

Dynamic Stretching

Levels

mp f p mf f mf

f mp mf f mp p

Phrasing 1

p f

p f mp f

Phrasing 2

f p

f p mf p

"Special effects"

p f p fp f f p

One example of using scales to practice dynamics. Change it up to build the skills you need!

fp fp fp fp fp fp fp fp fp fp fp fp fp fp fp fp fp