

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* *f*

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*