

# O (division in 3)

A || 1 o o 2 o o 3 o o 4 o o ||

B || 1 o 2 o 3 o 4 o ||  
|

C || 1 o 2 o 3 o 4 o ||

D || (1) o o (2) o o (3) o o (4) o o ||

E || (1) o (2) o (3) o (4) o ||  
|

F || (1) o (2) o (3) o (4) o ||

G || 1 o (2) o 3 o 4 o ||

H || (1) o 2 o (3) o (4) o ||

## STUDY INSTRUCTIONS FOR THE SHEET OF O

To work with this sheet you must learn the preparatory o passo for the compound o passo [video](#) and the compound o passo [video](#)

### Remember

- The sheet is useless without o passo.
- The quality of the movement is essential in any exercise proposed here.

**Note:** On this sheet the vertical line that links two exercises indicates that they must be worked first separately and then two by two in alternation. The absence of a line indicates that those exercises must be worked only separately.

### Speak the sheet with the preparatory o passo for the compound o passo

- 1 – Speak the A [video](#) / Speak the B [video](#) / Speak the C [video](#) / Alternate B and C [video](#)
- 2 – Speak the D [video](#) / Speak the E [video](#) / Speak the F [video](#) / Alternate E and F [video](#)
- 3 – Speak the G [video](#) / Speak the H [video](#)

### Speak the sheet again, but now with the compound o passo

Obs.: this time you have to draw an infinite ( $\infty$ ) in the air with your strong hand.

- 1 – Speak the A [video](#) / Speak the B [video](#) / Speak the C [video](#) / Alternate B and C [video](#)
- 2 – Speak the D [video](#) / Speak the E [video](#) / Speak the F [video](#) / Alternate E and F [video](#)
- 3 – Speak the G [video](#) / Speak the H [video](#)

### Clap the sheet with the preparatory o passo for the compound o passo

- 1 – Clap the A [video](#) / Clap the B [video](#) / Clap the C [video](#) / Alternate B and C [video](#)
- 2 – Clap the D [video](#) / Clap the E [video](#) / Clap the F [video](#) / Alternate E and F [video](#)
- 3 – Clap the G [video](#) / Clap the H [video](#)

### Clap the sheet again, but now with the compound o passo

Obs.: this time you have to maintain the same drawing ( $\infty$ ) but doing it with both hands.

- 1 – Clap the A [video](#) / Clap the B [video](#) / Clap the C [video](#) / Alternate B and C [video](#)
- 2 – Clap the D [video](#) / Clap the E [video](#) / Clap the F [video](#) / Alternate E and F [video](#)
- 3 – Clap the G [video](#) / Clap the H [video](#)

### Duet

Clap the G while speaking the H [video](#)

### Roller Coaster

Clap the H while speaking the following cycle: one measure of “numbers”, one measure of second “o”s and one measure of first “o”s [video](#)