, treble clef, key signature of two flats (Bb, Eb). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: Bb4, C5, Bb4, Ab4; Gb4, Fb4, Eb4, D4; C4, Bb3, Ab3, Gb3; Fb3, Eb3, D3, C3. The piece ends with a double bar line and a fermata.

121

Bass clef, treble clef, key signature of two flats (Bb, Eb). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: Bb4, C5, Bb4, Ab4; Gb4, Fb4, Eb4, D4; C4, Bb3, Ab3, Gb3; Fb3, Eb3, D3, C3. The piece ends with a double bar line and a fermata.

125

Bass clef, treble clef, key signature of two flats (Bb, Eb). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: Bb4, C5, Bb4, Ab4; Gb4, Fb4, Eb4, D4; C4, Bb3, Ab3, Gb3; Fb3, Eb3, D3, C3. The piece ends with a double bar line and a fermata.

129

Bass clef, treble clef, key signature of three sharps (F#, C#, G#). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: F#4, G#4, A#4, B4; C5, B4, A4, G4; F#4, E4, D4, C4; B3, A3, G3, F#3. The piece ends with a double bar line and a fermata.

133

Bass clef, treble clef, key signature of three sharps (F#, C#, G#). The staff contains a sequence of eighth notes with slurs over groups of four notes. The notes are: F#4, G#4, A#4, B4; C5, B4, A4, G4; F#4, E4, D4, C4; B3, A3, G3, F#3. The piece ends with a double bar line and a fermata.

137

5

Staff 137-140: Bass clef, treble clef. Measure 137: G4, A4, B4, C5, B4, A4, G4. Measure 138: G4, A4, B4, C5, B4, A4, G4. Measure 139: G4, A4, B4, C5, B4, A4, G4. Measure 140: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 137-140.

141

Staff 141-144: Bass clef, treble clef. Measure 141: G4, A4, B4, C5, B4, A4, G4. Measure 142: G4, A4, B4, C5, B4, A4, G4. Measure 143: G4, A4, B4, C5, B4, A4, G4. Measure 144: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 141-144.

145

Staff 145-148: Bass clef, treble clef. Measure 145: G4, A4, B4, C5, B4, A4, G4. Measure 146: G4, A4, B4, C5, B4, A4, G4. Measure 147: G4, A4, B4, C5, B4, A4, G4. Measure 148: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 145-148.

149

Staff 149-152: Bass clef, treble clef. Measure 149: G4, A4, B4, C5, B4, A4, G4. Measure 150: G4, A4, B4, C5, B4, A4, G4. Measure 151: G4, A4, B4, C5, B4, A4, G4. Measure 152: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 149-152.

153

Staff 153-156: Bass clef, treble clef. Measure 153: G4, A4, B4, C5, B4, A4, G4. Measure 154: G4, A4, B4, C5, B4, A4, G4. Measure 155: G4, A4, B4, C5, B4, A4, G4. Measure 156: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 153-156.

157

Staff 157-160: Bass clef, treble clef. Measure 157: G4, A4, B4, C5, B4, A4, G4. Measure 158: G4, A4, B4, C5, B4, A4, G4. Measure 159: G4, A4, B4, C5, B4, A4, G4. Measure 160: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 157-160.

161

Staff 161-164: Bass clef, treble clef. Measure 161: G4, A4, B4, C5, B4, A4, G4. Measure 162: G4, A4, B4, C5, B4, A4, G4. Measure 163: G4, A4, B4, C5, B4, A4, G4. Measure 164: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 161-164.

165

Staff 165-168: Bass clef, treble clef. Measure 165: G4, A4, B4, C5, B4, A4, G4. Measure 166: G4, A4, B4, C5, B4, A4, G4. Measure 167: G4, A4, B4, C5, B4, A4, G4. Measure 168: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 165-168.

169

Staff 169-172: Bass clef, treble clef. Measure 169: G4, A4, B4, C5, B4, A4, G4. Measure 170: G4, A4, B4, C5, B4, A4, G4. Measure 171: G4, A4, B4, C5, B4, A4, G4. Measure 172: G4, A4, B4, C5, B4, A4, G4. A slur covers measures 169-172.

173

Musical notation for measures 173-176. The key signature has three flats (B-flat, E-flat, A-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 173: B-flat, A-flat, G-flat, F, E-flat, D; 174: B-flat, A-flat, G-flat, F, E-flat, D; 175: B-flat, A-flat, G-flat, F, E-flat, D; 176: B-flat, A-flat, G-flat, F, E-flat, D, followed by a whole rest.

177

Musical notation for measures 177-180. The key signature has two flats (B-flat, E-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 177: B-flat, A-flat, G, F, E-flat, D; 178: B-flat, A-flat, G, F, E-flat, D; 179: B-flat, A-flat, G, F, E-flat, D; 180: B-flat, A-flat, G, F, E-flat, D, followed by a whole rest.

181

Musical notation for measures 181-184. The key signature has one flat (B-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 181: B-flat, A, G, F, E, D; 182: B-flat, A, G, F, E, D; 183: B-flat, A, G, F, E, D; 184: B-flat, A, G, F, E, D, followed by a whole rest.

185

Musical notation for measures 185-188. The key signature has no sharps or flats. Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 185: B, A, G, F, E, D; 186: B, A, G, F, E, D; 187: B, A, G, F, E, D; 188: B, A, G, F, E, D, followed by a whole rest.

189

Musical notation for measures 189-192. The key signature has no sharps or flats. Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 189: B, A, G, F, E, D; 190: B, A, G, F, E, D; 191: B, A, G, F, E, D; 192: B, A, G, F, E, D, followed by a whole rest.

193

Musical notation for measures 193-196. The key signature has one flat (B-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 193: B-flat, A, G, F, E, D; 194: B-flat, A, G, F, E, D; 195: B-flat, A, G, F, E, D; 196: B-flat, A, G, F, E, D, followed by a whole rest.

197

Musical notation for measures 197-200. The key signature has two flats (B-flat, E-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 197: B-flat, A-flat, G, F, E, D; 198: B-flat, A-flat, G, F, E, D; 199: B-flat, A-flat, G, F, E, D; 200: B-flat, A-flat, G, F, E, D, followed by a whole rest.

201

Musical notation for measures 201-204. The key signature has three flats (B-flat, E-flat, A-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 201: B-flat, A-flat, G-flat, F, E, D; 202: B-flat, A-flat, G-flat, F, E, D; 203: B-flat, A-flat, G-flat, F, E, D; 204: B-flat, A-flat, G-flat, F, E, D, followed by a whole rest.

205

Musical notation for measures 205-208. The key signature has three flats (B-flat, E-flat, A-flat). Each measure contains a sequence of eighth notes, with a slur over the first three notes of each measure. The notes are: 205: B-flat, A-flat, G-flat, F, E, D; 206: B-flat, A-flat, G-flat, F, E, D; 207: B-flat, A-flat, G-flat, F, E, D; 208: B-flat, A-flat, G-flat, F, E, D, followed by a whole rest.

209

212

215

C

218

221

224

D

227

230

Musical notation for measures 230-232. The piece is in G major, indicated by a sharp sign on the F line. The melody consists of eighth notes, with measures 230, 231, and 232 each containing a triplet of eighth notes. A large slur covers the entire passage from measure 230 to the end of measure 232. The notation ends with a fermata over a whole note.

233

Musical notation for measures 233-235. The piece is in G minor, indicated by a flat sign on the F line. The melody consists of eighth notes, with measures 233, 234, and 235 each containing a triplet of eighth notes. A large slur covers the entire passage from measure 233 to the end of measure 235. The notation ends with a fermata over a whole note.