

# cordis tempus

M.M. ♩ = c. 60

## Step 1: With Metronome

Recorded the following passages  
at M.M. ♩ = c. 60

(on one track on seperate tracks is fine)

Musical staff 1: Treble clef, 8va marking, notes G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 2: Treble clef, 8va marking, notes G#4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 3: Treble clef, 8va marking, notes G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 4: Treble clef, 8va marking, notes G#4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 5: Treble clef, 8va marking, notes G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 6: Treble clef, 8va marking, notes G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

Musical staff 7: Treble clef, 8va marking, notes G#4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

*p*

**Step 2:** With metronome

Recorded the following passages again  
this time at M.M. ♩ = c. 100

(on one track on separate tracks is fine)

M.M. ♩ = c. 100

*p*

*p*

*p*

*p*

*p*

*p*

*p*

**Step 3:** Without metronome

Recorded the following passages at the indicated "percentage of accuracy" with an imaginary tempo of M.M. ♩ = c. 60

(on one track on seperate tracks is fine)

Imaginary tempo ♩ = c. 60, accuracy 85%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 70%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 55%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 40%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 25%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 10%

8<sup>va</sup>-----

*p*

Imaginary tempo ♩ = c. 60, accuracy 0%

8<sup>va</sup>-----

*p*

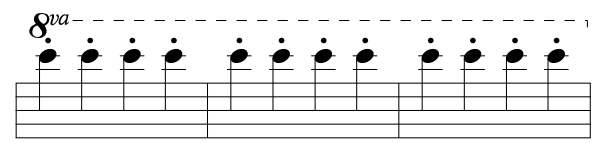
### Step 4: Heart Beat 1

Meditate in silence for one to three minutes, breathing slowly and deeply, slowing down the heart beat. After one to three minutes find your pulse, record the following passages at the tempo of your heart.

(on one track on separate tracks is fine)

M.M. ♩ = Heart Beat 1

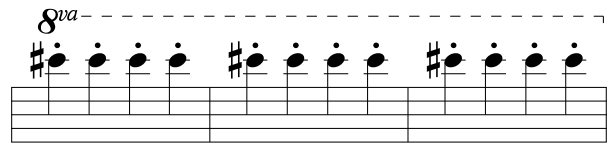
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes, all positioned on the dashed line. The staff is divided into three measures of four notes each.

*p*

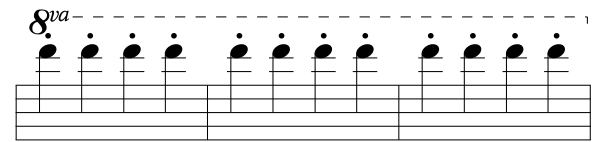
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes. The first, third, and fifth notes are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The staff is divided into three measures of four notes each.

*p*

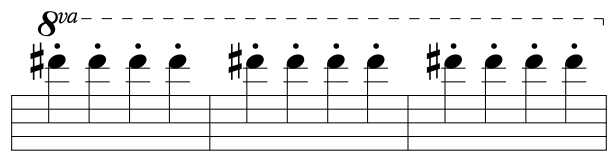
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes, all positioned on the dashed line. The staff is divided into three measures of four notes each.

*p*

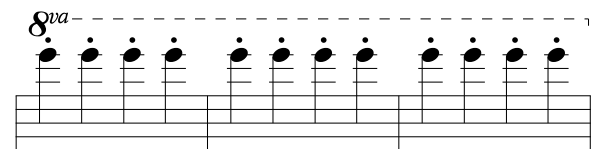
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes. The first, third, and fifth notes are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The staff is divided into three measures of four notes each.

*p*

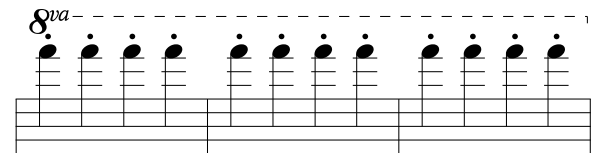
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes, all positioned on the dashed line. The staff is divided into three measures of four notes each.

*p*

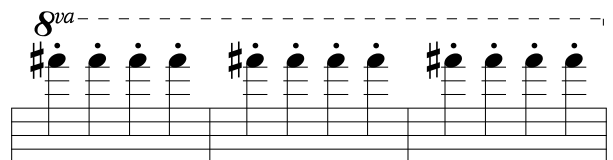
8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes, all positioned on the dashed line. The staff is divided into three measures of four notes each.

*p*

8<sup>va</sup>-



A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. It contains 12 quarter notes. The first, third, and fifth notes are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The staff is divided into three measures of four notes each.

*p*

**Step 5:** Heart Beat 2

Now run around your room, do jumping jacks, push ups, squats, anything to get the heart rate up, continue for 1 - 3 minutes. After activity, find your pulse, record the following passages at the tempo of your increased heart rate.

(on one track on separate tracks is fine)

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes, all positioned on the dashed line. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes. The first, third, and fifth notes of each measure are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes, all positioned on the dashed line. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes. The first, third, and fifth notes of each measure are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes, all positioned on the dashed line. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes, all positioned on the dashed line. The notes are grouped into three measures of four notes each.

*any dynamic*

8<sup>va</sup>-

A musical staff with a dashed line above it labeled '8<sup>va</sup>-'. The staff contains 12 eighth notes. The first, third, and fifth notes of each measure are on the dashed line, while the second, fourth, and sixth notes are on the line immediately below. The notes are grouped into three measures of four notes each.

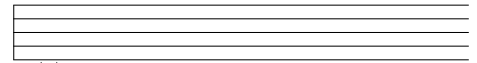
*any dynamic*

**Step 6:** Cool down

Now relax, breathing slowly and deeply, slow down your heart beat, after one to three minutes pick the three lowest notes that are possible to achieve on your instrument, after you have slowed down your breath sustain the three lowest pitches and sustain as long as possible on one breath.

(on one track on separate tracks is fine)

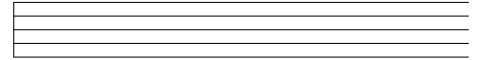
Lowest Note 1



(\*)

*pp*

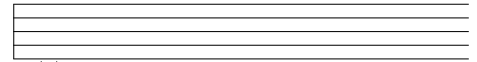
Lowest Note 2



(\*)

*pp*

Lowest Note 3



(\*)

*pp*