


















Elementar Rhythmen

Nr. 13











| | 1 | + | 2 | + | 3 | + | 4 | + |
|--------------|---|---|---|---|--|---|---|---|
| rechte Hand | | |  |  | | | | |
| linke Hand | | |  | | | |  | |
| rechter Fuss |  | | | |  | | | |
| linker Fuss | | |  | | | |  | |

Nr. 14












| | 1 | + | 2 | + | 3 | + | 4 | + |
|--------------|---|---|---|---|--|---|---|---|
| rechte Hand |  | |  |  | | | | |
| linke Hand | | |  | | | |  | |
| rechter Fuss |  | | | |  | | | |
| linker Fuss | | |  | | | |  | |

Elementar Rhythmen

Nr. 15

| | 1 | + | 2 | + | 3 | + | 4 | + |
|--------------|---|---|---|---|--|---|---|---|
| rechte Hand |  | |  |  |  | | | |
| linke Hand | | |  | | | |  | |
| rechter Fuss |  | | | |  | | | |
| linker Fuss | | |  | | | |  | |

Nr. 16

| | 1 | + | 2 | + | 3 | + | 4 | + |
|--------------|---|---|---|---|--|---|---|---|
| rechte Hand |  | |  |  |  | |  | |
| linke Hand | | |  | | | |  | |
| rechter Fuss |  | | | |  | | | |
| linker Fuss | | |  | | | |  | |