

DER FITNESSSTIGER

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2019 Markus Kesehage

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FINGERJOGGING

Schön gleichmäßig - langsam beginnen und schneller werden.

Zuerst legato, dann staccato.

Extra Bonus: Such dir eine Taste aus, die du stärker anschlägst!

House 100-180

bis zum c''

bis zum c'

bis zum c''

bis zum c'

4-5 TRAINING

Schön gleichmäßig - langsam beginnen und schneller werden.
Zuerst legato, dann staccato.

House 100-180

C-Dur **C-Moll**

D **Dm**

E **Em**

F **Fm**

G **Gm**

IM FITNESSCENTER

Schön gleichmäßig - langsam beginnen und schneller werden.

Zuerst legato, dann staccato.

16 Beat 70 -

usw. bis zum nächsten c

8 va

Mein Trainingsplan:

ARPEGGIO

Schön gleichmäßig - langsam beginnen und schneller werden.
Zuerst legato, dann staccato.

C weiter in Dm, Em, F, G, Am

1 2 4 1 2 4 1 2 3 5

Leg. *

weiter in Dm, Em, F, G, Am

1 3 5 1 2 5 1 3 5 1 3 5 5 3 1 5 3 1 5 2 1 5 3 1

Leg. *

Adele Bruno Mars Police Frank Sinatra

G ^{7/4}

1 2 3 5

Leg. *

BE FREE

Für die Unabhängigkeit deiner Hände!

Übe das Stück auch mit allen möglichen Akkorden...

C 1 3 5 G 1 2 4

The first system of music is in 4/4 time. The right hand plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6. The left hand plays a sequence of quarter notes: C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2. The system is divided into two measures by a vertical line, with the C chord (1 3 5) in the first measure and the G chord (1 2 4) in the second measure.

Am 1 2 4 F 1 2 5

The second system of music is in 4/4 time. The right hand plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6. The left hand plays a sequence of quarter notes: C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2. The system is divided into two measures by a vertical line, with the Am chord (1 2 4) in the first measure and the F chord (1 2 5) in the second measure.

C G

The third system of music is in 4/4 time. The right hand plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6. The left hand plays a sequence of quarter notes: C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2. The system is divided into two measures by a vertical line, with the C chord in the first measure and the G chord in the second measure.

Am F

The fourth system of music is in 4/4 time. The right hand plays a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6. The left hand plays a sequence of quarter notes: C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2, C3, F2. The system is divided into two measures by a vertical line, with the Am chord in the first measure and the F chord in the second measure.

TECHNORAMA

Behalte das Akkordshema von Übung 1 bei allen anderen bei.

Techno 120-

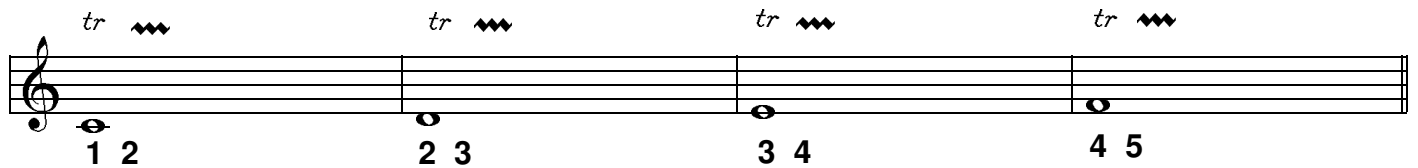
The musical score is written for piano in 4/4 time. It consists of four systems of music, each with a treble and bass clef staff. The first system is marked with a first ending symbol (° 1) and includes chords Am and G. The second system includes chords F and G. The third system is marked with a second ending symbol (° 2) and includes a third ending symbol (° 3 5). The fourth system is marked with a fourth ending symbol (° 4). Fingerings are indicated by numbers 1 and 5. The piece concludes with a double bar line.

VERZIEHRUNGEN

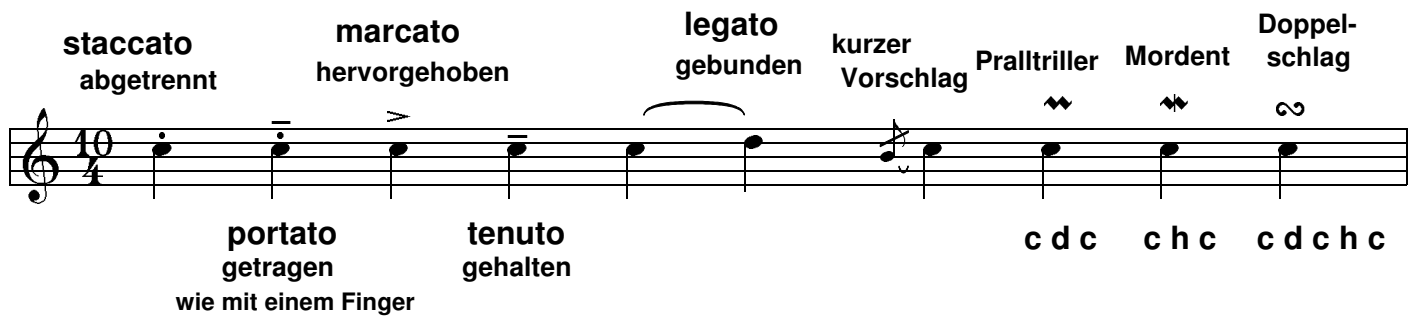
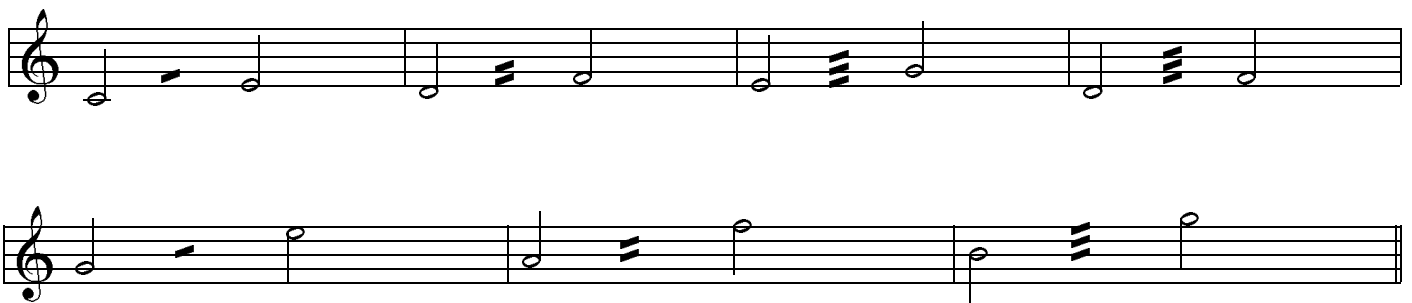
Ein Triller ist ein schneller Wechsel der Grundnote mit der nächsthöheren der Tonleiter.

Nicht verkrampfen - locker bleiben!

Versuche verschiedene Geschwindigkeiten und Lautstärken.



Tremolo: Die Anzahl der Balken deutet die Schnelligkeit an



DREIFINGERLÄUFE

Achte genau auf den Fingersatz!

Mach´ auch mal die Augen zu!

Spiele die Läufe auch in die entgegengesetzte Richtung!

3 2 1 3 2 1

Dur-tonleiter

3 2 1 2 3 2 1 2

Dur-tonleiter

Dur-Pentatonik

3 2 1 3 2 1

Dur-Pentatonik

1 2 3 1 2 3 1

Moll-Pentatonik

CHROMATISCHE TONLEITER

Achte genau auf den Fingersatz!

Mach´ auch mal die Augen zu!

Rechts: 1 3 1 3 1 2 3 1 3 1 3 1 2

Links: 1 3 1 3 2 1 3 1 3 1 3 2 1

TONLEITERN WARM UP

Spiele alle deine Tonleitern mit dieser Melodie oder erfinde eine eigene.

Dur

Musical notation for the C major scale warm-up exercise. The first staff shows the scale with fingerings: 1 2 3 1 for the first four notes and 1 3 for the last two notes. The second staff shows the scale with slurs and repeat signs.

Pentatonik (mit blue-note)

Musical notation for the C major pentatonic scale warm-up exercise. The first staff shows the scale with triplets and fingerings: 1 2 3 1 2 3 5 and 1 3. The second staff shows the scale with slurs and repeat signs.

Bluestonleiter

Musical notation for the C major blues scale warm-up exercise. The first staff shows the scale with fingerings: 1 2 1 2 1 2 3 and 2 1 2 1 2 1. The second staff shows the scale with slurs and repeat signs.

Dur-Pentatonik mit b3

The sheet music is organized into six systems, each with two staves (treble and bass clef). Each system contains four measures of music. Fingering numbers (1-5) are indicated above or below the notes to guide the player. The exercises are designed to be played in a 4/4 time signature.

Tipp: Herbie Hancock empfiehlt für alle Tonleitern den Fingersatz von der C-Pentatonik!

BLUESTONLEITER

1 2 3 4 1 3 4 1 3 3 2 1 3 1 2 2 1 3 1 2

5 4 1 2 1 1 3 1 2 1 3 2 1 1 2 1 3

1 4 1 3 3 2 1 4

5 4 3 2 1 2 1 1 4 1 3 2 1 1

1 2 1 3 3 1 2 1 1 3

5 4 1 2 1 1 5 4 1 2 1 1

2 1 2 1 2 4 2 1 2 1 1 2 3 4 1 3 4 1 3 3

4 3 2 1 3 1 2 1 5 4 1 2 1 1

2 1 3 1 2 3 4 1 3 1 2 1 4 1 3 3

3 1 2 1 3 2 1 3 1 2 1 5 4 3 2 1 2 1 1

2 1 4 1 2 1 2 3 4 5 2

4 1 3 2 1 1 5 3 2 1 1

Es gibt nicht nur den einen Fingersatz, probier auch eigene! Profimusiker spielen oft nur mit 3 Fingern.

TÖNE IN FARBE

Kennst du den Unterschied zwischen C-Dur und G-Dur?

„Natürlich, ein Kreuz und zwar das fis“, wirst du sagen.

Aber hast du damit schon meine Frage beantwortet? Nein, es gibt noch mehr Unterschiede. Die G-Dur ist höher oder tiefer, naja es kommt darauf an wo du sie spielst. Die Songs klingen auch ganz anders, wenn du sie statt in C-Dur in G-Dur greifst. Ja, was ist nun der Unterschied?

In allen Hochkulturen wurden Töne und Farben miteinander in Verbindung gebracht. Eine der häufigsten Zuordnungen ist diese:

C	entspricht	Rot
D		Orange
E		Gelb
F		Grün
G		Blau
A		Indigo
H		Violett

Die alterierten Töne (cis, dis..) werden als Schattierungen der jeweiligen Hauptfarbe verstanden. Z.B. fis entspricht blaugrün.

Für die Tonleitern ergibt sich folgendes:

C-Dur	entspricht	Rot
D-Dur		Orange
E-Dur		Gelb
F-Dur		Grün
G-Dur		Blau
A-Dur		Indigo
H-Dur		Violett

Cis-Dur ist Rotorange.

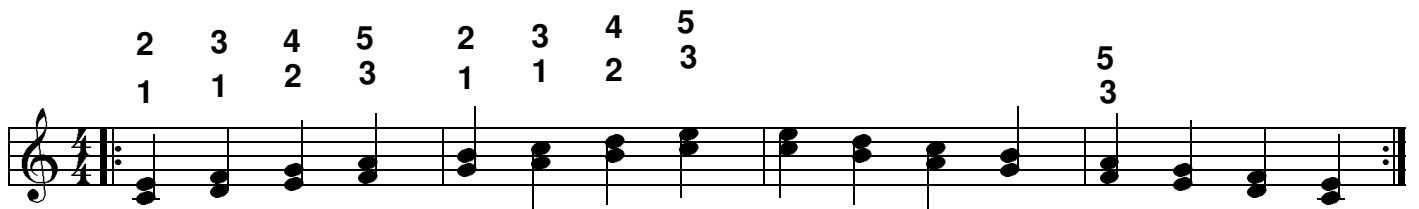
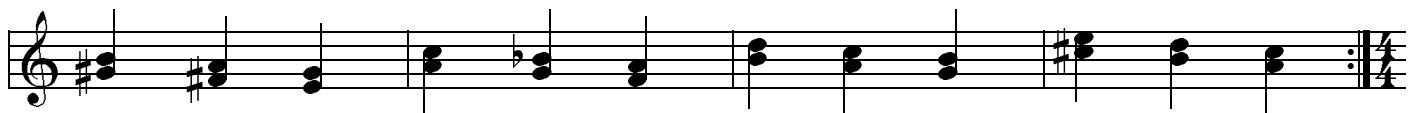
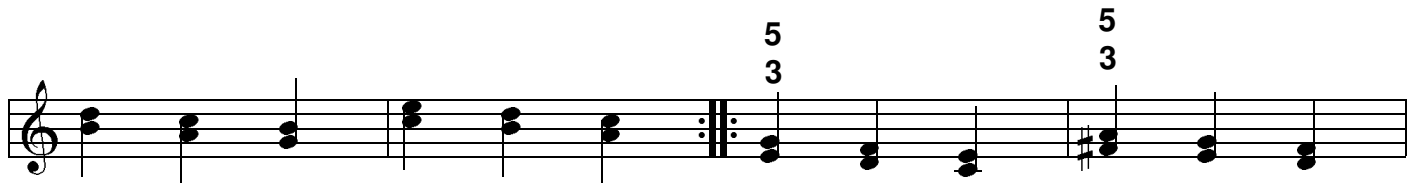
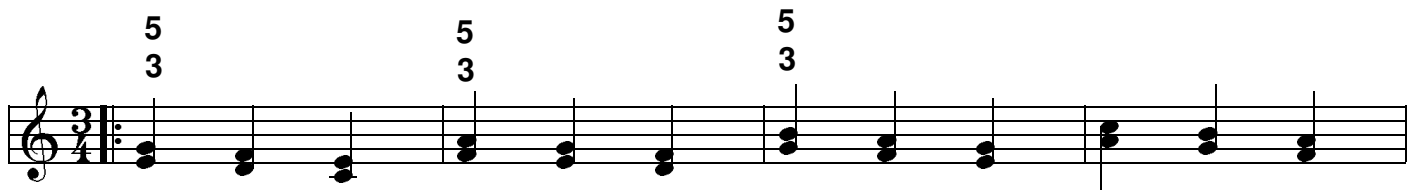
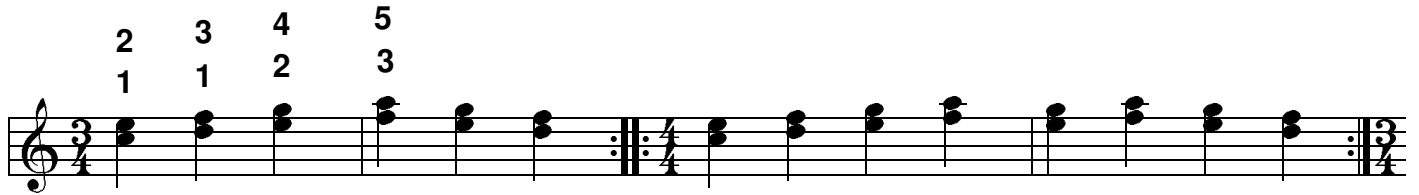
Und Moll? D-moll wäre nun ein leicht abgedunkeltes orange.

Probiere nun einmal alle Deine Tonleitern und stell´ dir die Farben dazu vor!

TERZENTRAINING

Schön gleichmäßig - langsam beginnen und schneller werden.

Zuerst portato, dann legato.



SEXTEN, QUARTEN & OKTAVEN

Schön gleichmäßig - langsam beginnen und schneller werden.

Musical notation for sexten exercise. It features a treble clef and a 7/8 time signature. The exercise consists of two groups of six notes, each starting with a finger number '5' above the note and a '1' below it. The notes are beamed together and descend in pitch. The first group is followed by a whole rest, and the second group is followed by a whole note.

legato

Musical notation for legato exercise. It features a treble clef and a 4/4 time signature. The exercise consists of two groups of four notes, each starting with finger numbers '5 4 3' above and '1 1 1' below. The notes are beamed together and descend in pitch. The first group is followed by a whole rest, and the second group is followed by a whole note. The text "weiter bis e''''" is written above the second group.

Musical notation for eighth-note exercise. It features a treble clef and a 4/4 time signature. The exercise consists of two groups of four notes, each starting with finger numbers '3 4 5' above and '1 2 3' below. The notes are beamed together and descend in pitch. The first group is followed by a whole rest, and the second group is followed by a whole note.

portato

Musical notation for portato exercise. It features a treble clef and a 4/4 time signature. The exercise consists of two groups of five notes, each starting with a finger number '5' above and a '1' below. The notes are beamed together and descend in pitch. The first group is followed by a whole rest, and the second group is followed by a whole note.

RHYTHMUS 1x1

Oben die klassische Zählweise unten die Rhythmussprache!

Ganze

1 2 3 4
da - a - a - am

Halbe

1 2 3 4
da - am

Viertel

1 2 3 4
da am

Binär

Achtel

1 u 2 u 3 u 4 u
ta ka (einzel: da)

Sechzehntel

1 e u e 2
ta ka ti mi

Ternär

1/8 Triole

1 er lei 2 er lei
da ha ga

Shuffle

1 lei 2 lei
da h ga

1/4 Triole

1 er lei 3 er lei
er lei

ACHTELGROOVES

1 u 2 u 3 u 4 u 1 u 2 u 3 u 4 u
ta ka ta ka

1

dam dam ta ka ta ka dam dam ta ka hm

3

ams da da-am da dam da da-am

5

ta ka da ta ka da ta ka da ta ka hm

7

dam dam dam h dam dam da dam hm

9

dam dam da dam da-am da-am da-am da-am

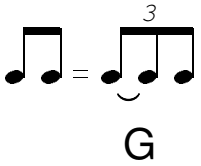
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h ta h ta h ta h ta

BEAT or SHUFFLE

Du kannst die Begeitung binär (8-Beat, Twist) oder ternär (Shuffle, Swing) spielen.

Twist oder Shuffle/Rock'n'Roll 120-



G

C

G

D

C

G

SECHZEHNTELGROOVES

ta ka ti mi ta ka ti mi
 1 e u e 2 e u e
 da d d

1

2

3

4

5

6

7

8

9

THE JOKER

Begleite diesen Song mit den zwei Patterns.

Teste auch mal Splitsounds wie E-Bass und E-Piano!

16 Beat 80

F B \flat C B \flat

5 2 2 1 4

F B \flat C B \flat

2 1 4

SAINTS mit Lead links

Einmal ganz anders!

Swing 140

The first system of musical notation is in 4/4 time. The right hand (treble clef) has a whole rest in the first measure, followed by three measures of a C4 chord. The left hand (bass clef) starts with a quarter rest, then a quarter note G2 with a fingering '5', followed by quarter notes F2, E2, and D2 in the next three measures.

The second system continues in 4/4 time. The right hand (treble clef) has a C4 chord in the first measure, followed by three measures of a C4 chord. The left hand (bass clef) has quarter notes G2, F2, E2, and D2 in the first four measures, with a slur over the last two notes.

The third system continues in 4/4 time. The right hand (treble clef) has a C4 chord in the first measure, followed by three measures of a C4 chord. The left hand (bass clef) has quarter notes G2, F2, E2, and D2 in the first four measures, with a slur over the last two notes.

The fourth system continues in 4/4 time. The right hand (treble clef) has a C4 chord in the first measure, followed by three measures of a C4 chord. The left hand (bass clef) has quarter notes G2, F2, E2, and D2 in the first four measures, with a slur over the last two notes.

SAINTS mit Akkorde auf 2 und 4

Noch einmal etwas anders!

Swing 140

C

G⁷

C F

C G⁷

C F C

ZIRKUS RENZ

Xylophon oder Vibraphon

Achte auf den Fingersatz!

C

4 2 1 2

5

Dm

4 5 5 5 5 5 4

⊘

4 5

C

4 5 5 4

D.C. al Coda

C

4 5 3 4 5

G⁷ C

3 3 4 5 gliss.