

# The Complete St. Jacome Flexibilities+

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All exercises to played with fingerings: 0,2,1,12,23,13(4),123(24) or down 7 positions.

Level 1

1t Musical staff 1t: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

2t Musical staff 2t: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

3f Musical staff 3f: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

4i Musical staff 4i: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

5t Musical staff 5t: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

Level 2

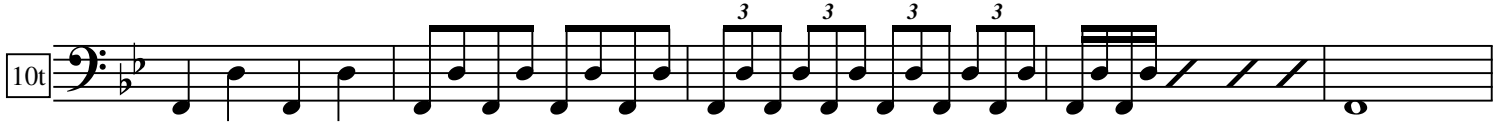
6t Musical staff 6t: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

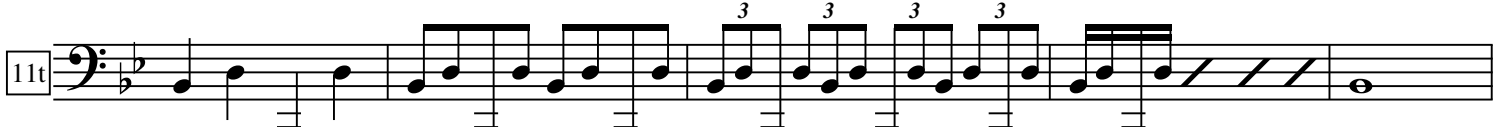
7f Musical staff 7f: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

8i Musical staff 8i: Bass clef, 4/4 time, B-flat key signature. Notes: G2, F2, E2, D2, C2, B1, A1, G1. Trills: G2-F2, E2-D2, C2-B1, A1-G1. Triplet markings above the last four notes.

# The Complete St. Jacome Flexibilities+

9i 

10t 

11t 

12f 

13f 

14f 

15f 

16i 

# The Complete St. Jacome Flexibilities+

17t

Level 3

18f

19f

20t

21i

22i

23t

24i

# The Complete St. Jacome Flexibilities+

25i

26i

27i

28f

29f

30f

31f

32i

# The Complete St. Jacome Flexibilities+

33f

3

34f

3

35i

3

36i

3

37i

3

38f

3

39f

3

Level 4

40f

3

# The Complete St. Jacome Flexibilities+

The musical score consists of eight staves of music, each beginning with a measure number in a box: 41f, 42f, 43f, 44f, 45t, 46t, 47t, and 48t. The music is written in bass clef with a key signature of one flat (B-flat). The notation includes various rhythmic patterns, including eighth and sixteenth notes, and rests. Triplet markings (the number '3') are placed above several groups of notes. The final measure of each staff contains a whole note, followed by a double bar line and three diagonal slashes (///), indicating a continuation or a specific ending. The staves are arranged vertically, with the first staff at the top and the eighth at the bottom.

# Models The Complete St. Jacome Flexibilities+

1 Slur 2

2 Slur 2 alternate

3 Slur each beat

4 Slur all

## Definitions

- Level 1-** Highest note is staff C (concert Bb)
- Level 2-** Highest note is E (concert D)
- Level 3-** Highest note is G (concert F)
- Level 4-** Highest note is high C (high concert Bb)

## Groups

- t-** Trill study. Alternates between two notes.
- f-** Flexibility study. Four-note up and down pattern.
- i-** Interval study. Returns to a common tone.

## Practice Tips

1. Practice 4 exercises daily. Tongued and slur all.
2. Practice 2 exercises daily. All 4 models.
3. Practice 1 exercise from each level.
4. Practice 1 exercise from each group.
5. On higher exercises, begin on 123 (7th pos.) and work upward.
6. To save time, omit triplets.
7. Stay on the same exercises for one or two weeks.
8. Rest frequently.