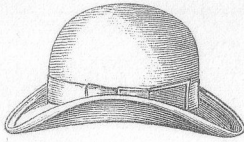


I.

**Laufgewinnung**

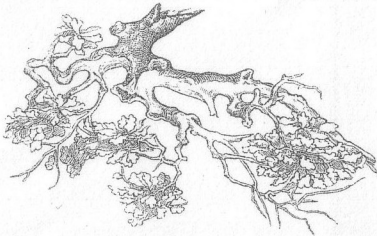
und

**Übungen.**



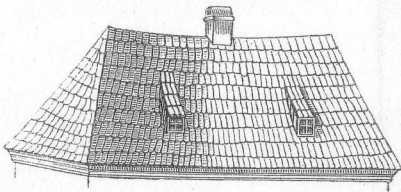
fü  
ü f t

ü, üt, füt, fü, f.



üf  
ü f t

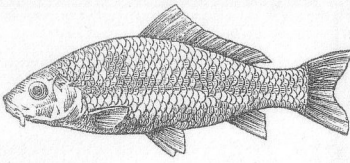
ü, üf, üft, f, t.



üf  
ü f t

ü, üf, üft, üf, ü.

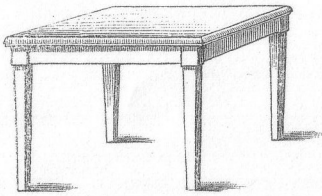
üft, füt, üf.



fif

i f f

i, if, fif, fi, f.



if

i f f

i, if, if, fi, f.

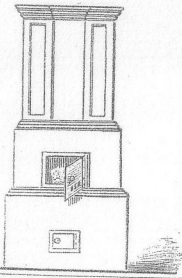


N

n N

n, n, N, N, n, N,

N, n, N, n, f, f, f.



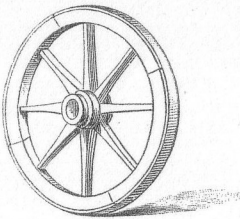
U u u u

U u u u

U u u u u u u u u u u u u u

U u u u u u u u u u u u u u

U u u u u u u u u u u u u u



R r r r

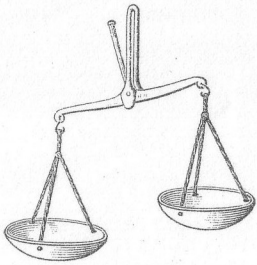
R r r r

R r r r R r r R r R

R r r R r r R r r R r r

R r r R r r R r r

R, r, der Riß, der Riß,  
 der Riß, der Riß, der  
 Riß, in der Riß, in  
 der Riß, in der Riß, in  
 der Riß, in der Riß, in  
 der Riß, in der Riß, in



W r y n  
 w r y n

w, W, r, w, r, y, n, w, r, y, n,  
 W, w, W, r, y, n, w, r, y, n,  
 r, y, n, w, r, y, n, w, r, y, n.