

SCORE EXERCISES

The goal of this exercise is to mentally practice focusing on two elements simultaneously: musical image and timing. Practice using any of these scores: [MUSICAL IMAGE+TIMING](#)

Step 1

Look at the time signature and identify the appropriate pulsation. Remember to feel the natural alternation of stronger and lighter beats.



Step 2

Look at the tempo markings in the score. If necessary, translate markings written in Italian or French.



Find the appropriate Tempo.

Timing 1 — **Calm · Peaceful**

Slow — Grave, **Lento**, Largo, Larghetto, Adagio, Adagietto

Step 3

Pay attention to every tempo change in the score and experience each one as a new variation of Tempo within the musical image:

- *accelerando, ritenuto*
- *stretto*
- *poco più mosso*
- *poco meno mosso*
- *poco più lento*
- *changes of time signature*



Step 4

Mentally play through the first few bars while following the melodic line. Include the opening bars of each new tempo section as well. Feel the musical image together with the heartbeat, gently conducting as you move through the music.

The goal is not only to choose the correct tempo or maintain a steady pulse, but to experience inner pulsation as a heartbeat of your musical image.

The goal of the next exercise is to mentally practice focusing on three elements simultaneously: musical image, musical form, and timing. Practice using any of these scores: [MUSICAL IMAGE+FORM+TIMING](#)

Step 1

Look at the time signature and identify the appropriate pulsation. Remember to feel the natural alternation of stronger and lighter beats.



Step 2

Look at the tempo markings in the score. If necessary, translate markings written in Italian or French.

Find the appropriate Tempo.

Timing 3 — **Animated**

Moderate — Andantino, Moderato, **Andante con moto**



Step 3

Pay attention to every tempo change in the score and experience each one as a new variation of Tempo within the musical image and musical form:

- *accelerando, ritenuto*
- *stretto*
- *poco più mosso*
- *poco meno mosso*
- *poco più lento*
- *changes of time signature*



Step 4

Mentally play through the entire piece while following the melodic line. Feel the musical image and form together with the heartbeat, gently conducting as you move through the music.

It is important to feel all three elements in a clear order: **image → form → timing**. Always begin with your musical image, then add form, and finally timing.

Avoid reversing this order—for example, form → image → timing or timing → image → form—as it can create confusion in mental imagination.

This clarity becomes especially important when quickly shifting between different form elements during playing.

SINGING EXERCISES

At this stage, what matters most is feeling the pulse emotionally—as a heartbeat—while keeping the phrasing line present in your mind as a guide.

Step 1

- Understand the pulsation and tune into the appropriate tempo.

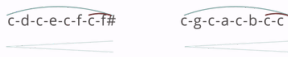
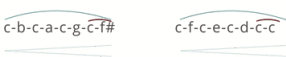
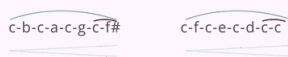
(Timing 1 for motifs, Timing 3 for phrases, Timing 5 for sentences)

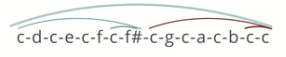
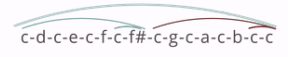
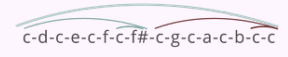
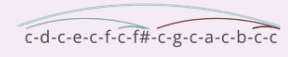
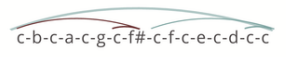
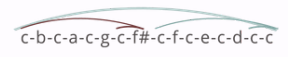
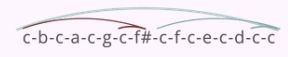
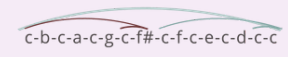
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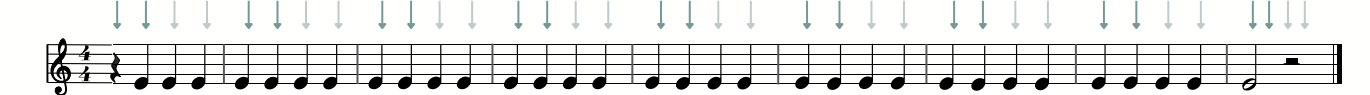
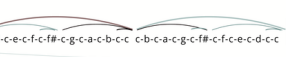
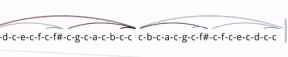
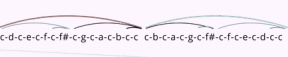
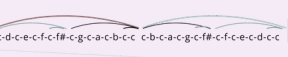
- Feel image + form + timing together, while pulsating through 2 bars of each form element.
- Sing out loud. In Timing 3 and 5, focus less on vocalizing glissando and resistance between the notes, allowing yourself to sing more quickly. Trust that the sensation of intonation is already present in your muscle memory. Avoid slowing down in the stronger moments of the phrasing.



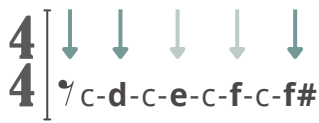
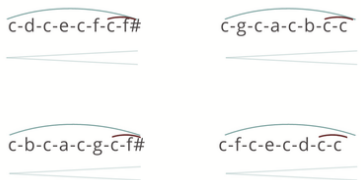
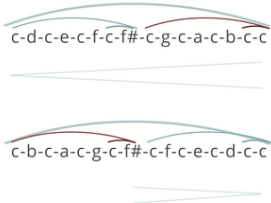
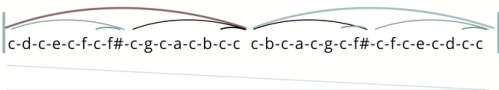
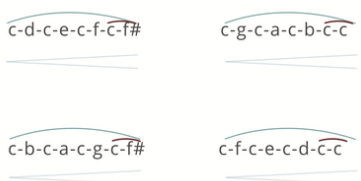
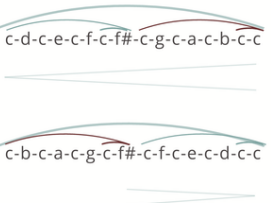
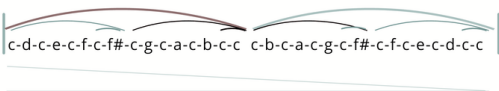
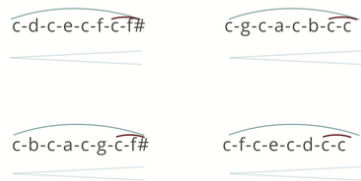
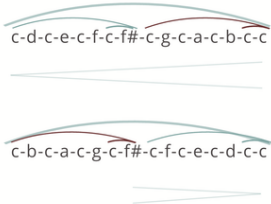
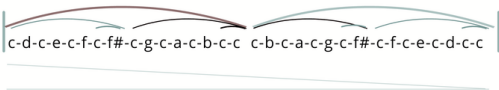
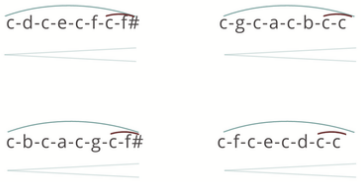
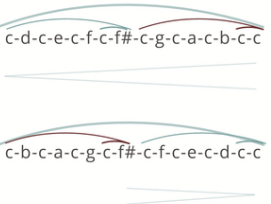
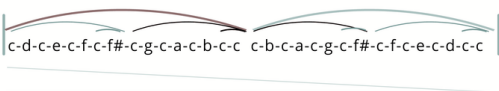
TIMING

MUSICAL IMAGE							
TIMING 1 <i>Calm & Peaceful</i>							
							
B		D		R		C	
							

MUSICAL IMAGE							
TIMING 3 <i>Animated</i>							
							
B		D		R		C	
							

MUSICAL IMAGE							
TIMING 5 <i>Energetic</i>							
							
B		D		R		C	

TIMING

MUSICAL IMAGE 			
	TIMING 1 <i>Calm & Peaceful</i>	TIMING 3 <i>Animated</i>	TIMING 5 <i>Energetic</i>
B			
D			
R			
C			

PLAYING EXERCISES

Step 1

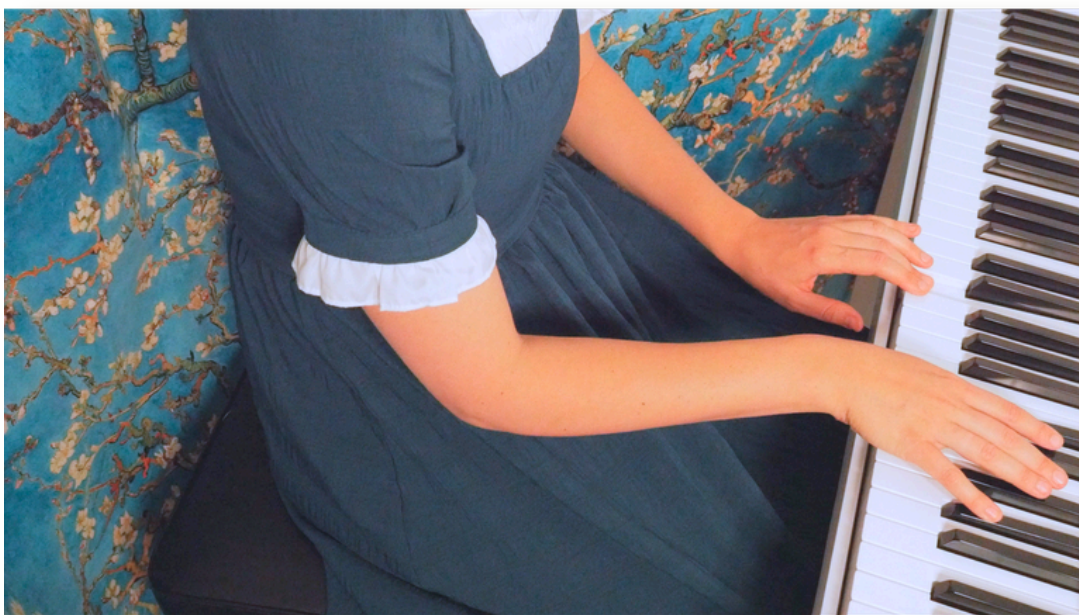
- Understand the pulsation and tune into the appropriate tempo.

Step 2

- Feel image + form + timing together, while pulsating through 2 bars of each form element.

Step 3

- While playing, focus on image + form + timing, allowing the dynamics to expand naturally in the more prominent parts of musical form. These crescendos, together with a broader amplitude of hand motion, help the horizontal line feel fuller and more three-dimensional while the inner pulse remains steady.



TIMING

MUSICAL IMAGE

TIMING 1

Calm & Peaceful



B

c-d-c-e-c-f-c-f#

c-g-c-a-c-b-c-c

c-b-c-a-c-g-c-f#

c-f-c-e-c-d-c-c

D

c-d-c-e-c-f-c-f#

c-g-c-a-c-b-c-c

c-b-c-a-c-g-c-f#

c-f-c-e-c-d-c-c

R

c-d-c-e-c-f-c-f#

c-g-c-a-c-b-c-c

c-b-c-a-c-g-c-f#

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C

c-d-c-e-c-f-c-f#

c-g-c-a-c-b-c-c

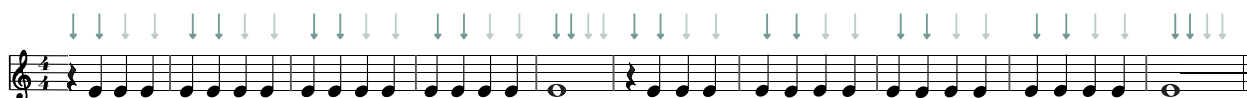
c-b-c-a-c-g-c-f#

c-f-c-e-c-d-c-c

MUSICAL IMAGE

TIMING 3

Animated



B

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c

c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

D

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c

c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

R

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c

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C

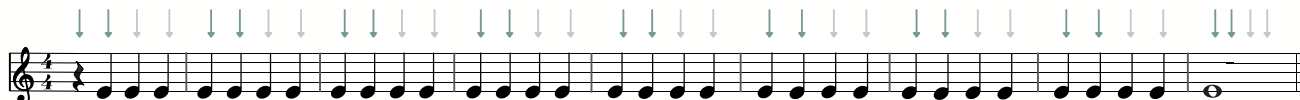
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c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

MUSICAL IMAGE

TIMING 5

Energetic



B

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

D

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

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C

c-d-c-e-c-f-c-f#-c-g-c-a-c-b-c-c c-b-c-a-c-g-c-f#-c-f-c-e-c-d-c-c

TIMING

MUSICAL IMAGE			
	TIMING 1 <i>Calm & Peaceful</i>	TIMING 3 <i>Animated</i>	TIMING 5 <i>Energetic</i>
B			
D			
R			
C			