Workout

für Alphorn und Büchel

Jeweils 2-3 Übungen auswählen und zwei Wochen lang täglich 10-15 Minuten trainieren.
Metronom verwenden; immer sauber im Metrum bleiben. Tempo und Tonumfang so anpassen,
dass die Übungen herausfordernd bleiben. 10-20 Wiederholungen.
Achte auf konstanten Luftfluss, ökonomisches Spiele, sauberen Klang und sanften Lippendruck.
Phrasierung variieren. Töne wenn möglich anhauchen.

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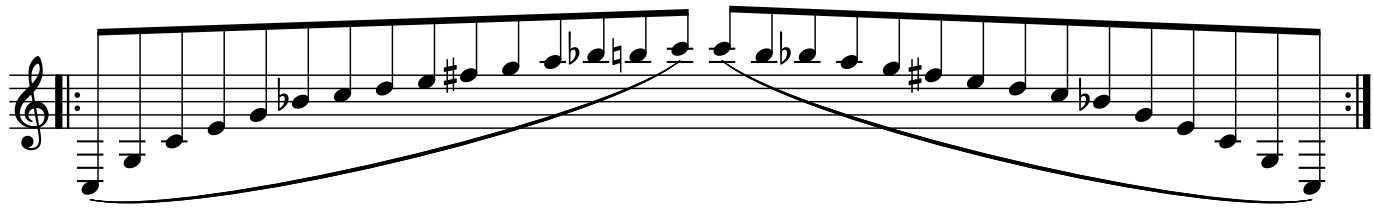

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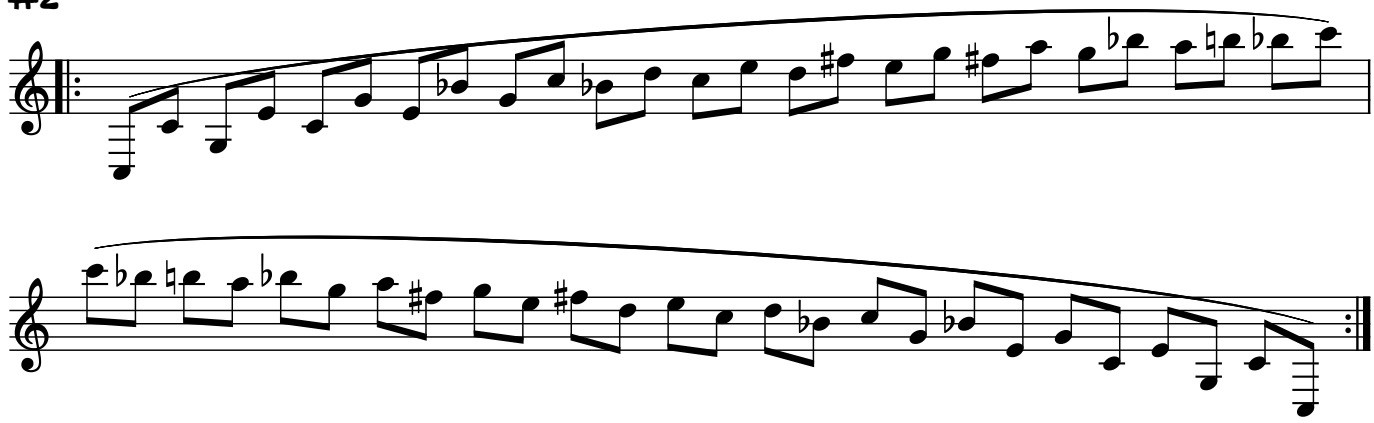

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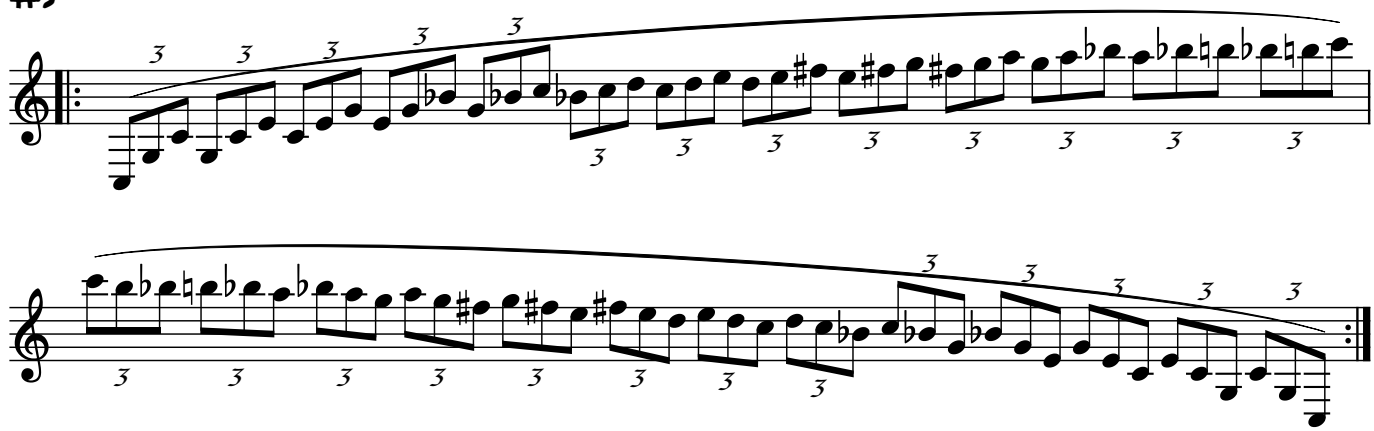

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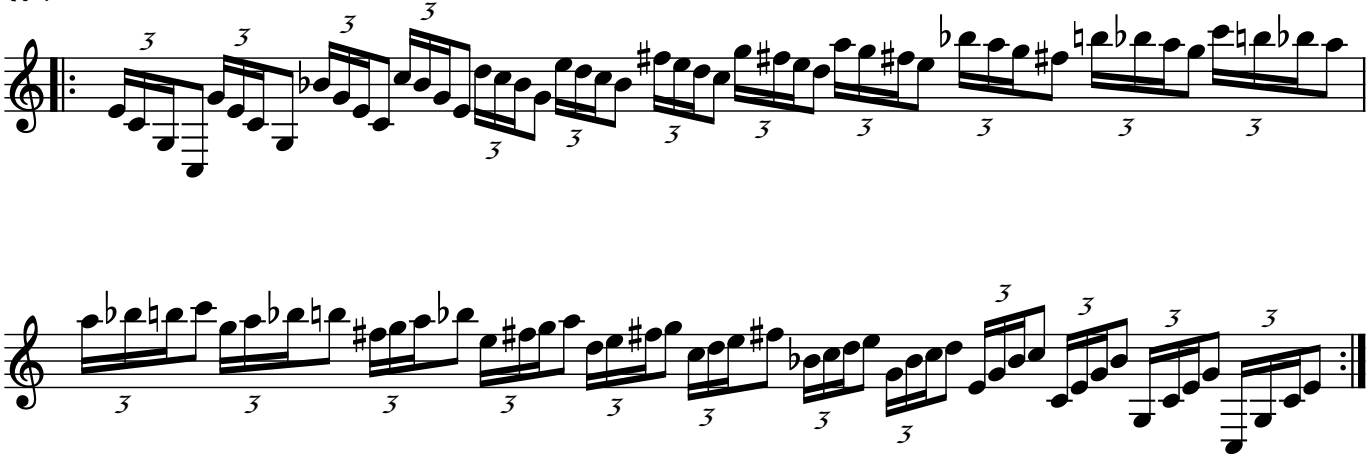

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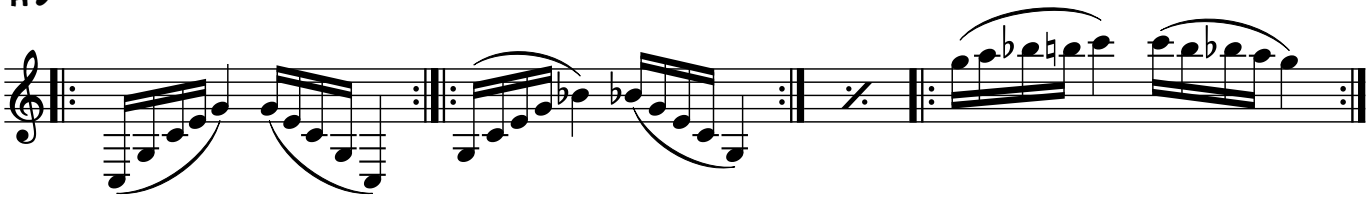

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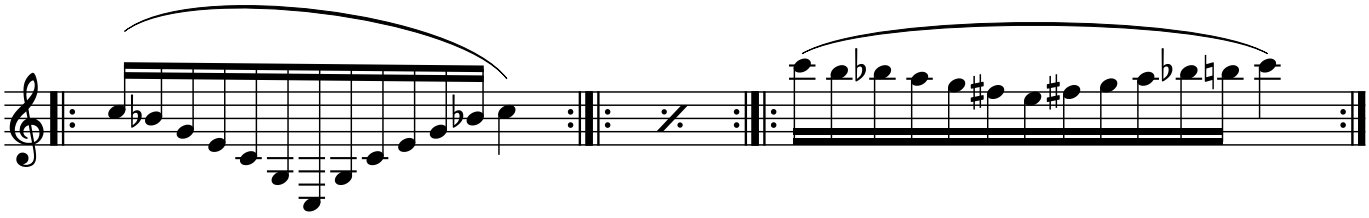

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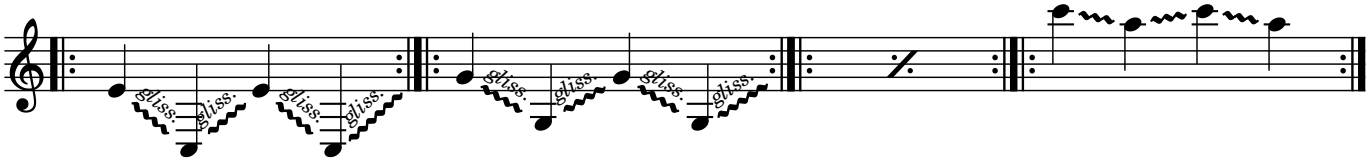

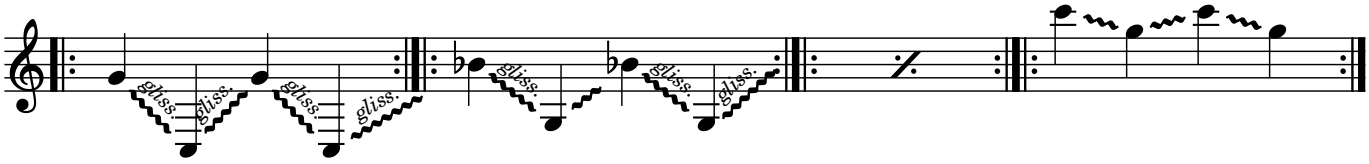

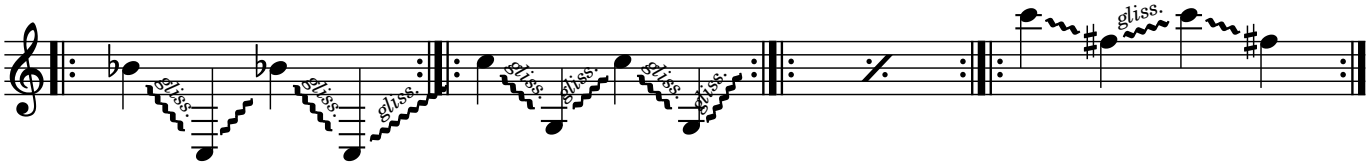

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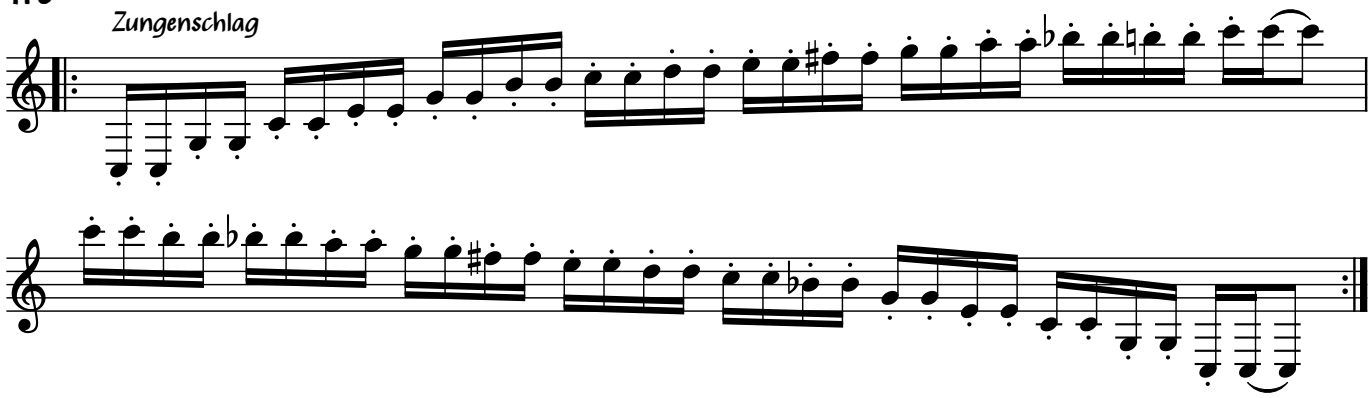
Zungenschlag



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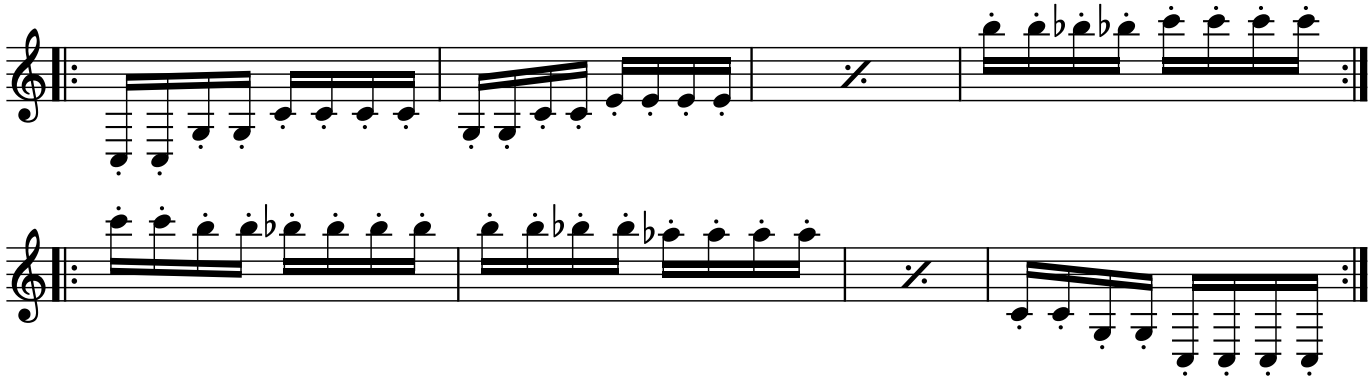

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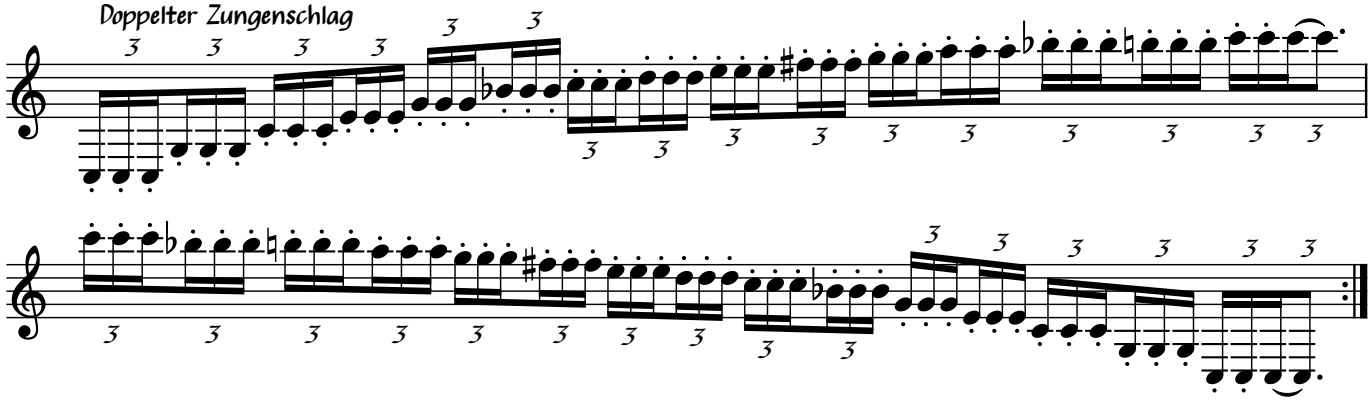
Doppelter Zungenschlag



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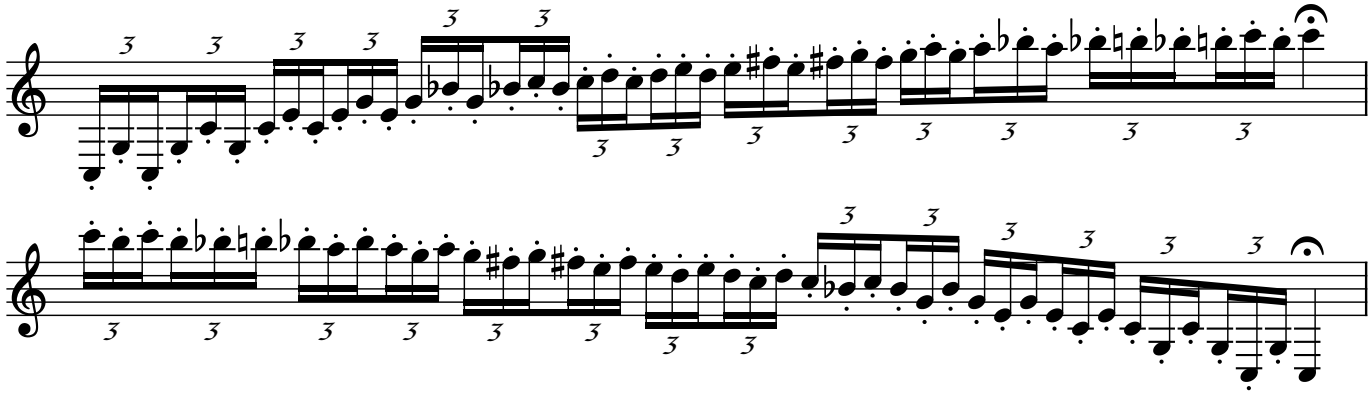

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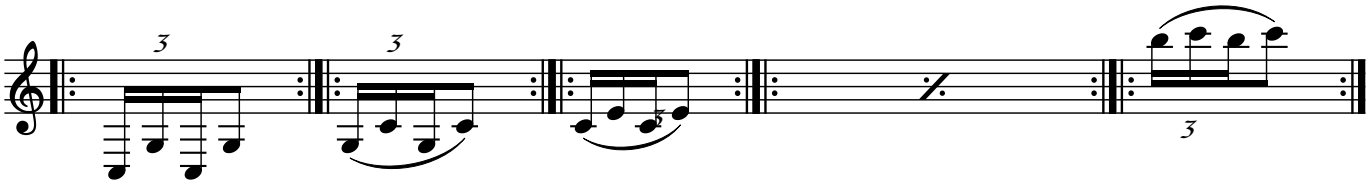

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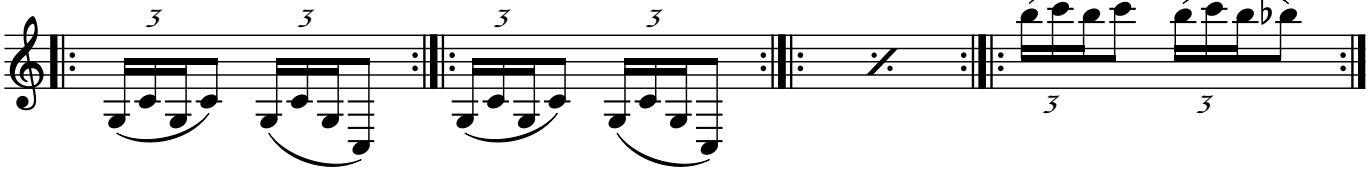

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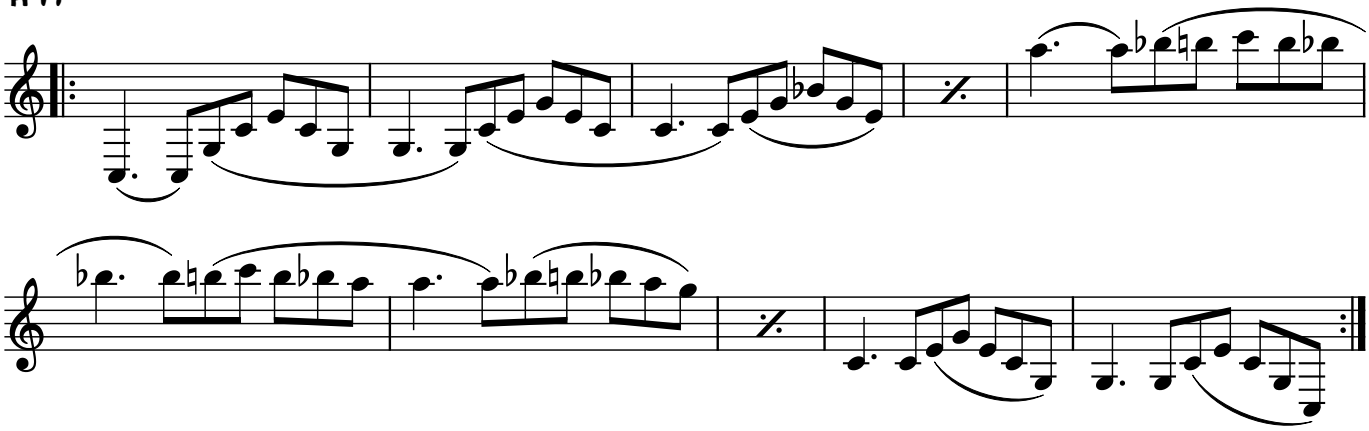

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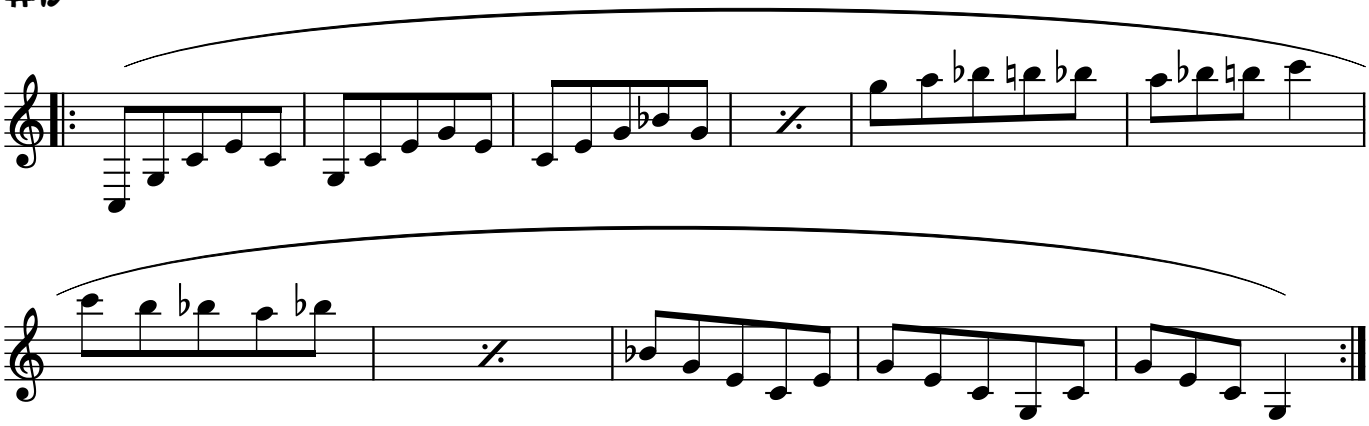

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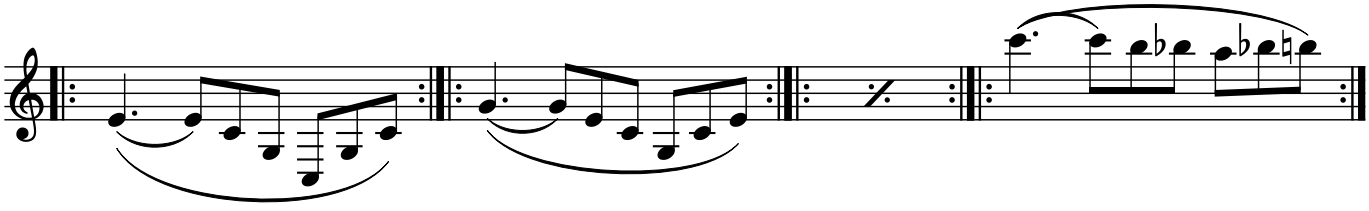

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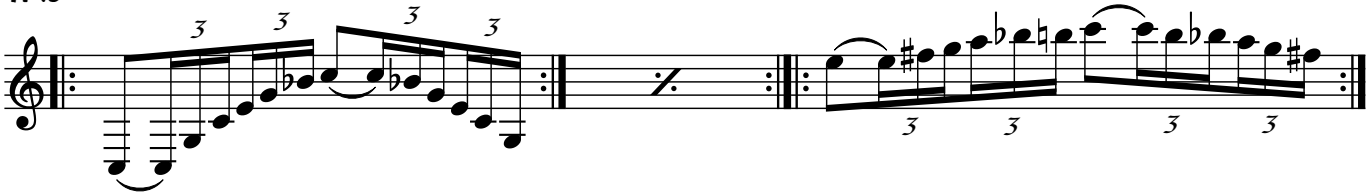

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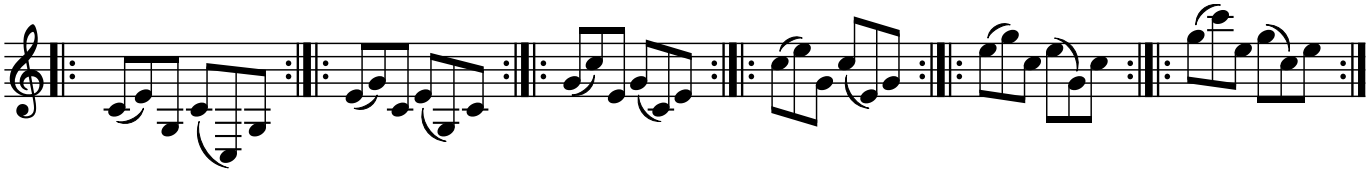

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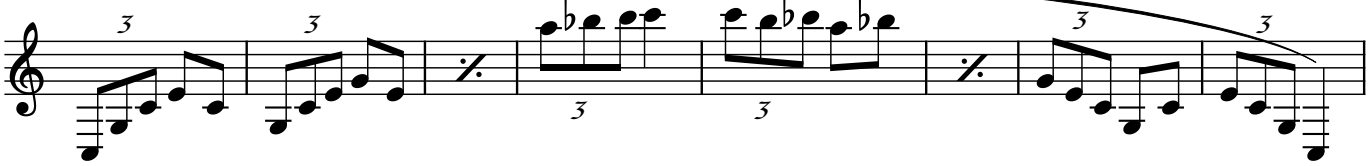

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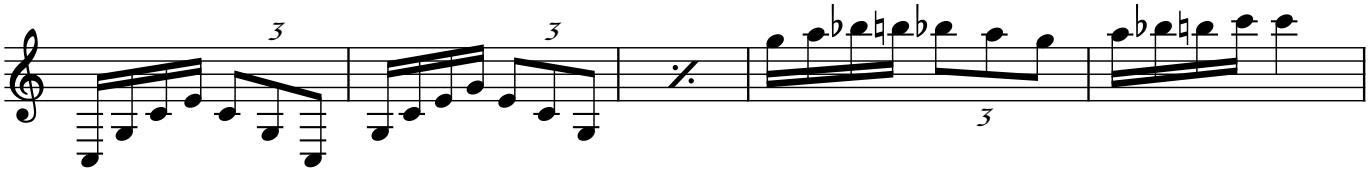

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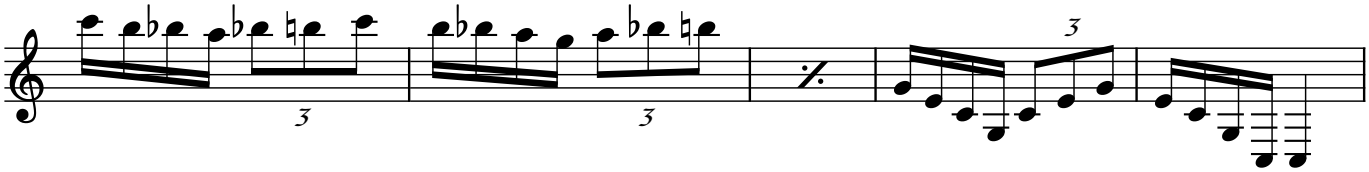

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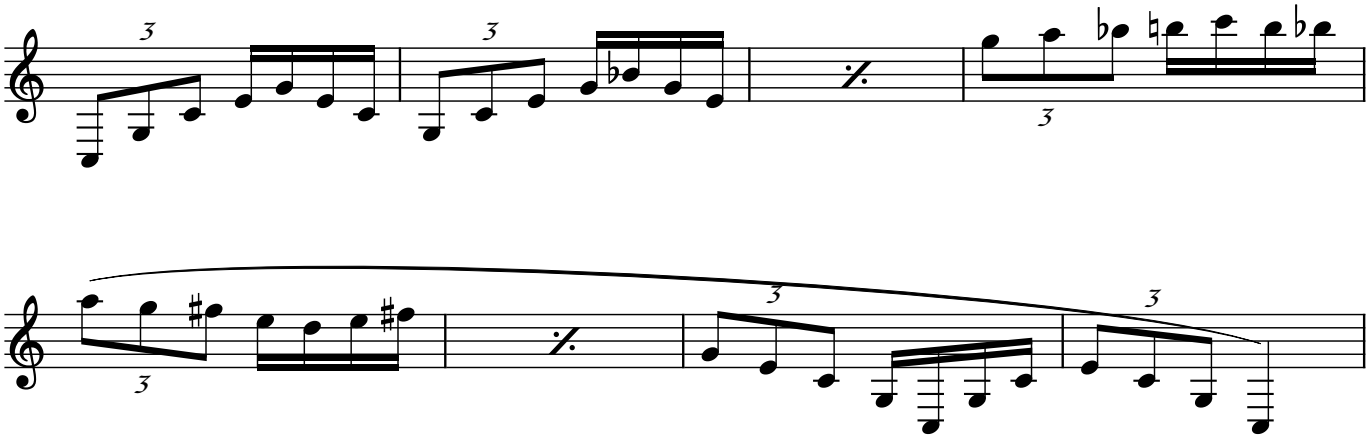

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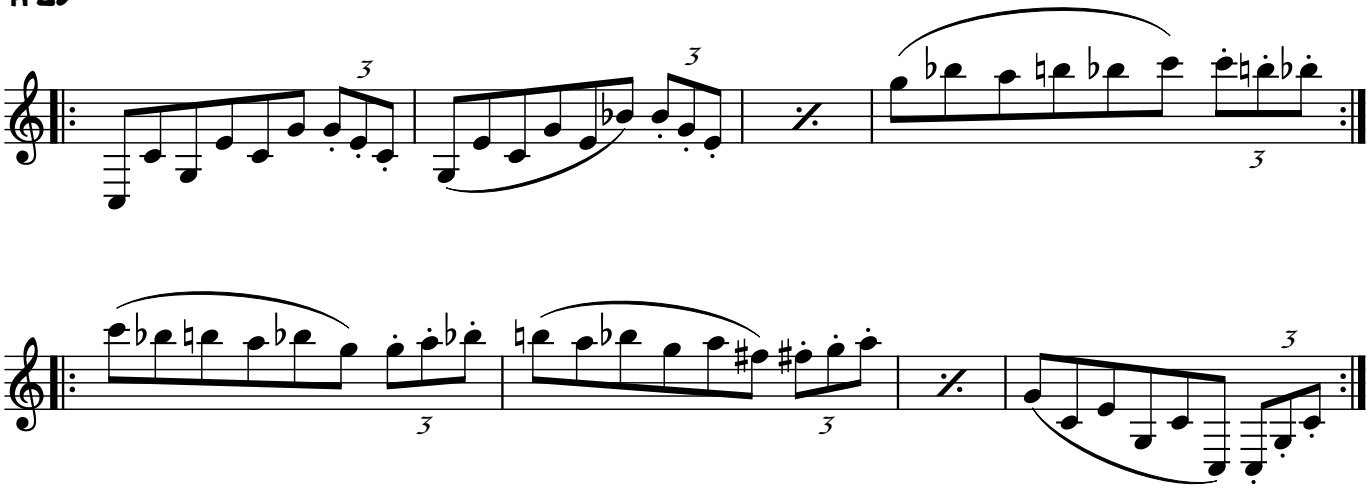

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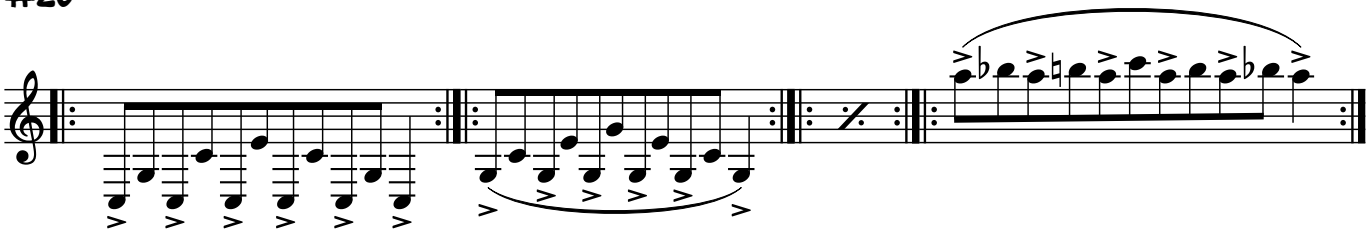

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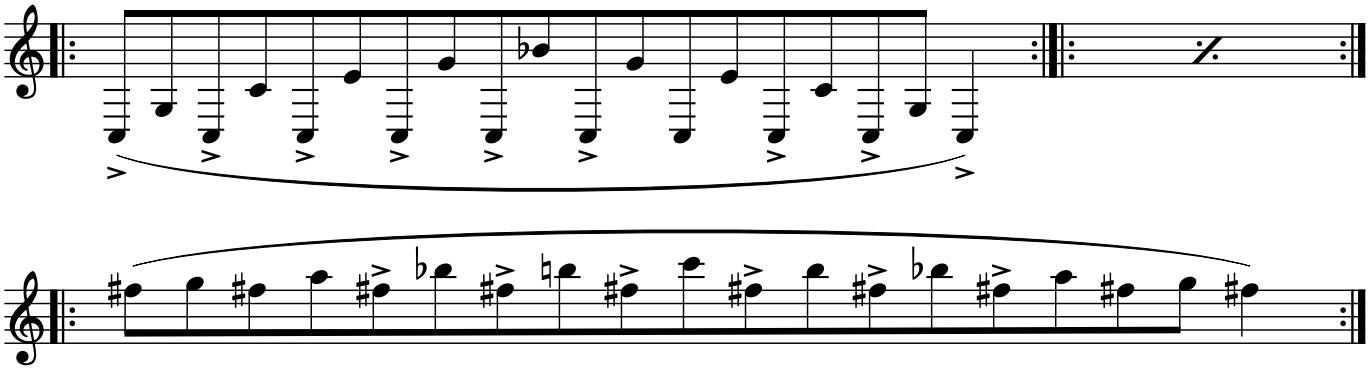

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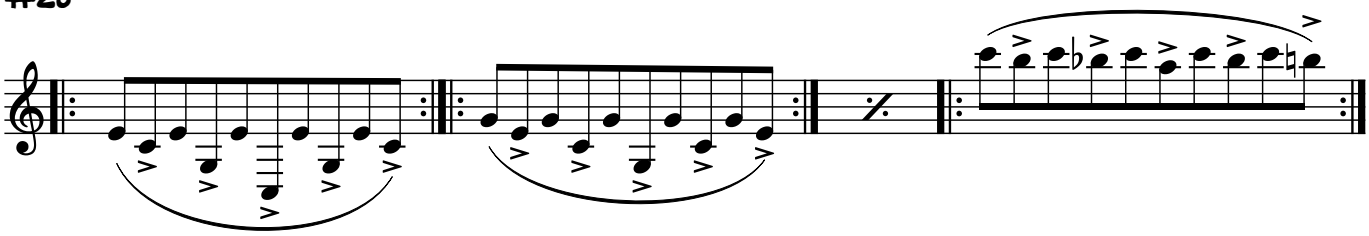

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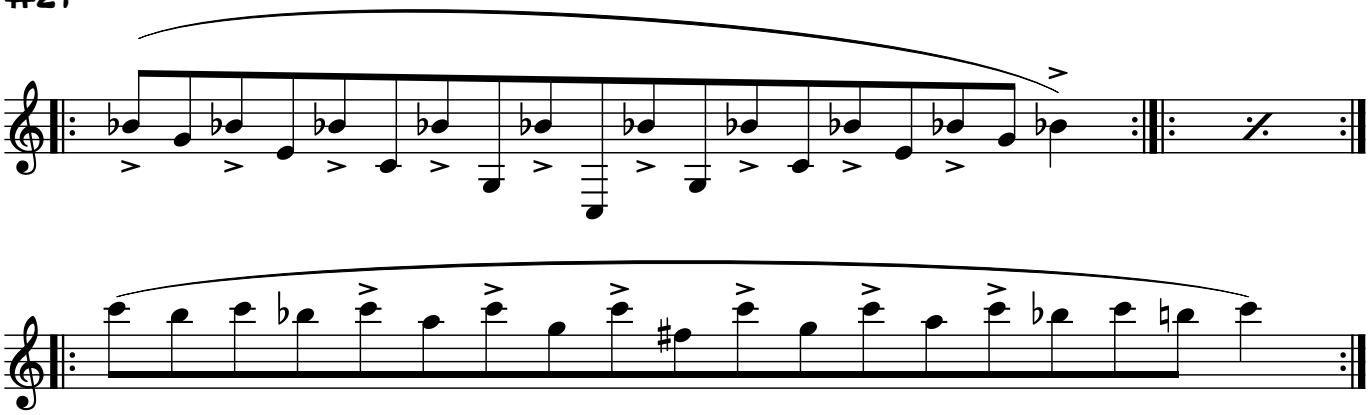

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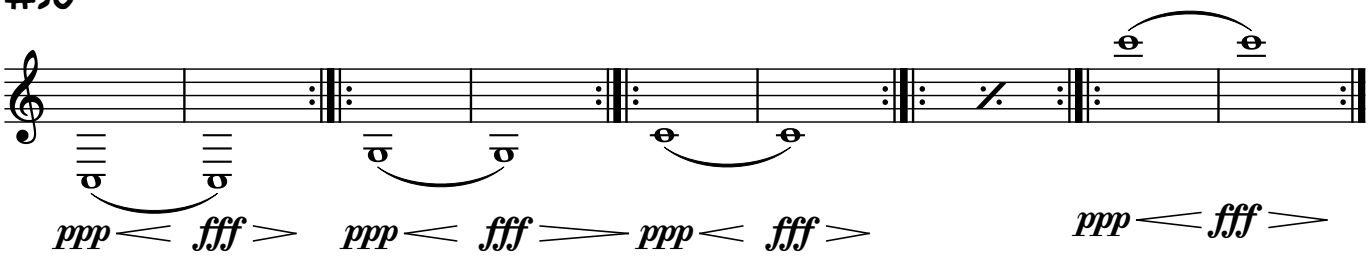

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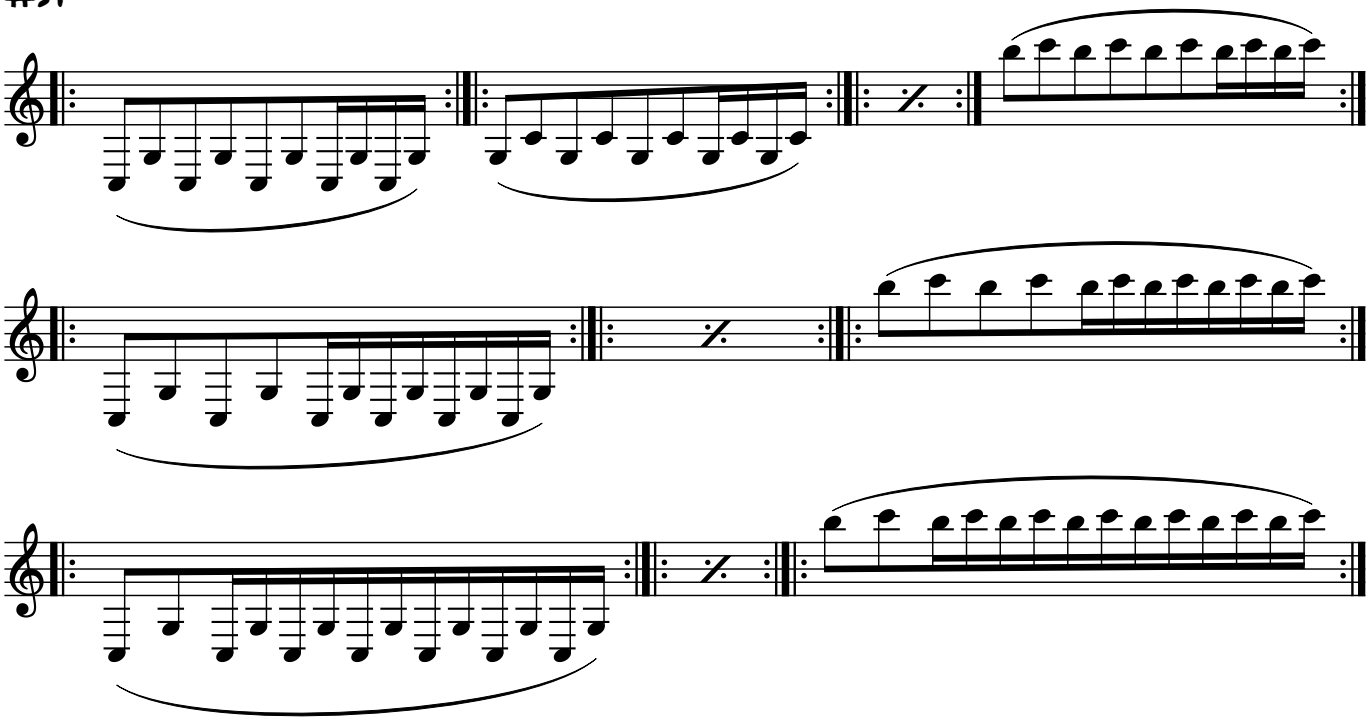

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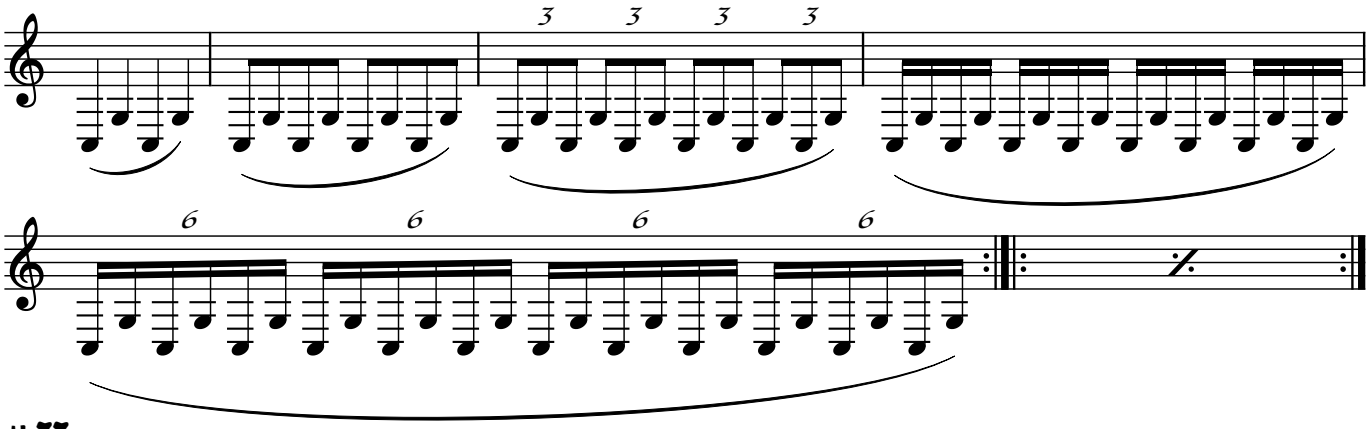
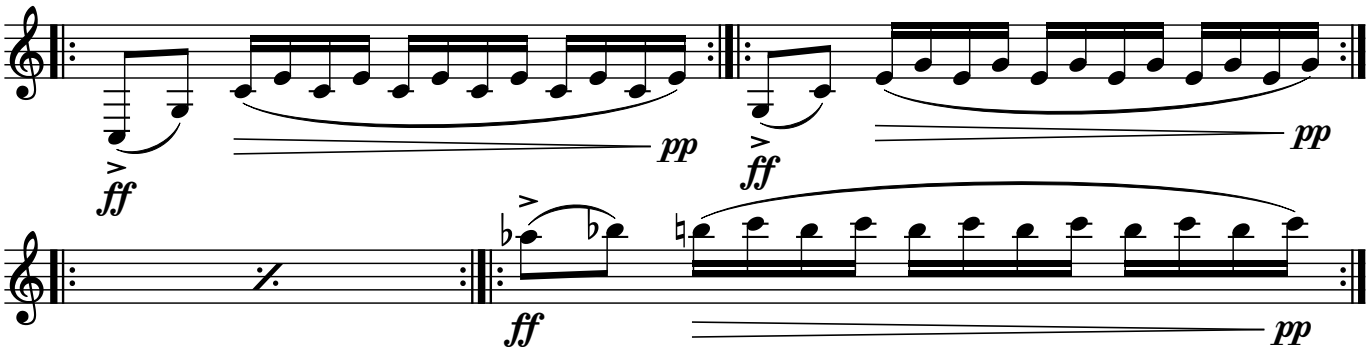
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