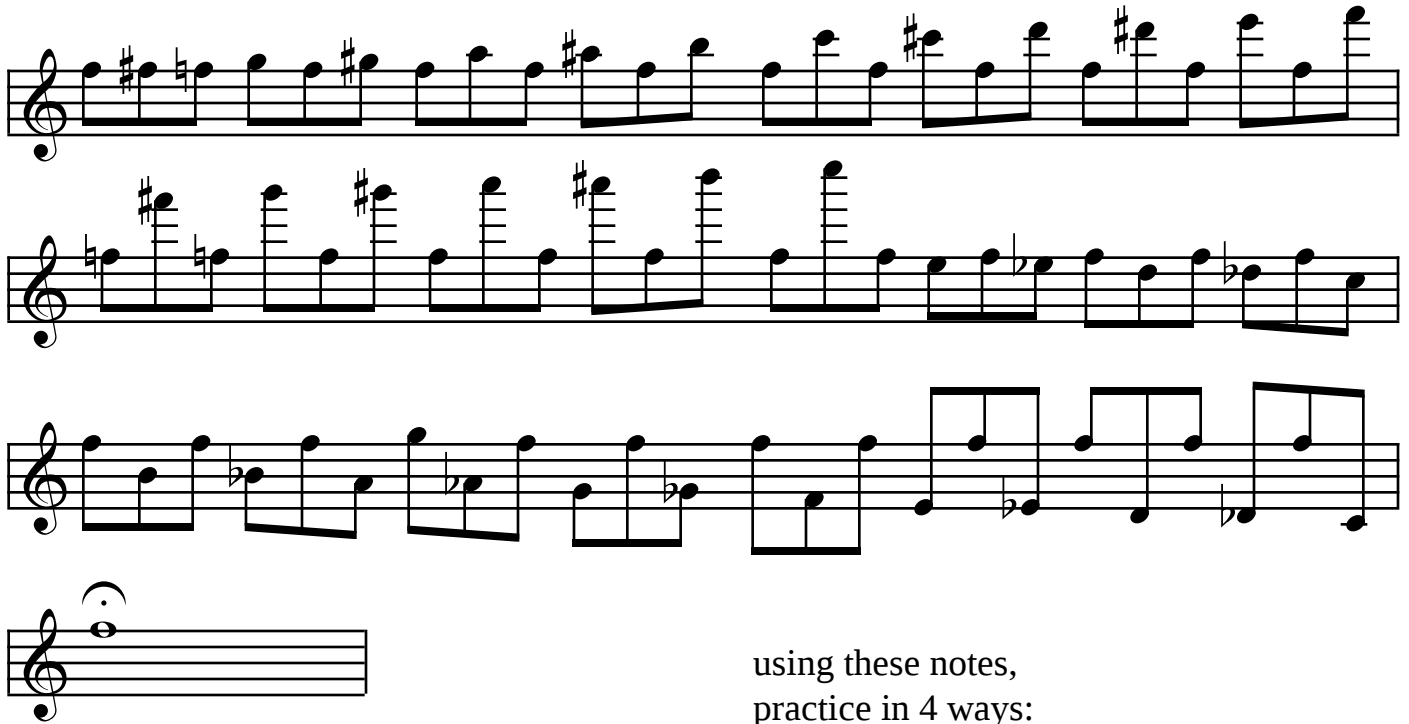


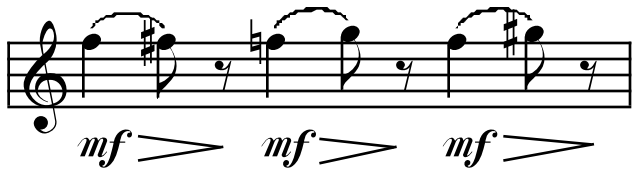
Flexibility Exercises



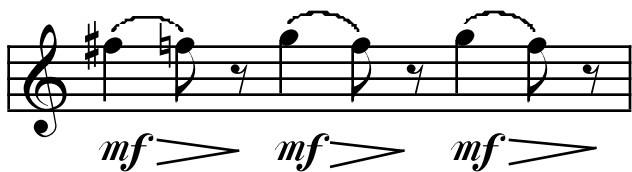
using these notes,
practice in 4 ways:



etc. short note, mf



etc. *mf* >



etc. *mf* >

Triplets, as written above; all slurred, smooth as possible