

# Dynamic Stretching

Levels

*mp* *f* *p* *mf* *f* *mf*

*f* *mp* *mf* *f* *mf* *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* *p* *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*