

for Jim ten Boske
JIMNASTICS
 2017

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* Patterns are to be played consecutively. Each pattern is repeated several times and proceeds to the next without interruption.
 The duration of the total workout is up to the performer, although a duration of 6 to 8 minutes would be appropriate.

$\text{♩} = 120-138$

⑥ = D

1 2 3 4 5 6 7 8 9 10

p i *p m p i* *p m p i* *p m i p i* *p a i m* *p m i a* *p m i p a* *i p p i m a i p p i m a* *i p a m* *p i m p i m a*