

Échauffement au piano

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Notes répétées

1

Musical score for exercise 1, titled "Notes répétées". It consists of two systems of piano notation. The first system is a grand staff with treble and bass clefs, 4/4 time signature, and a large brace on the left labeled "1". The second system is also a grand staff with treble and bass clefs. The music features repeated eighth-note patterns in both hands, with some chords and slurs.

Étirements verticaux des doigts

2

Tenir toutes les notes *Simile*

Jouer ↓ Poser ↑ Jouer

Musical score for exercise 2, titled "Étirements verticaux des doigts". It consists of two systems of piano notation. The first system is a grand staff with treble and bass clefs, 7/4 time signature, and a large brace on the left labeled "2". The second system is also a grand staff with treble and bass clefs. The music features vertical stretching exercises with slurs and accents. Annotations include "Tenir toutes les notes", "Simile", and "Jouer ↓ Poser ↑ Jouer".

Étirements horizontaux des doigts

3

Tenir toutes les notes *Simile*

Jouer ← → ↑ Jouer

Jouer ← → ↑ Jouer

Étirements verticaux des poignets

4

ME ↓ ↑ ↓ ↑

ME ↓ ↑ ↓ ↑

Étirements horizontaux des poignets

5

MD → ← → ← MD → ← → ←
 MG ← → ← → MG ← → ← →

Étirements circulaires des poignets

6

MD rotation horaire
 MG rot. antihoraire
 puis inverser les rotations
 après de la répétition