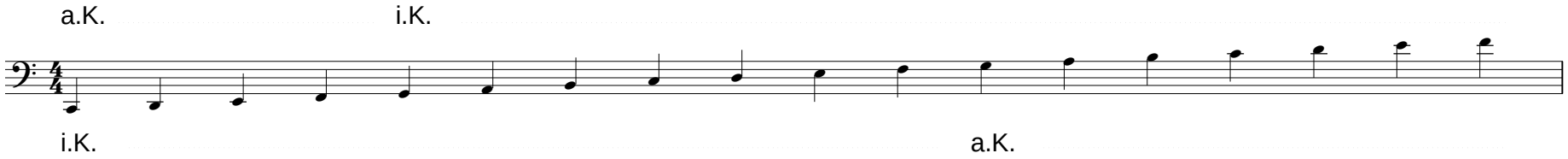
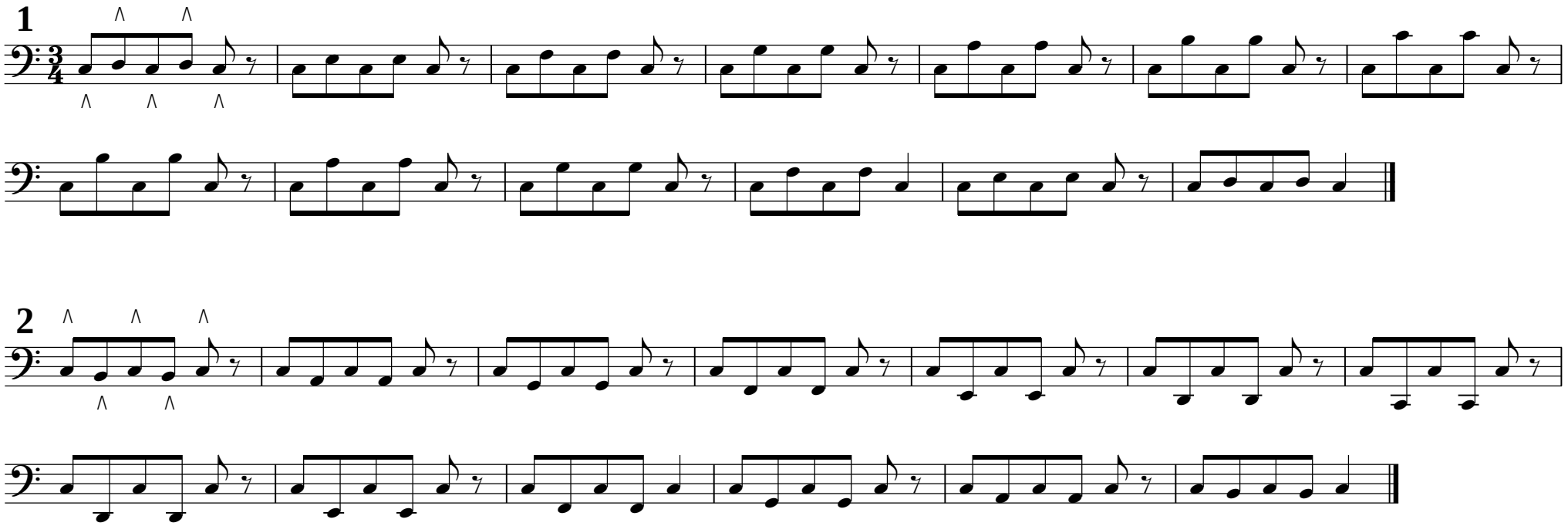
Pedal-Übungen

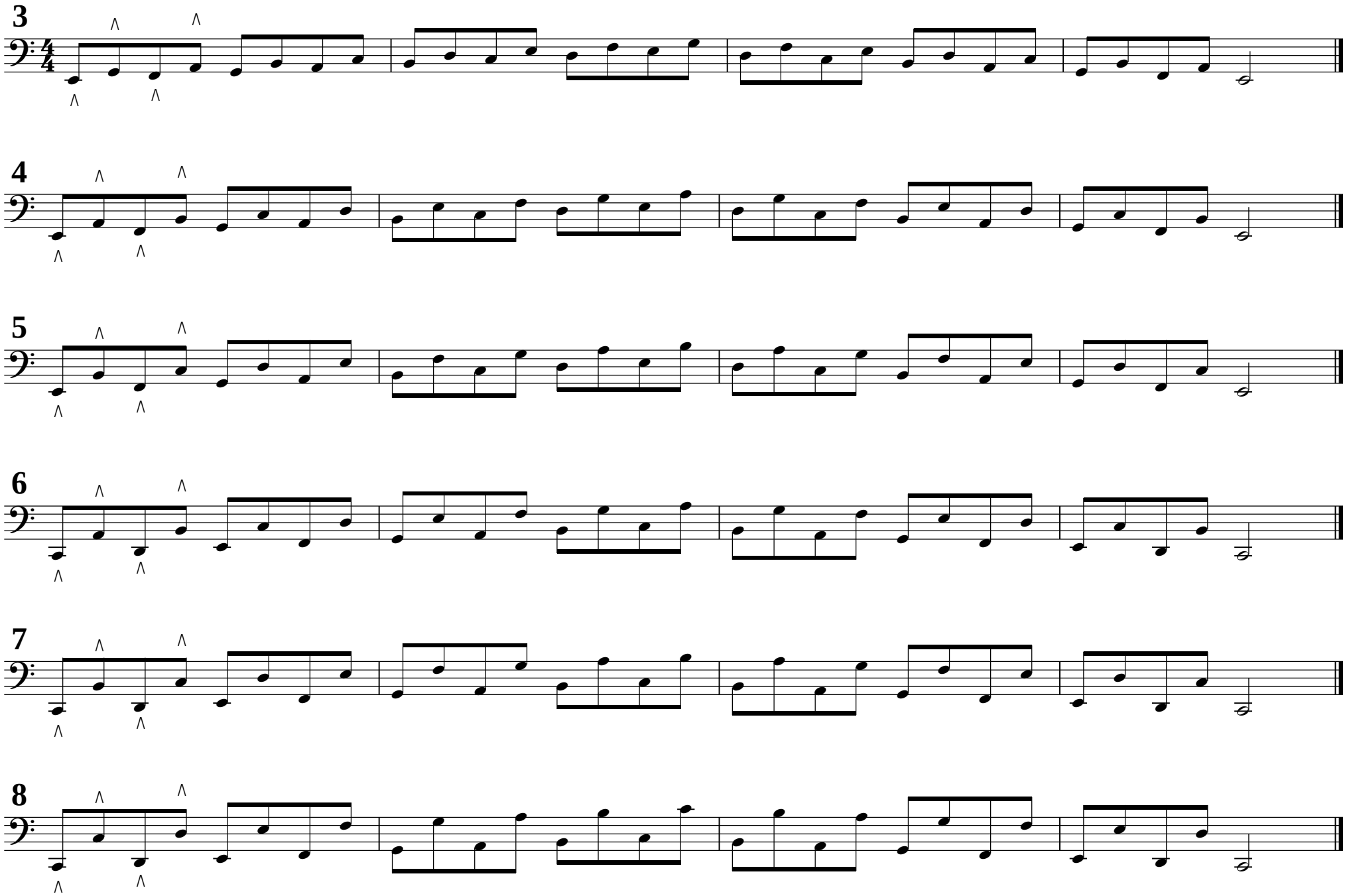
Die ***Knie*** müssen immer zusammengepresst werden, die ***Absätze*** bis und mit Terz/Quarte.

Die Tasten werden mit der ***inneren Kante*** (= Fussballen hinter dem grossen Zeh) oder der ***äusseren Kante*** (= Fussballen hinter dem kleinen Zeh) angeschlagen.



Fuss-Spitze auf den "weissen" Tasten

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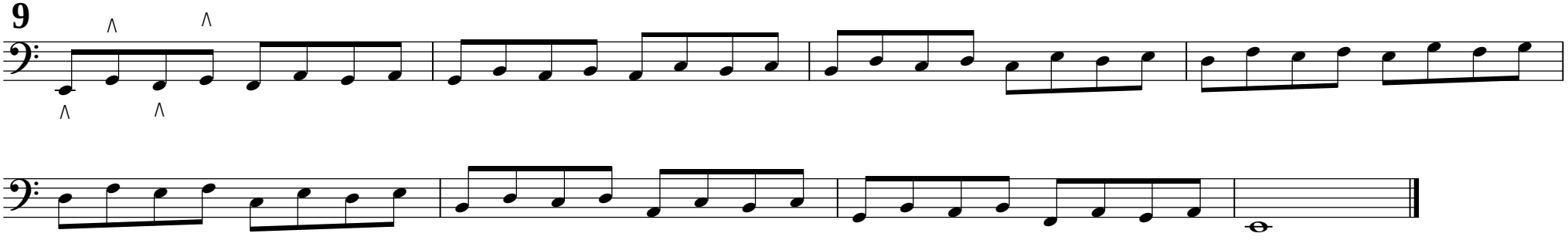

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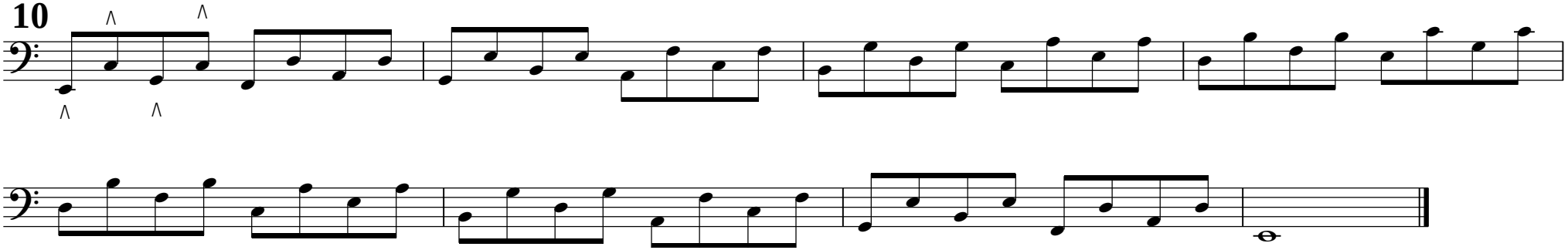

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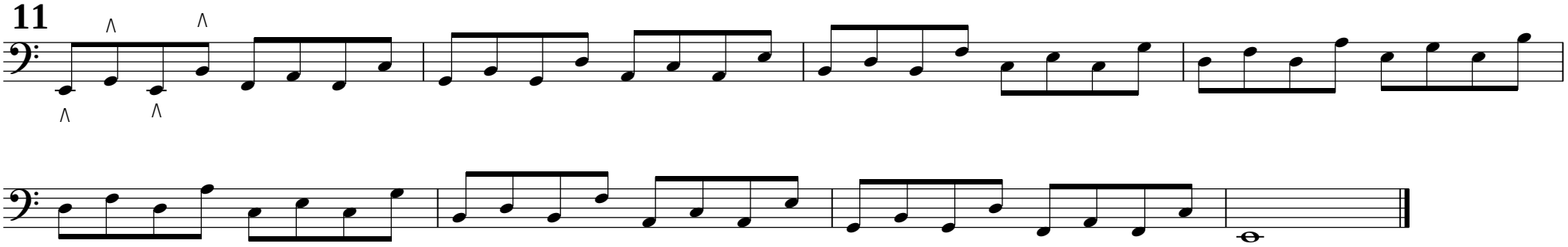

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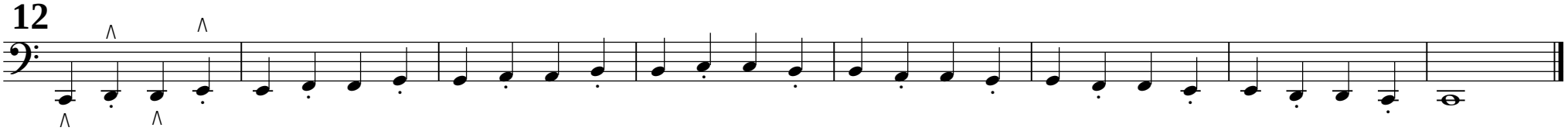
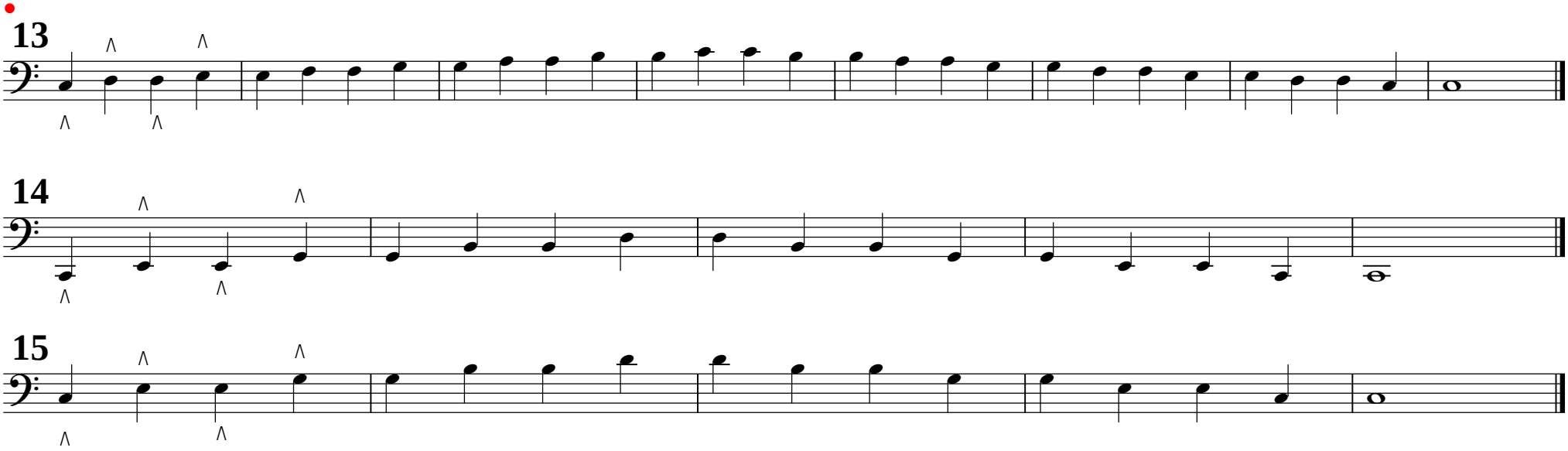
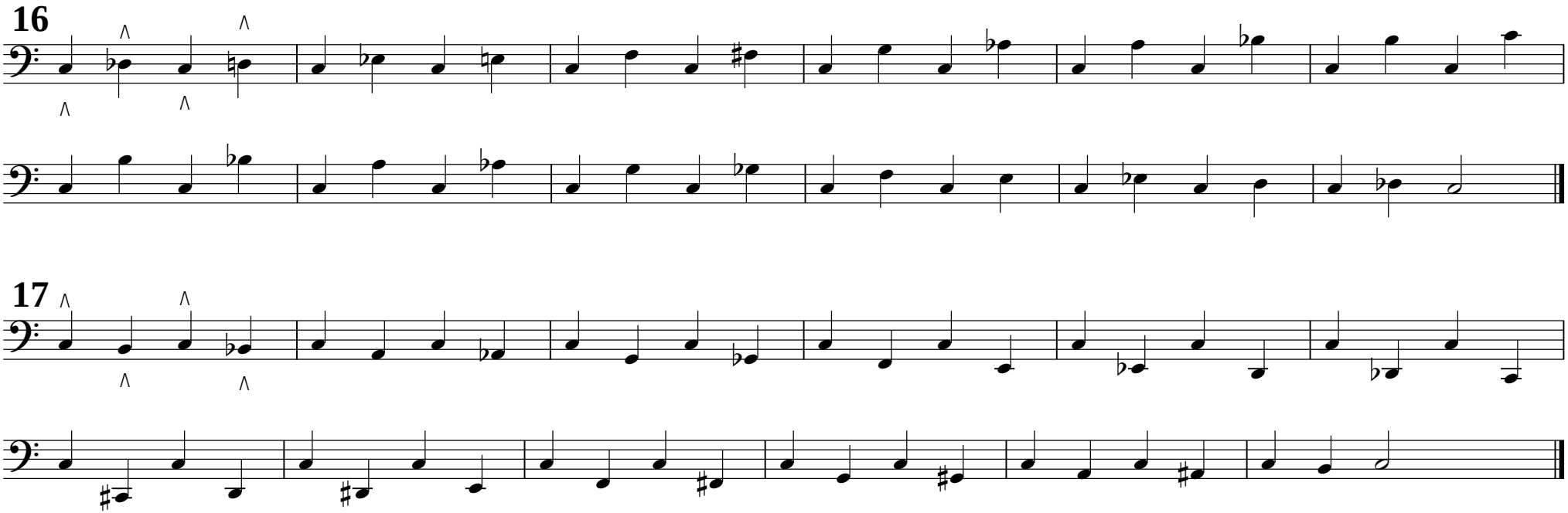
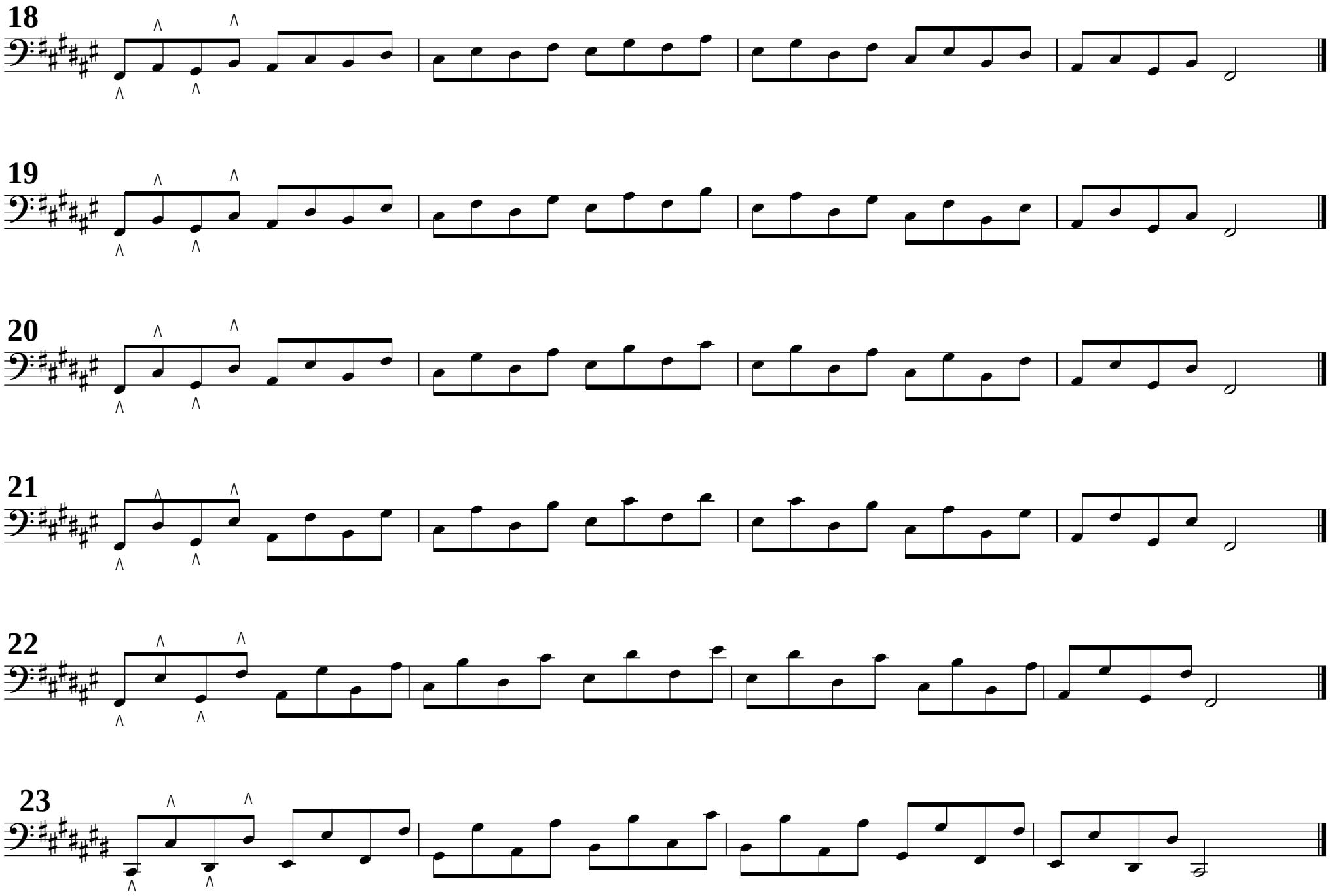




Fuss-Spitze auf "weissen und schwarzen" Tasten

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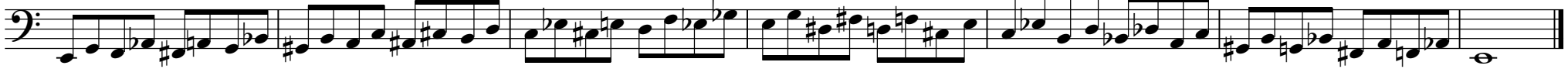

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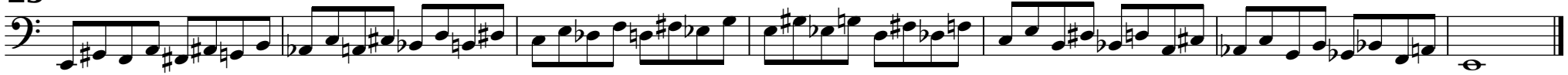

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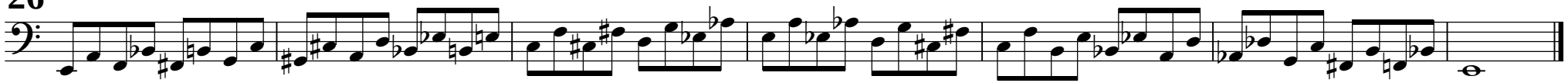

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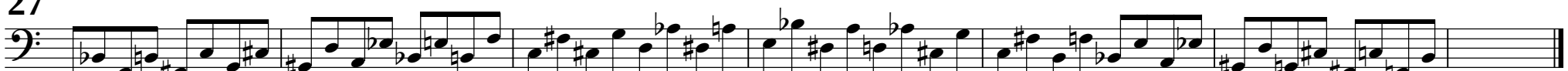

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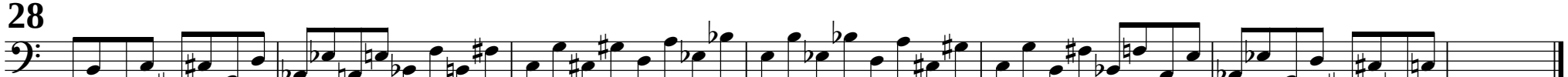

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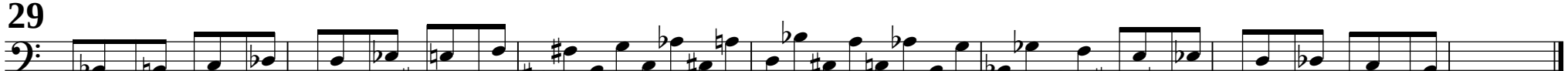

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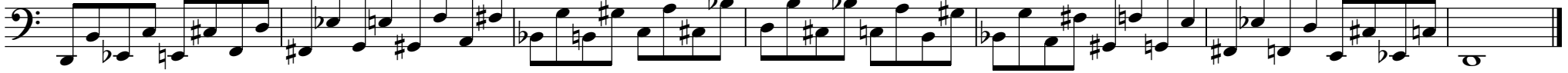

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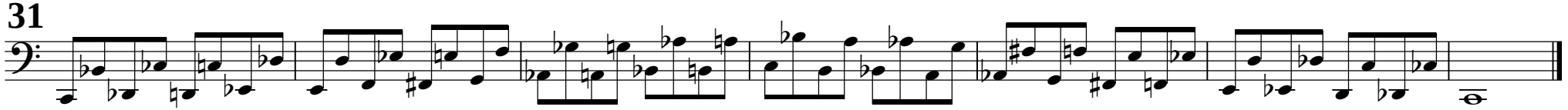

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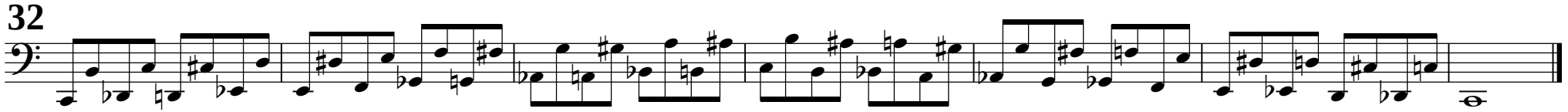

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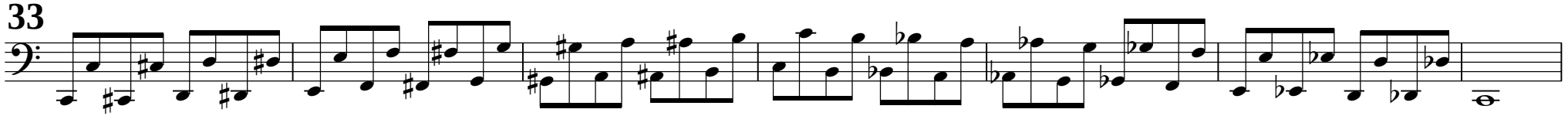

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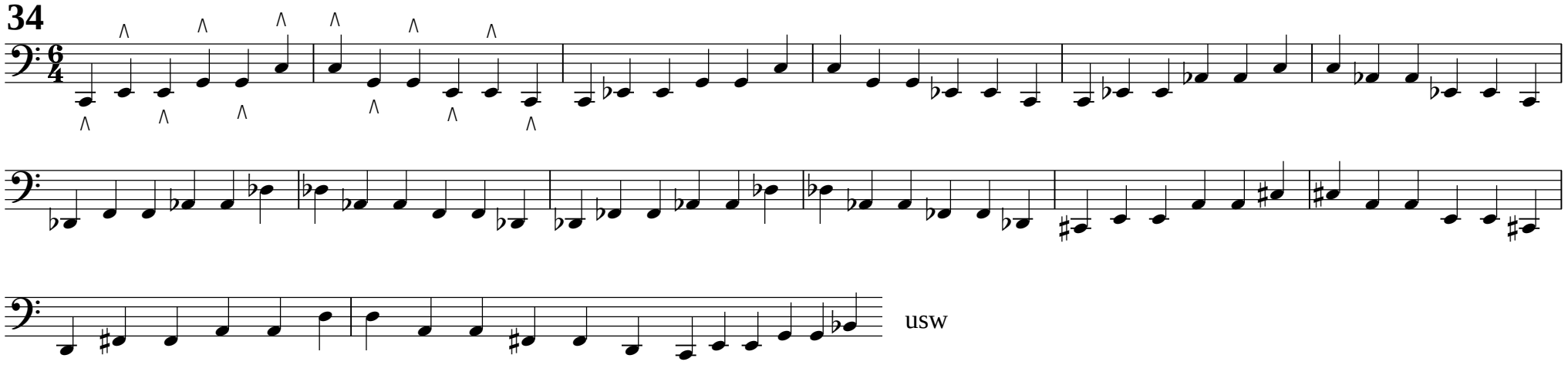

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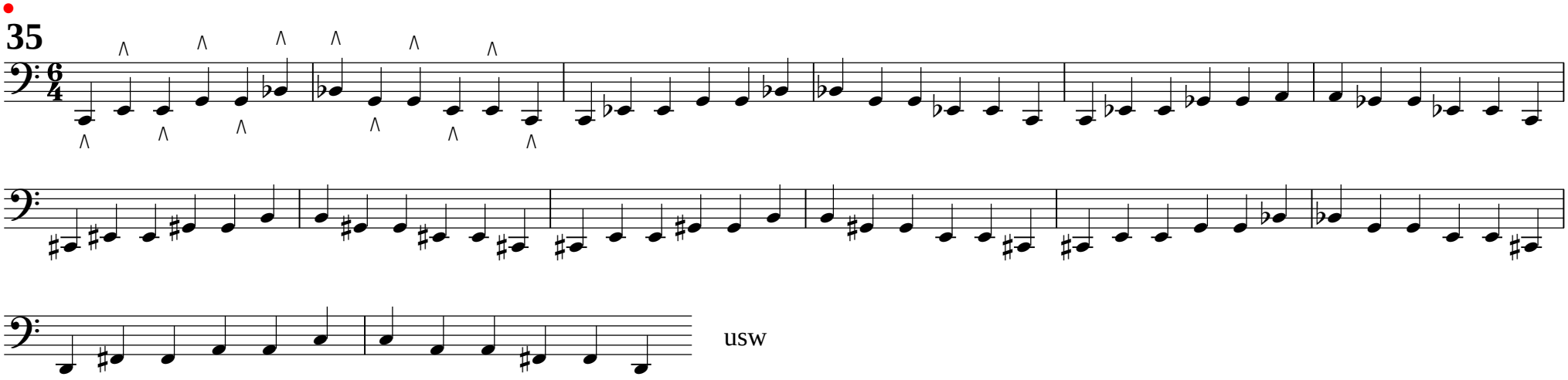
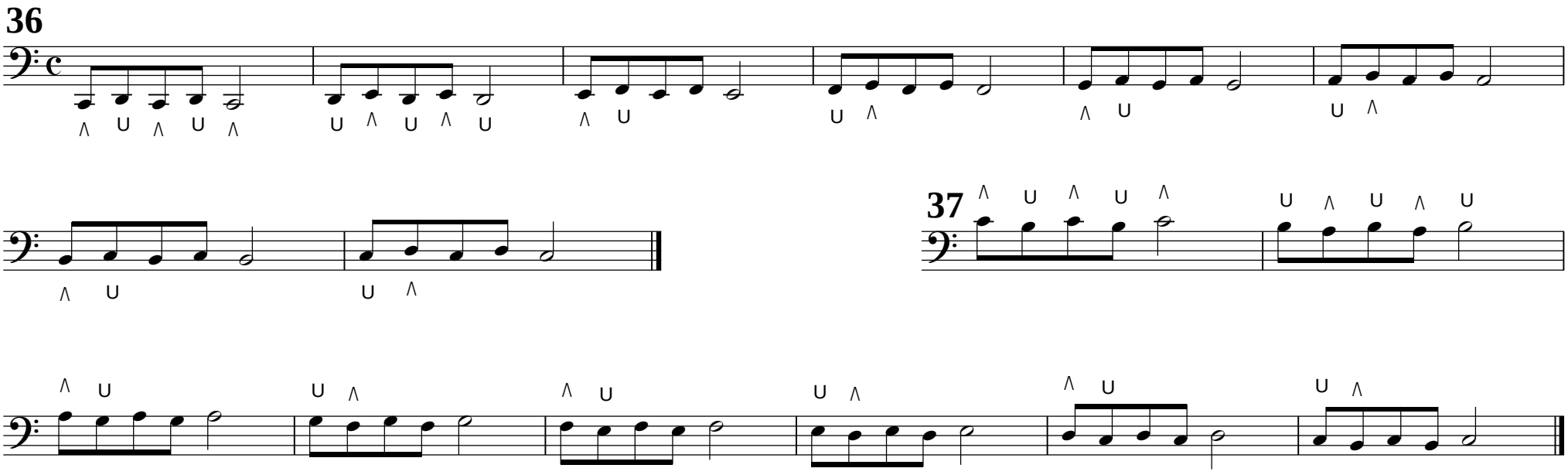
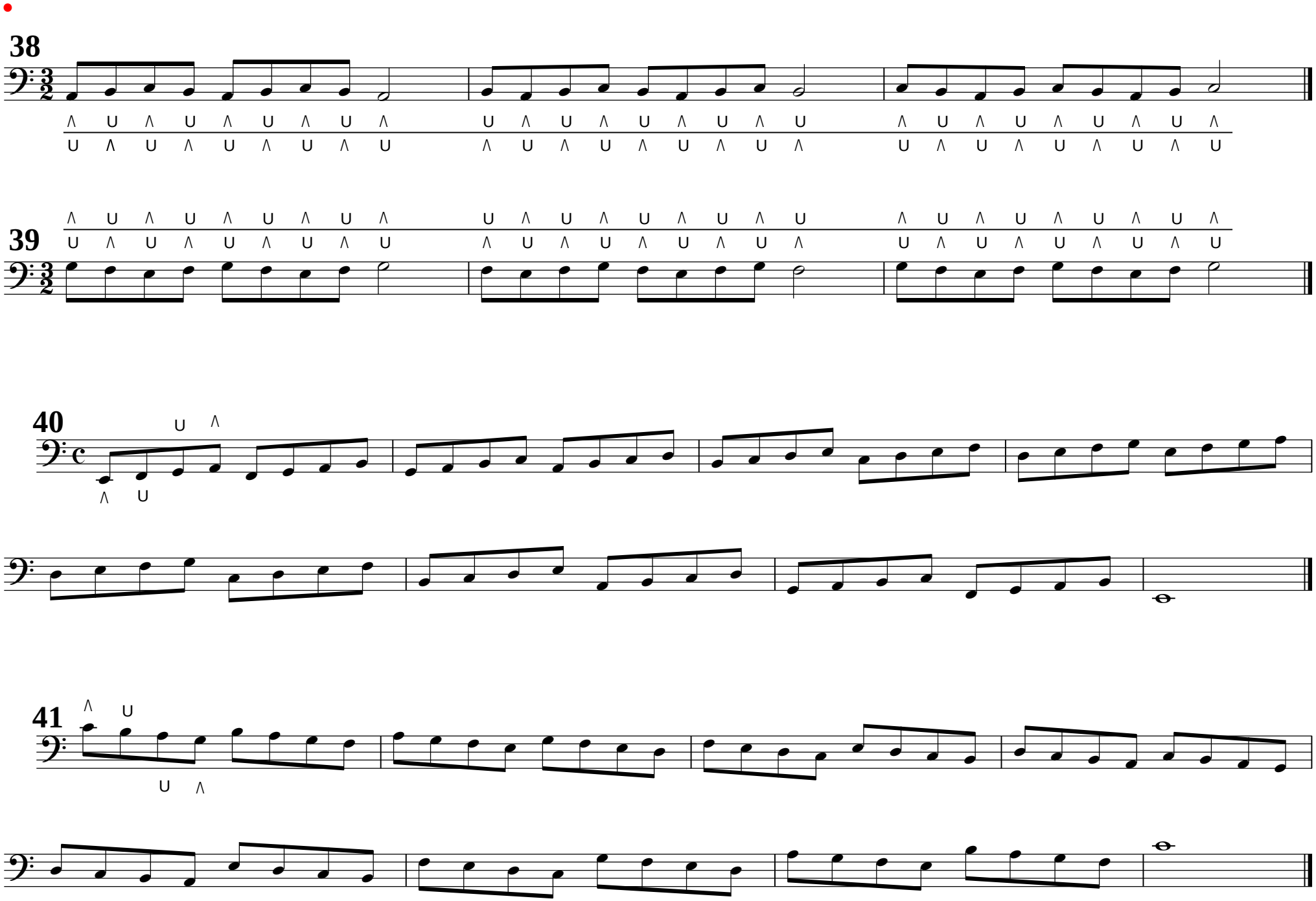


Fuss-Spitze und Absatz auf den "weissen" Tasten

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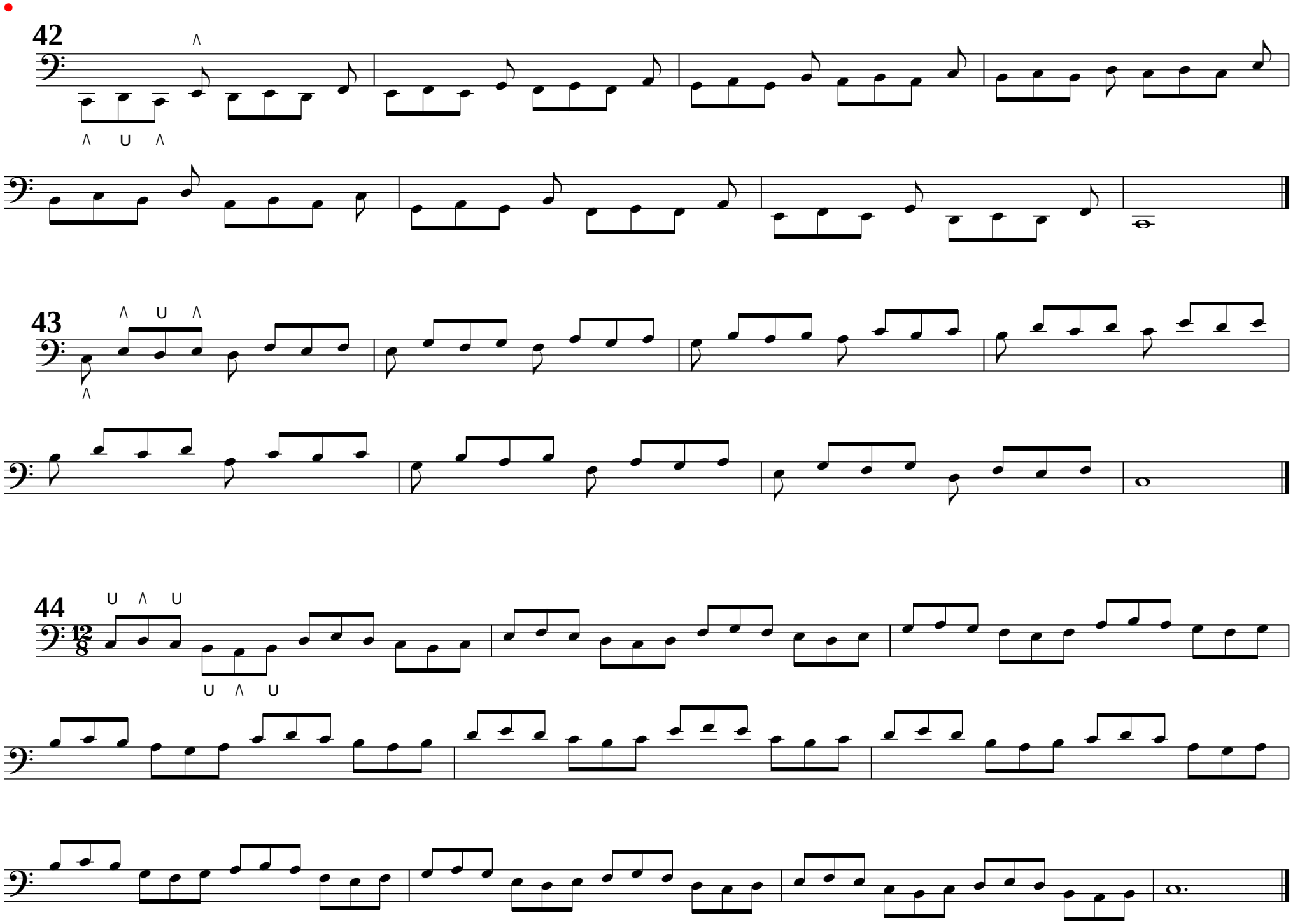
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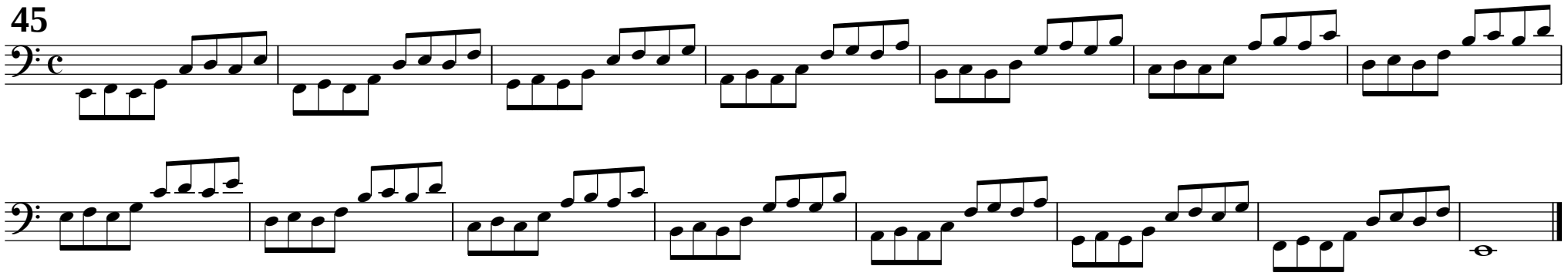
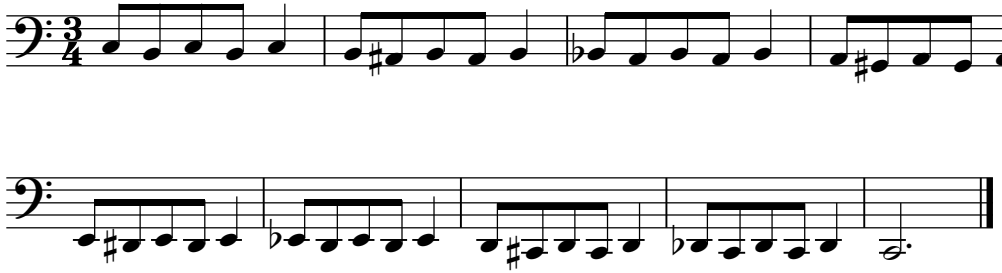


Fuss-Spitze und Absatz auf "weissen und schwarzen" Tasten

46



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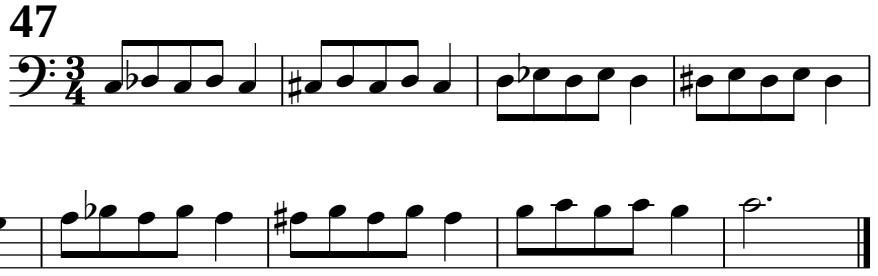

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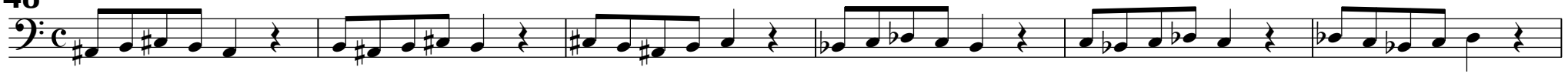

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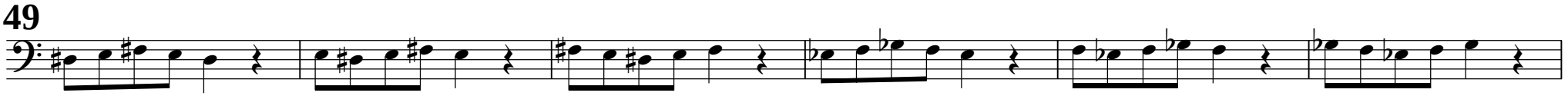

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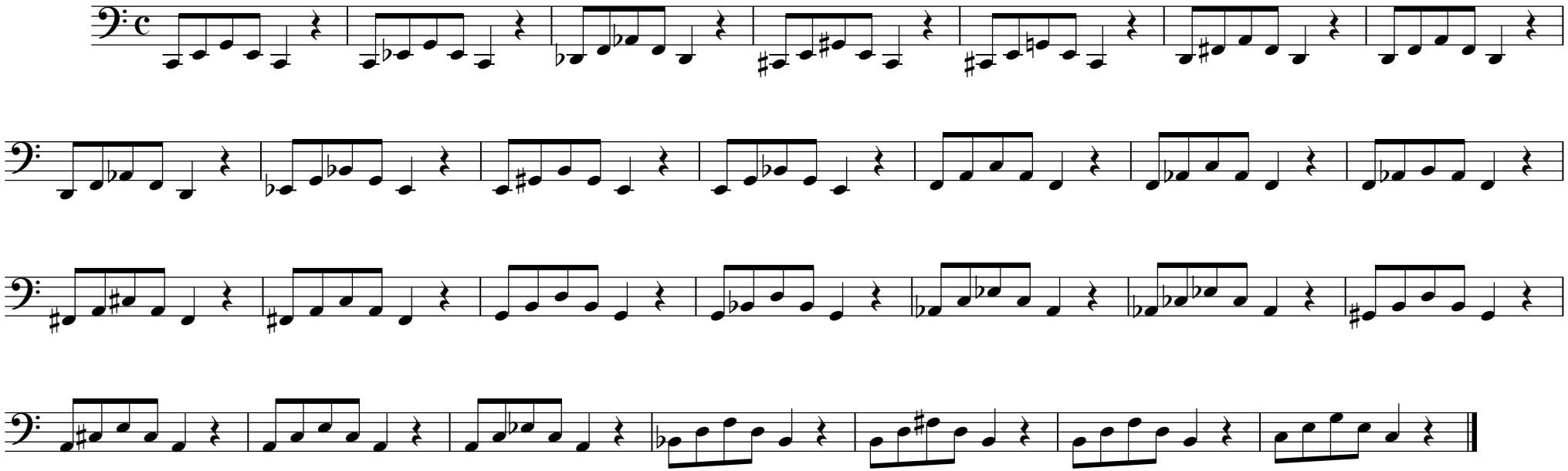
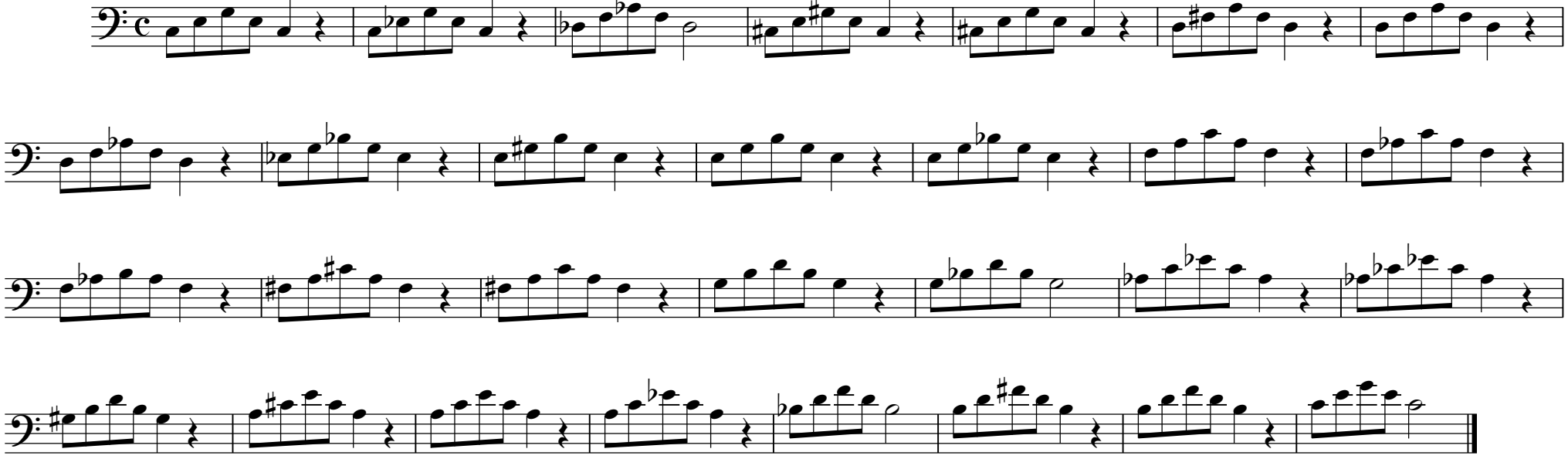
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