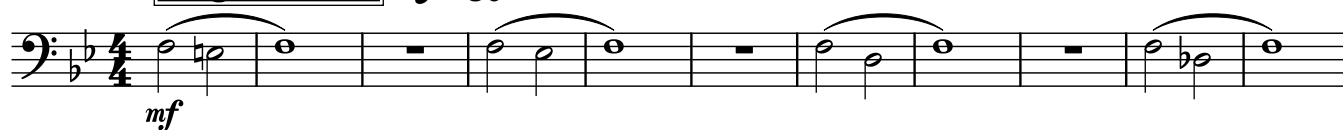
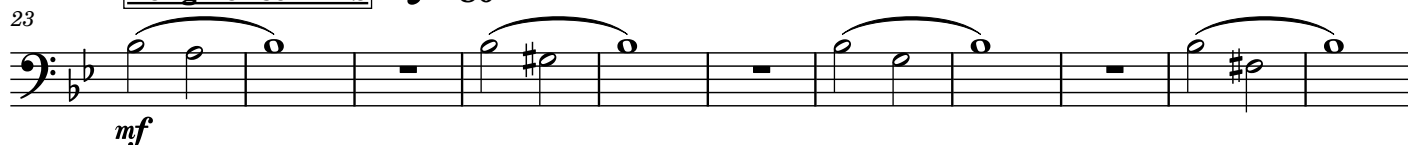


**Long Tones in F** ♩ = 80

12

**Long Tones in Bb** ♩ = 80

34

**Flexibility 1** ♩ = 100

50



55

**Flexibility 2** ♩ = 100

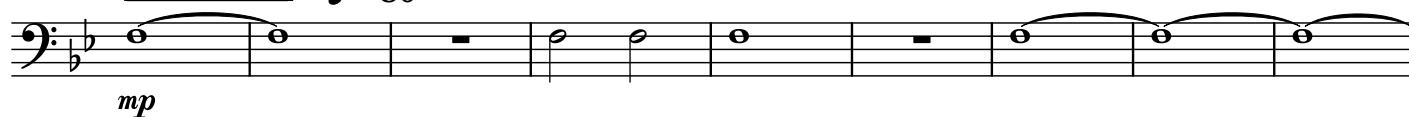
65



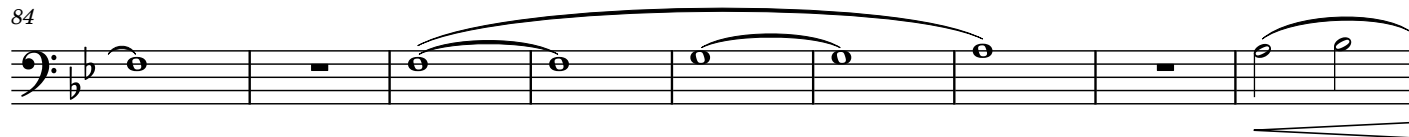
70



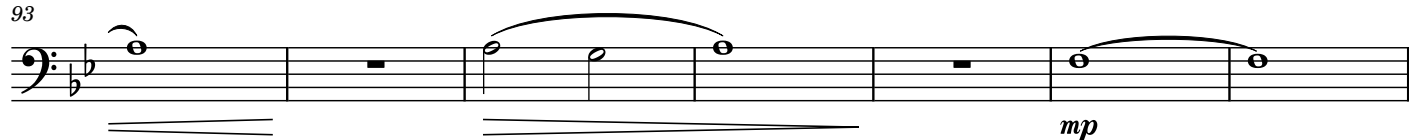
2

75 **Calm Tones** ♩ = 80

84



93



100



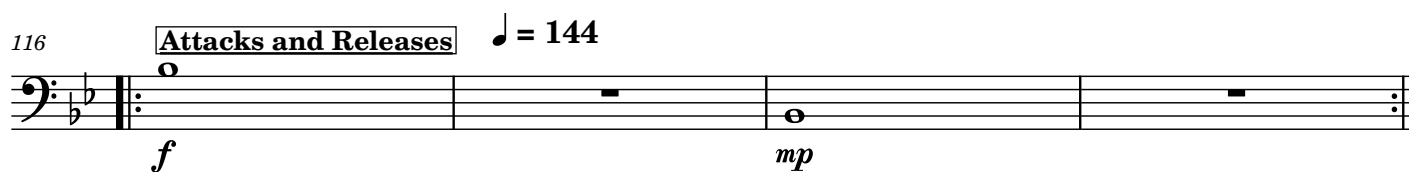
105



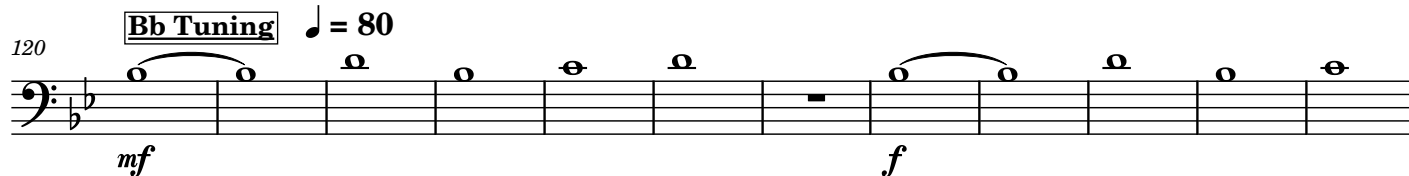
110



116



120



132

