

ì (division in 4)

A		1	e i	2	e i	3	e i	4	e i		
B		1	i e	2	i e	3	i e	4	i e		
C		(1)	e i	(2)	e i	(3)	e i	(4)	e i		
D		(1)	i e	(2)	i e	(3)	i e	(4)	i e		
E		1	i e i	2	i e i	3	i e i	4	i e i		
F		(1)	i e i	(2)	i e i	(3)	i e i	(4)	i e i		
G		1	i	2	i	3	i	4	i		
H		1	i	2	i	3	i	4	i		
I		(1)	i	(2)	i	(3)	i	(4)	i		
J		(1)	i	(2)	i	(3)	i	(4)	i		
K		1	i	i	2	i	i	3	i	i	
L		(1)	i	i	(2)	i	i	(3)	i	i	
M		(1)	e i	(2)	i e	3	i	i	4	e i	
N		1	i	2	i	(3)	e	(4)	i		

STUDY INSTRUCTIONS FOR THE SHEET OF I

To work with this sheet you must learn the movement of the E [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 first part of the sheet (A to F)

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

Speak the second part of the sheet (G to L)

- 1 – Speak the G [video](#) / Speak the H [video](#) / Alternate G and H [video](#)
- 2 – Speak the I [video](#) / Speak the J [video](#) / Alternate I and J [video](#)
- 3 – Speak the K [video](#) / Speak the L [video](#)

Speak the third part of the sheet (M and N)

Speak the M [video](#) / Speak the N [video](#)

Clap the first part of the sheet (A to F)

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

Clap the second part of the sheet (G to L)

Important: When clapping this part, speak the “e”s that are not written. This will give more precision to the movement and the music.

- 1 – Clap the G [video](#) / Clap the H [video](#) / Alternate G and H [video](#)
- 2 – Clap the I [video](#) / Clap the J [video](#) / Alternate I and J [video](#)
- 3 – Clap the K [video](#) / Clap the L [video](#)

Clap the third part of the sheet (M and N)

Clap the M [video](#) / Clap the N [video](#)

Duet

Clap the M while speaking the N [video](#)

Roller Coaster

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