



BASSOON LESSON SERIES

A ROTINA DE PRÁTICA

EXERCÍCIOS PARA AQUECIMENTO
E DESENVOLVIMENTO DA
TÉCNICA DE FAGOTE

POR ALEXANDRE SILVÉRIO

Introdução

A Rotina de Prática

Estes exercícios foram feitos para a rotina diária de prática. Mais especificamente, a sessão de aquecimento.

Eu os reuni neste livro, porque é exatamente o que eu exercito na minha rotina de prática diária, e eu recomendo que você faça o mesmo, praticando esses exercícios.

Na minha opinião, o aquecimento não deve ser muito longo, por isso eu organizei este livro em 3 categorias básicas. São 3 pontos chaves que, se feitos com regularidade, irão te deixar em forma para as mais diversas situações musicais que exijam controle do som e técnica digital.

Essas categorias são:

1. Notas longas
2. Escalas
3. Arpejos

Exercícios de nota longa: são ideais para a manutenção do som, controle da afinação e a resistência da embocadura.

Escalas: são a base da técnica. Neste livro você vai encontrar as escalas maiores e cromáticas.

Arpejos: são bons para agilidade dos dedos e para a flexibilidade da embocadura nas mudanças de registros.

Dica:

- Você pode praticar estes exercícios diariamente com o metrônomo, começando lento e acelerando gradualmente até você ficar melhor nestes exercícios.
- Em geral eu não pratico todos os exercícios diariamente. Por isso, para cada categoria de exercício, você irá encontrar exercícios opcionais. Isso significa que você pode, em sua prática diária, alternar entre a praticar o *exercício de nota longa # 1* ou o *exercício de nota longa # 2*.
- Grave-se de tempos em tempos para verificar o seu progresso.

Bons estudos,

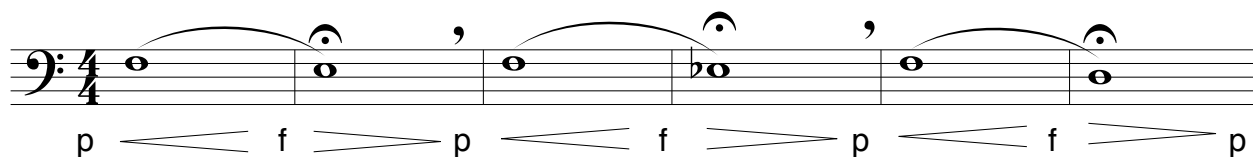
Alexandre Silvério



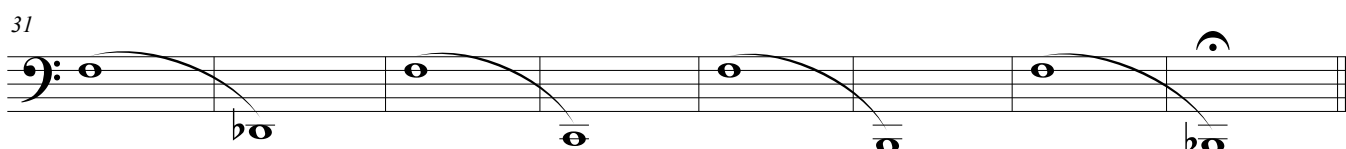
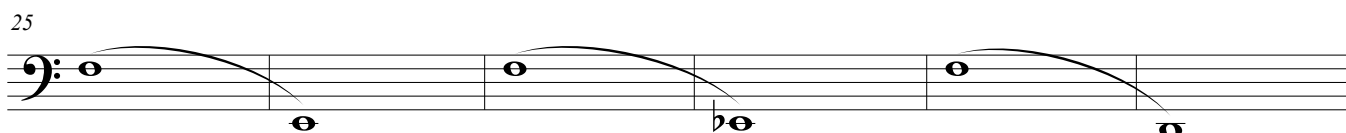
Notas Longas #1

Exercício de sonoridade em cromatismo

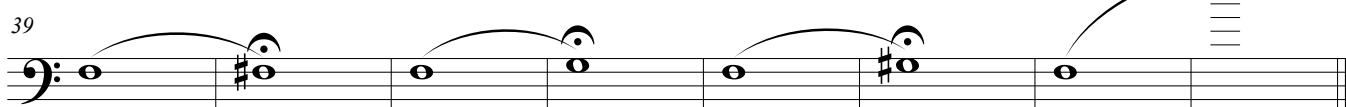
♩ = 60



(sempre igual, crescendo e diminuendo)



Ascendente



etc, continue subindo cromaticamente
até o ré agudíssimo

Notas longas #2

Calmo ♩ = 60

* ,

mp *f* *mp* *f* *mp*

5 etc...

9

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*

As fermatas no final de cada frase (neste caso, a cada dois compassos) são opcionais. Eu particularmente gosto de tocar este exercício com fermatas, porque eu prefiro tocar com um pouco mais de flexibilidade musical não me restringindo ao metrônomo.

Escalas Maiores - C maior

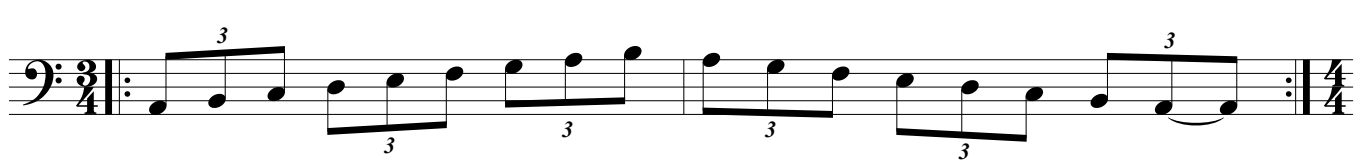
Pratique uma vez legato, e repita em staccato. Pratique também nos 12 tons, adicionando um bemol ou sustenido a cada semana. Por exemplo: Para tocar em Fá maior, se adicionar um bemol, para tocar em Mib Maior adicione 3 bemóis, e assim por diante.

Tranquilo

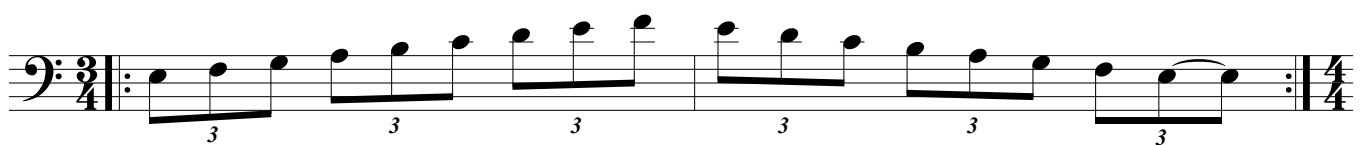
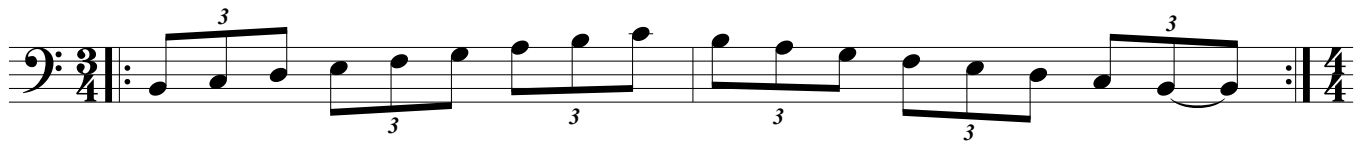
The image displays a series of nine musical staves for C major scales in bass clef. The first staff is in 4/4 time, showing a legato scale (quarter notes) and a staccato scale (eighth notes). The subsequent staves alternate between 4/4 and 3/4 time signatures. Each 4/4 staff contains a legato scale and a staccato scale with triplet markings (indicated by a '3' over the notes). Each 3/4 staff contains a staccato scale with triplet markings. The scales are presented in both ascending and descending directions. The final staff is in 4/4 time and shows a legato scale.

Obs: Se você é Principiante, faça apenas as linhas que estão em colcheias, antes de avançar para tercinas e semi colcheias

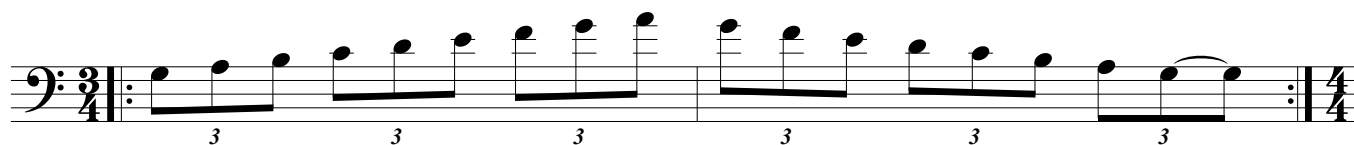
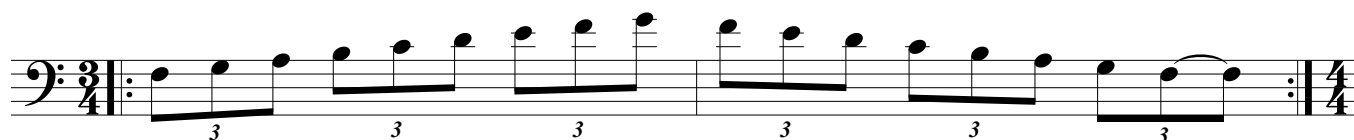
Escalas Maiores - C maior



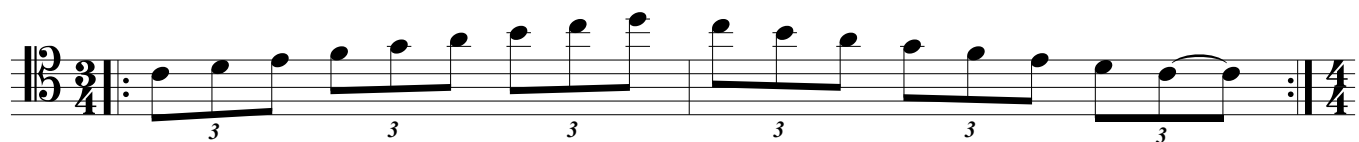
Escalas Maiores - C maior



Escalas Maiores - C maior



Escalas Maiores - C maior



Major Scales - Chromatic Ascending

Escalas Maiores - Subindo cromaticamente

1x legato
1x staccato

1

3

5

7

9

11

13

15

Major Scales - Chromatic Ascending

17



19



21



23



25



27



29



31



33



Major Scales - Chromatic Ascending

35



37



39



41



43



45



47



49



Trabalhando a técnica nos 12 tons

1x legato
2x staccato

The image displays eight staves of musical notation, each representing a different 12-tone scale. The notation is in bass clef with a 4/4 time signature. Each staff begins with a repeat sign and contains two measures of music. The first measure of each staff is marked with a slur, indicating a legato articulation. The second measure is marked with a staccato symbol, indicating a staccato articulation. The scales are as follows:

- Staff 1: B-flat major (B-flat, C, D, E-flat, F, G, A-flat, B-flat, C, D, E-flat, F)
- Staff 2: C major (C, D, E, F, G, A, B, C, D, E, F, G)
- Staff 3: C minor (C, D, E-flat, F, G, A-flat, B-flat, C, D, E-flat, F, G)
- Staff 4: D-flat major (D-flat, E-flat, F, G, A-flat, B-flat, C, D-flat, E-flat, F, G, A-flat)
- Staff 5: D major (D, E, F-sharp, G, A, B, C-sharp, D, E, F-sharp, G, A)
- Staff 6: D minor (D, E, F, G, A, B, C, D, E, F, G, A)
- Staff 7: E-flat major (E-flat, F, G, A, B-flat, C, D, E-flat, F, G, A, B-flat)
- Staff 8: E major (E, F-sharp, G, A, B, C, D, E, F-sharp, G, A, B)

Trabalhando a técnica nos 12 tons



Trabalhando a técnica nos 12 tons



Trabalhando a técnica nos 12 tons



Arpejos #1

Em tercinas, no Ciclo das Quartas

1x legato
2x staccato

2x staccato

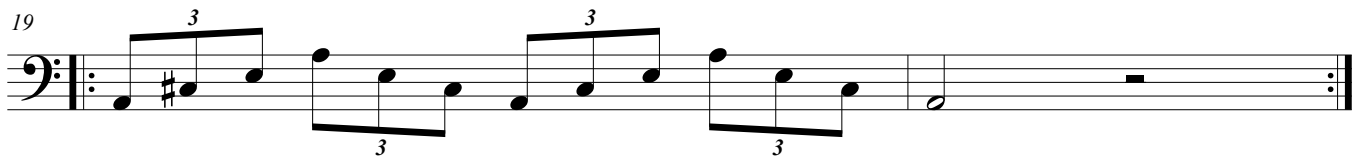
This musical score is for a bass clef exercise titled '2x staccato'. It consists of eight measures, each containing a triplet of eighth notes followed by a quarter note. The notes are: 1. G2, A2, B2 (triplet), C3; 2. A2, B2, C3 (triplet), D3; 3. F2, G2, A2 (triplet), B2; 4. E2, F2, G2 (triplet), A2; 5. D2, E2, F2 (triplet), G2; 6. C2, D2, E2 (triplet), F2; 7. B1, C2, D2 (triplet), E2; 8. A1, B1, C2 (triplet), D2. The key signature has one flat (Bb), and the time signature is 4/4. The exercise is marked '2x staccato'.

Arpeggios

17



19



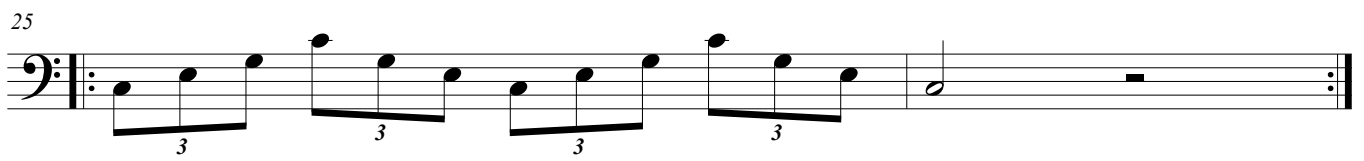
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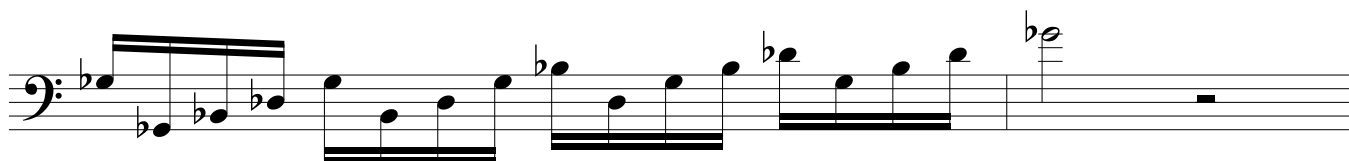
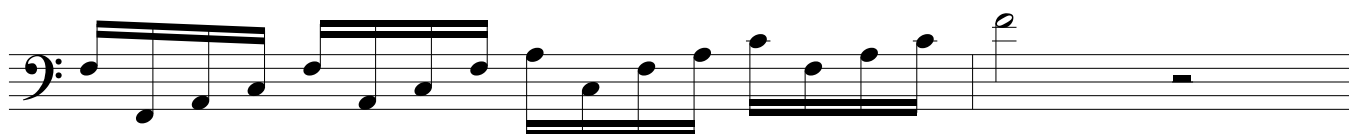
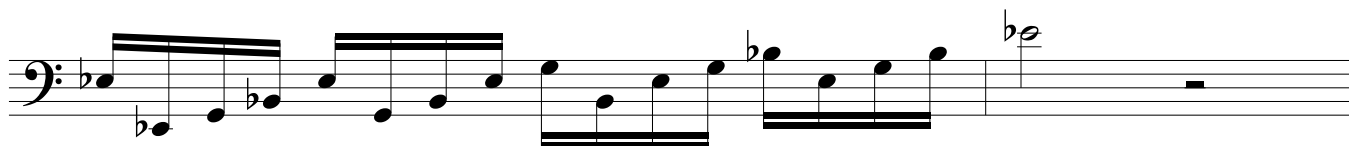
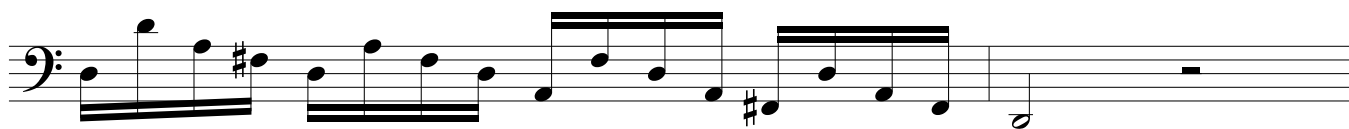
Arpejos #2

Ascendente cromático nos 12 tons

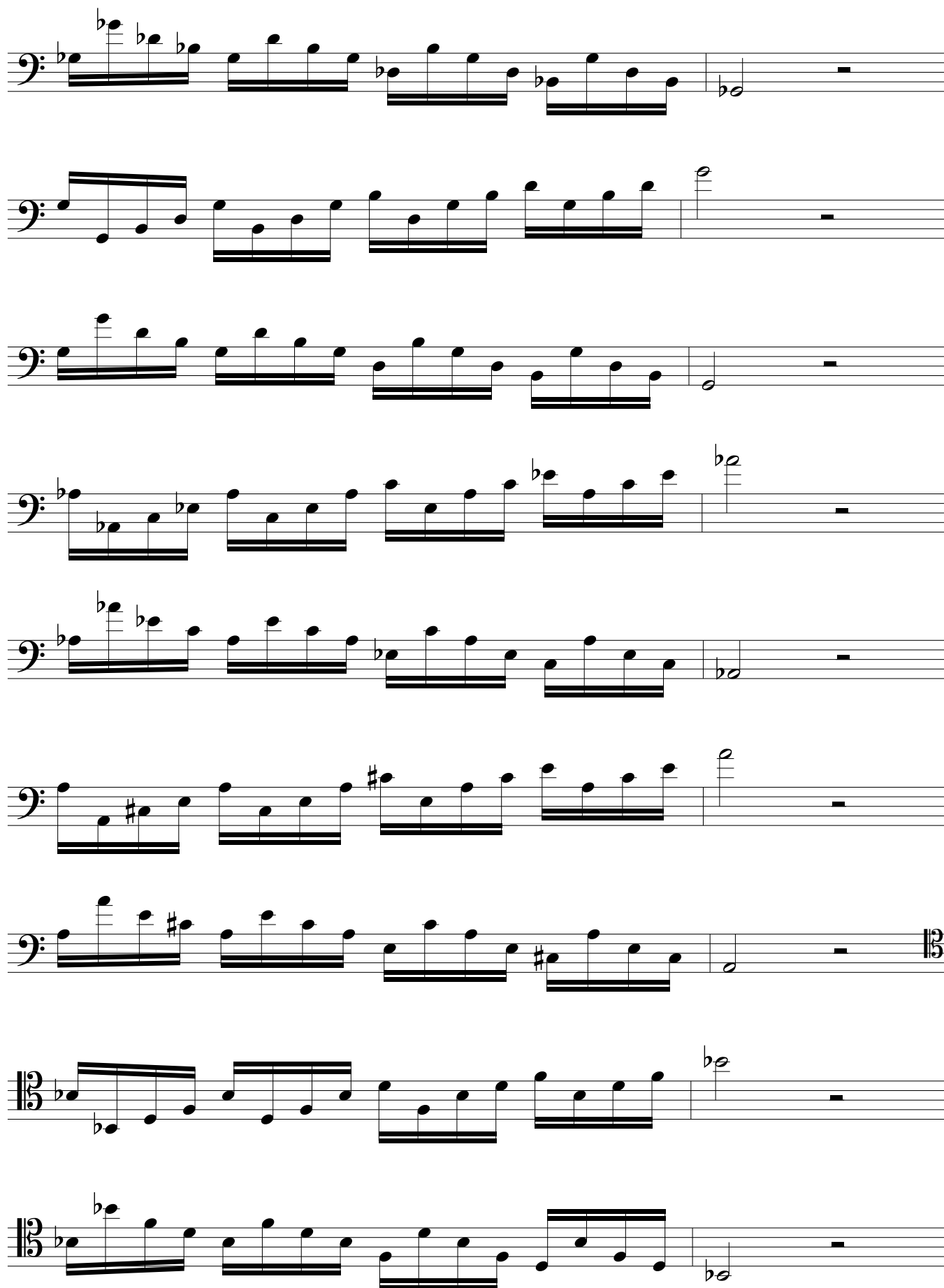
Procure variar as suas sessões de prática, alternando entre fazer esse exercício *staccato* e *legato*

The image displays eight staves of musical notation, each representing a different key signature for an arpeggio exercise. The notation is in bass clef with a 4/4 time signature. Each staff begins with a key signature (one or two flats) and contains a sequence of eighth notes forming an ascending chromatic scale. The notes are grouped in pairs of beamed eighth notes. The sequence of keys, from top to bottom, is: B-flat major (two flats), A-flat major (three flats), G major (one sharp), F major (no sharps or flats), E major (one sharp), D major (two sharps), C major (no sharps or flats), and B major (two sharps). Each staff concludes with a whole note chord corresponding to the final note of the scale, followed by a whole rest.

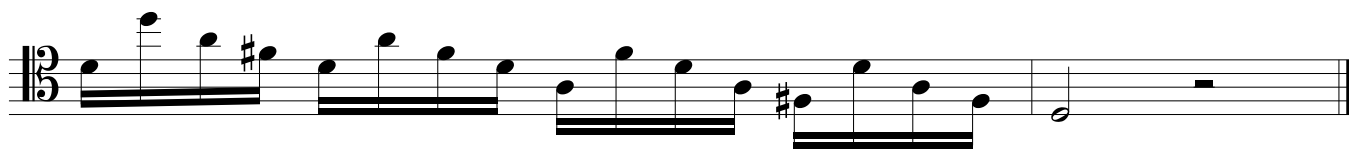
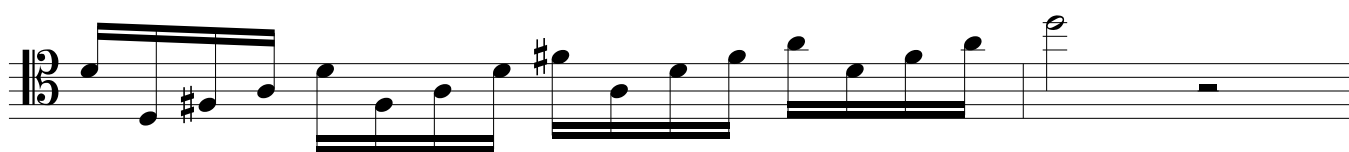
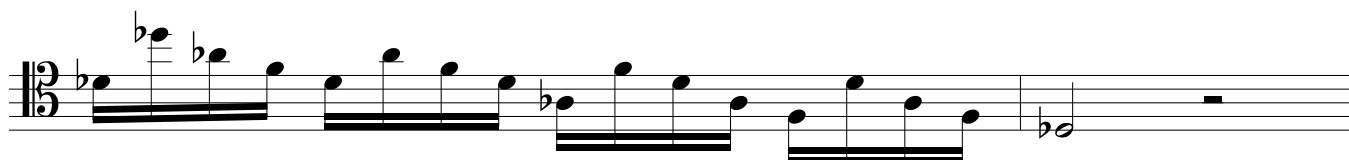
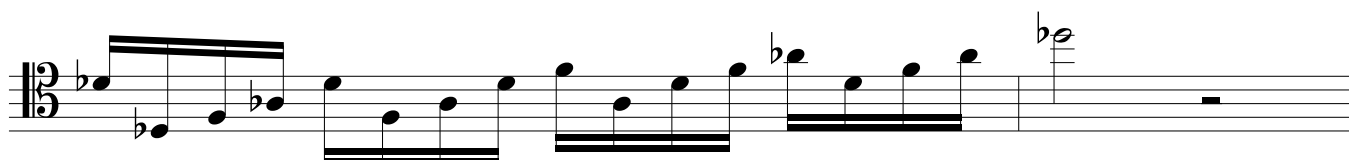
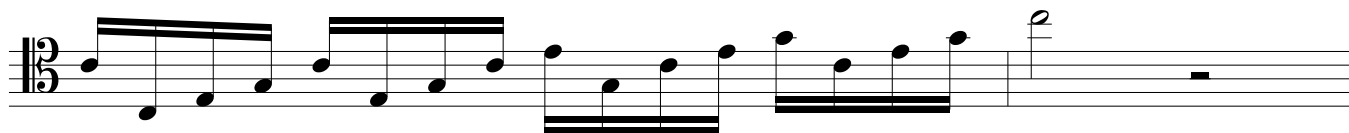
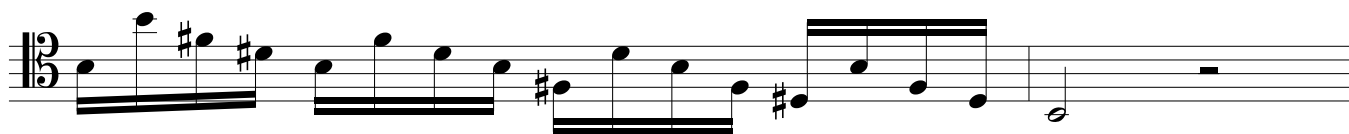
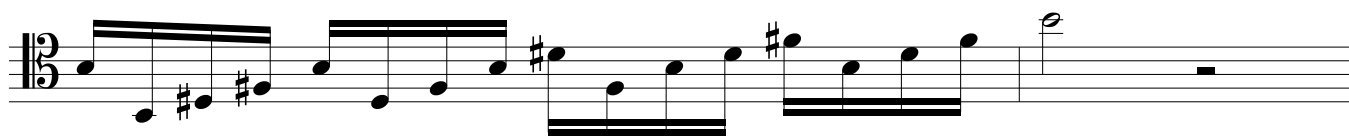
Arpejos



Arpejos



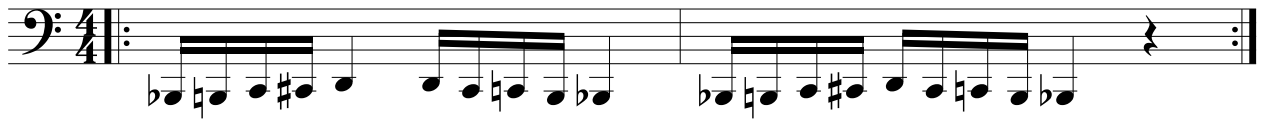
Arpejos



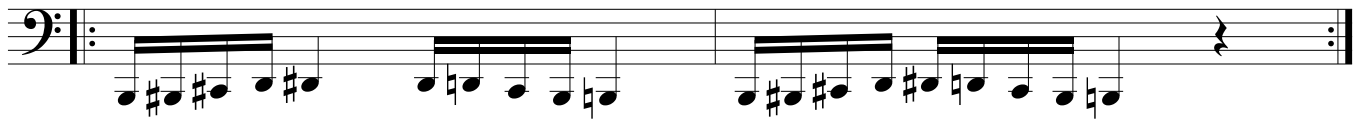
Cromatismo

Este é um exercício para você praticar escalas cromáticas, mas em trechos pequenos.
O importante aqui é a exatidão. Aproveite para praticar *legato*, *tenuto* e *staccato*

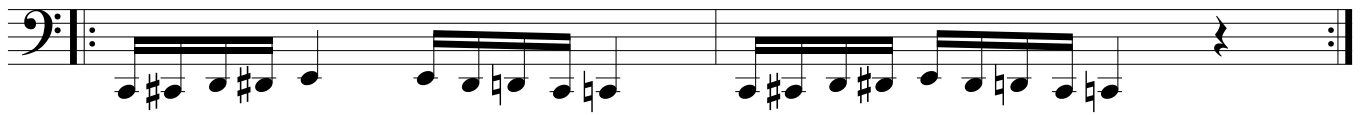
Tranquilo



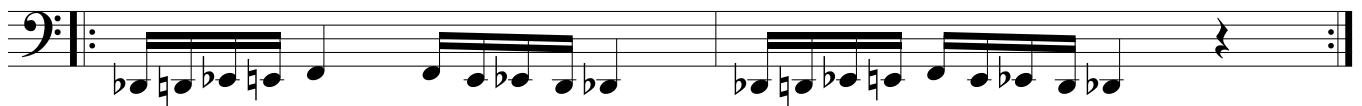
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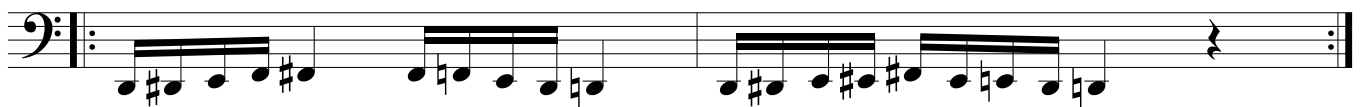
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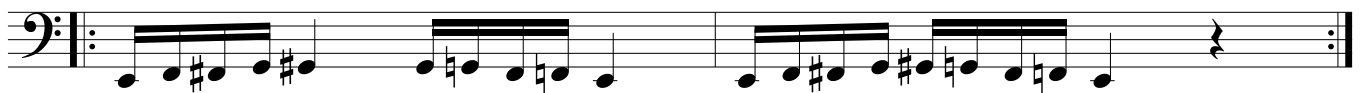
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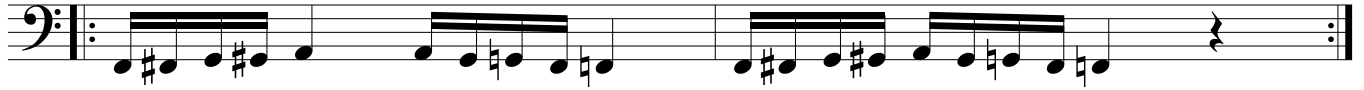


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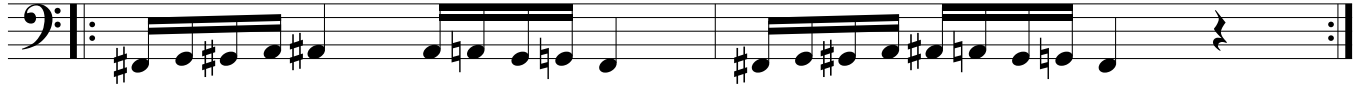


Cromatismo

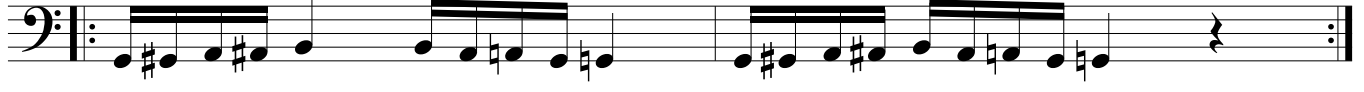
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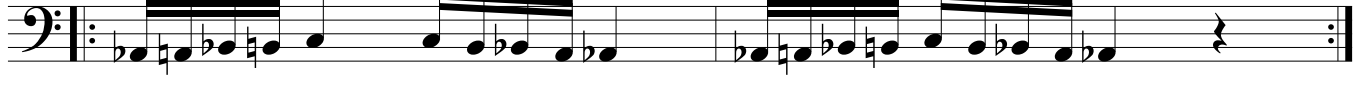
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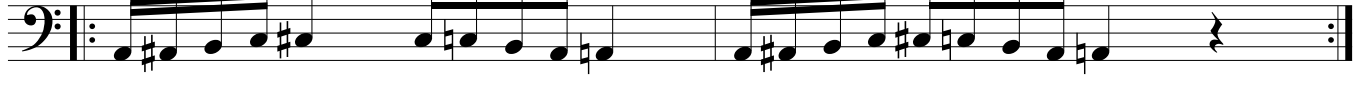
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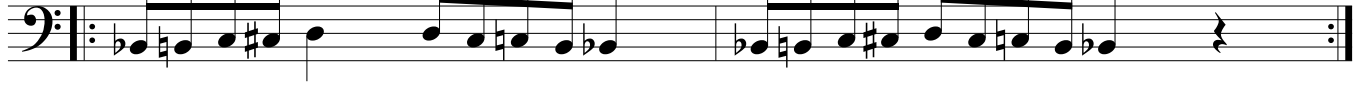
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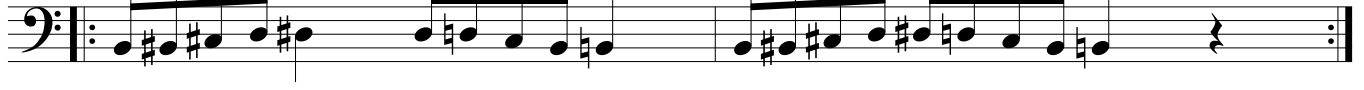
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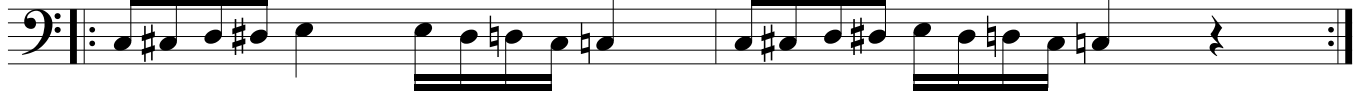
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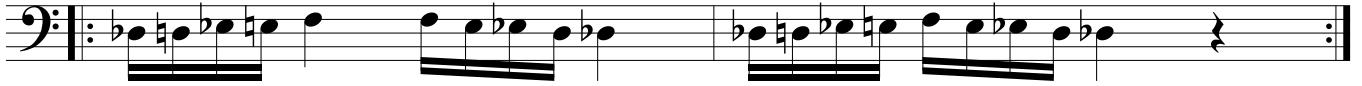


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Cromatismo

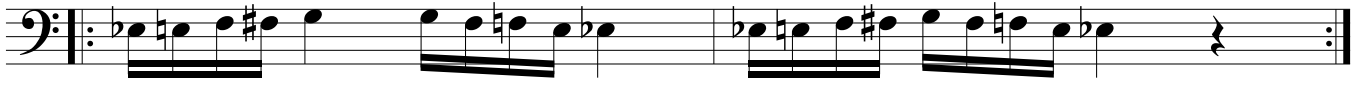
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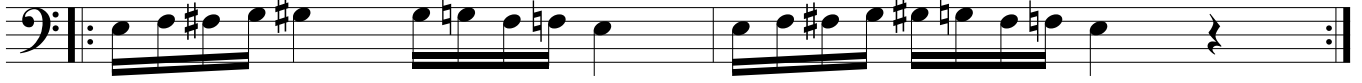
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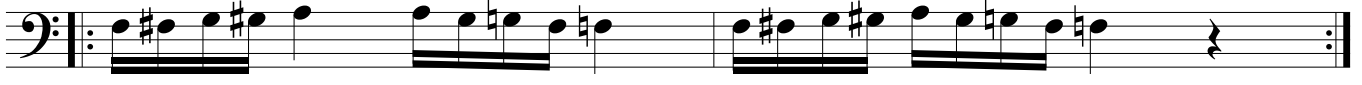
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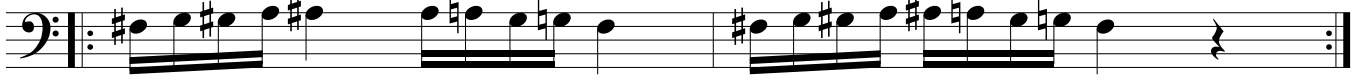
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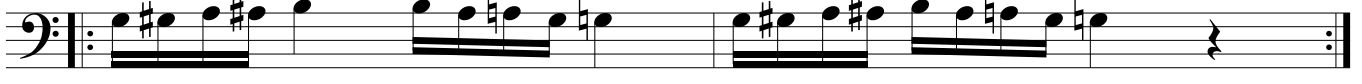
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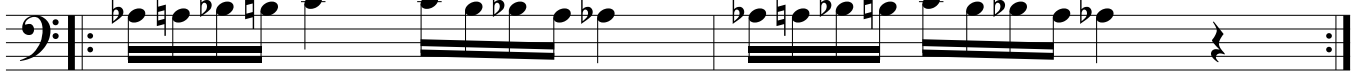
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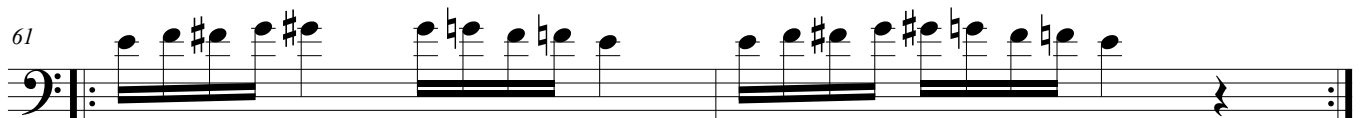
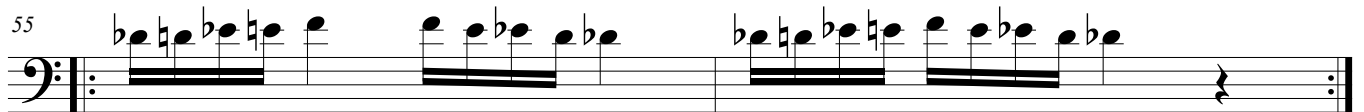
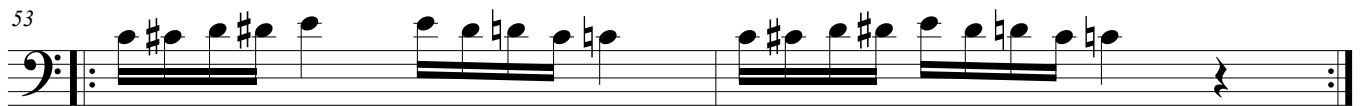
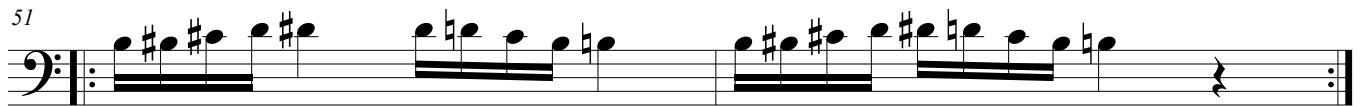
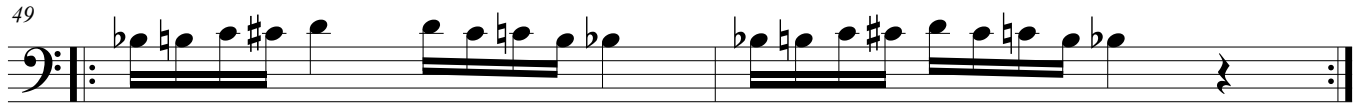
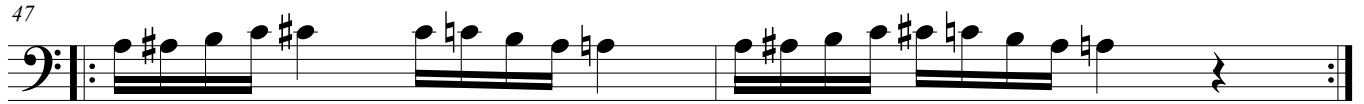
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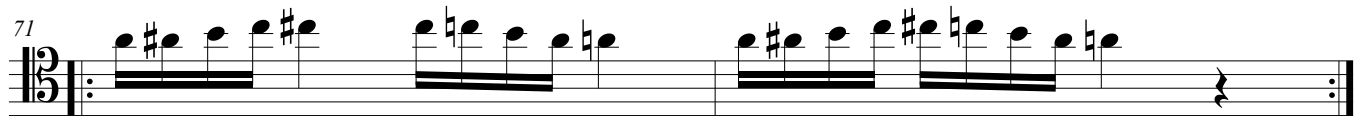
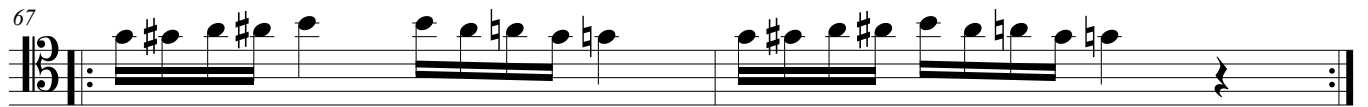
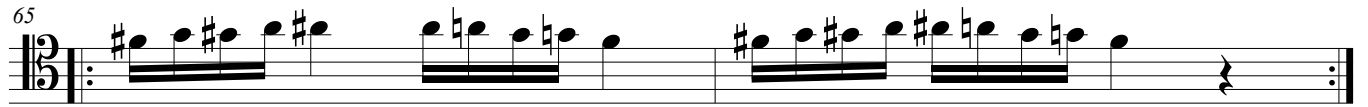
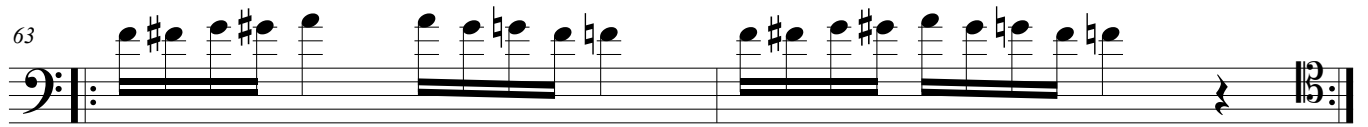
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Cromatismo



Cromatismo



Exercícios de mecanismo

Esses exercícios foram feitos para isolar a técnica em passagens específicas, e são para te dar agilidade. Faça-os prestando atenção na boa posição dos dedos e na perfeição do sincronismo.

Importante: Eu recomendo que você não fique mais de meia hora nestes exercícios.



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Exercícios de mecanismo

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Exercícios de mecanismo

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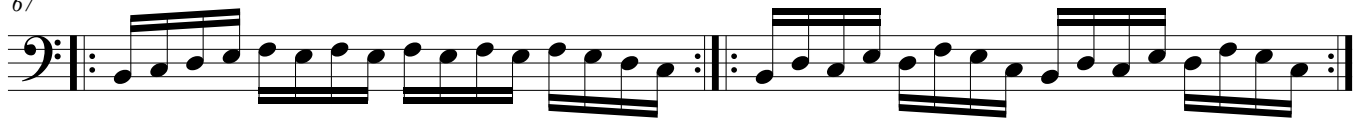


Exercícios de mecanismo

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Exercícios de mecanismo

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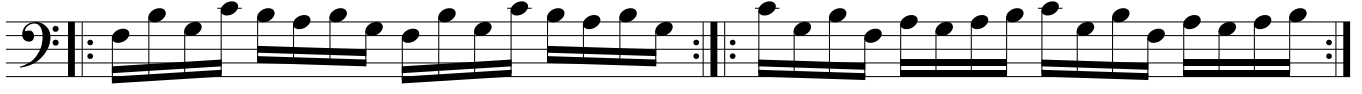
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105



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Exercícios de mecanismo

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111



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115



117



119



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125



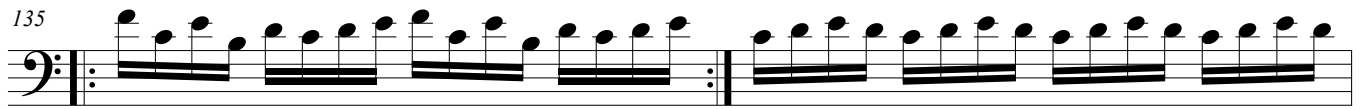
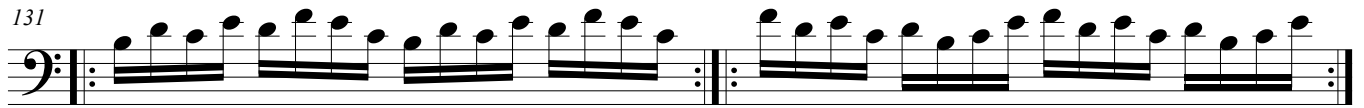
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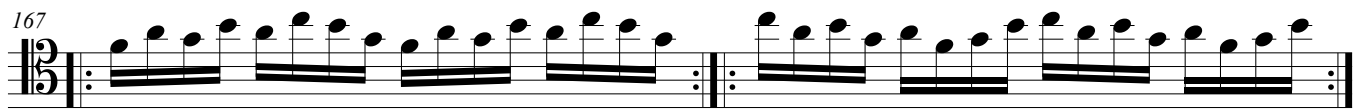
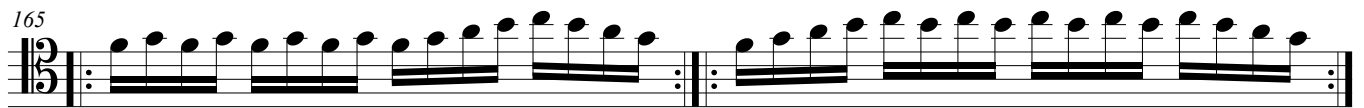
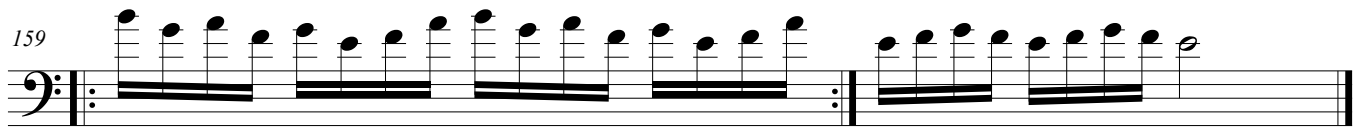
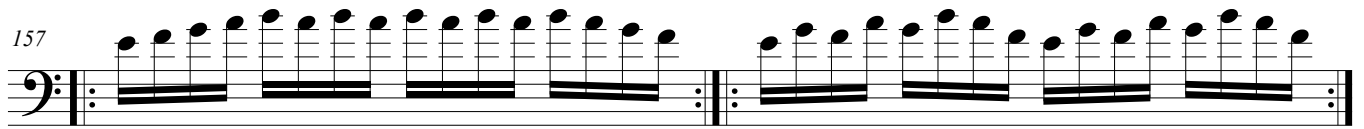
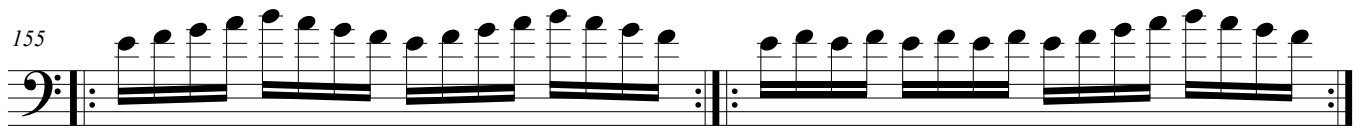
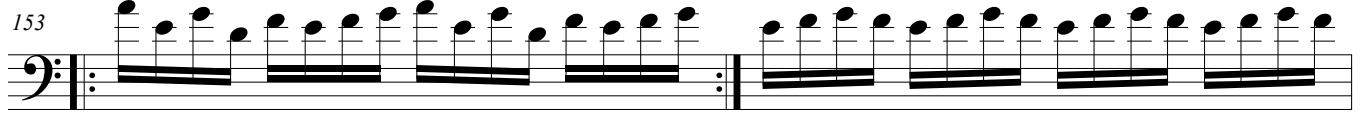
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Exercícios de mecanismo



Exercícios de mecanismo



Exercícios de mecanismo



Você também pode praticar esses exercícios nas seguintes tonalidades:



Escalas e Arpejos

Combinando 2 exercícios em 1

1x legato
2x staccato

1

3

5

7

9

11

13

Escalas e Arpejos



Escalas e Arpejos

29

31

This musical notation shows two staves. The upper staff contains notes G^b, A^b, Bⁿ, Cⁿ, Dⁿ, Eⁿ, Fⁿ. The lower staff contains notes G^b, A^b, Bⁿ, Cⁿ, Dⁿ, Eⁿ, Fⁿ.

[illegible][illegible]

37

Musical notation for measure 37. The staff shows a sequence of notes: G2, A2, B2, C3, D3, E3, F#3, G#3, A#3, B#3, C#4, D4, E4, F#4, G#4, A#4, B#4, C#5, D5, E5, F#5, G#5, A#5, B#5, C#6, D6, E6, F#6, G#6, A#6, B#6, C#7, D7, E7, F#7, G#7, A#7, B#7, C#8, D8, E8, F#8, G#8, A#8, B#8, C#9, D9, E9, F#9, G#9, A#9, B#9, C#10, D10, E10, F#10, G#10, A#10, B#10, C#11, D11, E11, F#11, G#11, A#11, B#11, C#12, D12, E12, F#12, G#12, A#12, B#12, C#13, D13, E13, F#13, G#13, A#13, B#13, C#14, D14, E14, F#14, G#14, A#14, B#14, C#15, D15, E15, F#15, G#15, A#15, B#15, C#16, D16, E16, F#16, G#16, A#16, B#16, C#17, D17, E17, F#17, G#17, A#17, B#17, C#18, D18, E18, F#18, G#18, A#18, B#18, C#19, D19, E19, F#19, G#19, A#19, B#19, C#20, D20, E20, F#20, G#20, A#20, B#20, C#21, D21, E21, F#21, G#21, A#21, B#21, C#22, D22, E22, F#22, G#22, A#22, B#22, C#23, D23, E23, F#23, G#23, A#23, B#23, C#24, D24, E24, F#24, G#24, A#24, B#24, C#25, D25, E25, F#25, G#25, A#25, B#25, C#26, D26, E26, F#26, G#26, A#26, B#26, C#27, D27, E27, F#27, G#27, A#27, B#27, C#28, D28, E28, F#28, G#28, A#28, B#28, C#29, D29, E29, F#29, G#29, A#29, B#29, C#30, D30, E30, F#30, G#30, A#30, B#30, C#31, D31, E31, F#31, G#31, A#31, B#31, C#32, D32, E32, F#32, G#32, A#32, B#32, C#33, D33, E33, F#33, G#33, A#33, B#33, C#34, D34, E34, F#34, G#34, A#34, B#34, C#35, D35, E35, F#35, G#35, A#35, B#35, C#36, D36, E36, F#36, G#36, A#36, B#36, C#37, D37, E37, F#37, G#37, A#37, B#37, C#38, D38, E38, F#38, G#38, A#38, B#38, C#39, D39, E39, F#39, G#39, A#39, B#39, C#40, D40, E40, F#40, G#40, A#40, B#40, C#41, D41, E41, F#41, G#41, A#41, B#41, C#42, D42, E42, F#42, G#42, A#42, B#42, C#43, D43, E43, F#43, G#43, A#43, B#43, C#44, D44, E44, F#44, G#44, A#44, B#44, C#45, D45, E45, F#45, G#45, A#45, B#45, C#46, D46, E46, F#46, G#46, A#46, B#46, C#47, D47, E47, F#47, G#47, A#47, B#47, C#48, D48, E48, F#48, G#48, A#48, B#48, C#49, D49, E49, F#49, G#49, A#49, B#49, C#50, D50, E50, F#50, G#50, A#50, B#50, C#51, D51, E51, F#51, G#51, A#51, B#51, C#52, D52, E52, F#52, G#52, A#52, B#52, C#53, D53, E53, F#53, G#53, A#53, B#53, C#54, D54, E54, F#54, G#54, A#54, B#54, C#55, D55, E55, F#55, G#55, A#55, B#55, C#56, D56, E56, F#56, G#56, A#56, B#56, C#57, D57, E57, F#57, G#57, A#57, B#57, C#58, D58, E58, F#58, G#58, A#58, B#58, C#59, D59, E59, F#59, G#59, A#59, B#59, C#60, D60, E60, F#60, G#60, A#60, B#60, C#61, D61, E61, F#61, G#61, A#61, B#61, C#62, D62, E62, F#62, G#62, A#62, B#62, C#63, D63, E63, F#63, G#63, A#63, B#63, C#64, D64, E64, F#64, G#64, A#64, B#64, C#65, D65, E65, F#65, G#65, A#65, B#65, C#66, D66, E66, F#66, G#66, A#66, B#66, C#67, D67, E67, F#67, G#67, A#67, B#67, C#68, D68, E68, F#68, G#68, A#68, B#68, C#69, D69, E69, F#69, G#69, A#69, B#69, C#70, D70, E70, F#70, G#70, A#70, B#70, C#71, D71, E71, F#71, G#71, A#71, B#71, C#72, D72, E72, F#72, G#72, A#72, B#72, C#73, D73, E73, F#73, G#73, A#73, B#73, C#74, D74, E74, F#74, G#74, A#74, B#74, C#75, D75, E75, F#75, G#75, A#75, B#75, C#76, D76, E76, F#76, G#76, A#76, B#76, C#77, D77, E77, F#77, G#77, A#77, B#77, C#78, D78, E78, F#78, G#78, A#78, B#78, C#79, D79, E79, F#79, G#79, A#79, B#79, C#80, D80, E80, F#80, G#80, A#80, B#80, C#81, D81, E81, F#81, G#81, A#81, B#81, C#82, D82, E82, F#82, G#82, A#82, B#82, C#83, D83, E83, F#83, G#83, A#83, B#83, C#84, D84, E84, F#84, G#84, A#84, B#84, C#85, D85, E85, F#85, G#85, A#85, B#85, C#86, D86, E86, F#86, G#86, A#86, B#86, C#87, D87, E87, F#87, G#87, A#87, B#87, C#88, D88, E88, F#88, G#88, A#88, B#88, C#89, D89, E89, F#89, G#89, A#89, B#89, C#90, D90, E90, F#90, G#90, A#90, B#90, C#91, D91, E91, F#91, G#91, A#91, B#91, C#92, D92, E92, F#92, G#92, A#92, B#92, C#93, D93, E93, F#93, G#93, A#93, B#93, C#94, D94, E94, F#94, G#94, A#94, B#94, C#95, D95, E95, F#95, G#95, A#95, B#95, C#96, D96, E96, F#96, G#96, A#96, B#96, C#97, D97, E97, F#97, G#97, A#97, B#97, C#98, D98, E98, F#98, G#98, A#98, B#98, C#99, D99, E99, F#99, G#99, A#99, B#99, C#100, D100, E100, F#100, G#100, A#100, B#100, C#101, D101, E101, F#101, G#101, A#101, B#101, C#102, D102, E102, F#102, G#102, A#102, B#102, C#103, D103, E103, F#103, G#103, A#103, B#103, C#104, D104, E104, F#104, G#104, A#104, B#104, C#105, D105, E105, F#105, G#105, A#105, B#105, C#106, D106, E106, F#106, G#106, A#106, B#106, C#107, D107, E107, F#107, G#107, A#107, B#107, C#108, D108, E108, F#108, G#108, A#108, B#108, C#109, D109, E109, F#109, G#109, A#109, B#109, C#110, D110, E110, F#110, G#110, A#110, B#110, C#111, D111, E111, F#111, G#111, A#111, B#111, C#112, D112, E112, F#112, G#112, A#112, B#112, C#113, D113, E113, F#113, G#113, A#113, B#113, C#114, D114, E114, F#114, G#114, A#114, B#114, C#115, D115, E115, F#115, G#115, A#115, B#115, C#116, D116, E116, F#116, G#116, A#116, B#116, C#117, D117, E117, F#117, G#117, A#117, B#117, C#118, D118, E118, F#118, G#118, A#118, B#118, C#119, D119, E119, F#119, G#119, A#119, B#119, C#120, D120, E120, F#120, G#120, A#120, B#120, C#121, D121, E121, F#121, G#121, A#121, B#121, C#122, D122, E122, F#

39

Trinados

Este é um excelente exercício para a força e agilidade dos dedos, trabalhando o controle de cada dedo individualmente.

Lento (aprox. 72bpm)

a)

Intervalo
de semi
tom



b)



c)



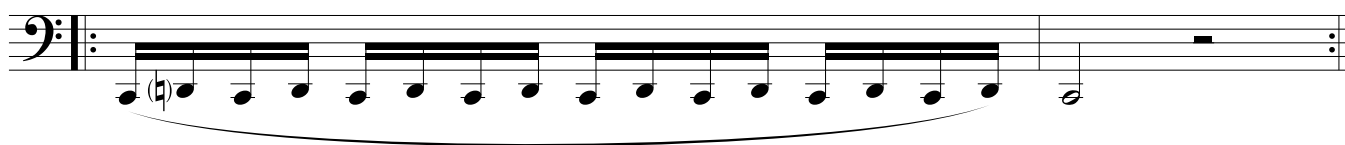
d)

(non trill)



a)

Intervalo
de tom
inteiro



b)



c)



d) tr

(non trill)



Trinados

Continue fazendo o mesmo exercício, praticando trinados de semi tom e tons inteiros, usando os seguintes intervallos:

The image displays seven staves of musical notation for trill exercises in bass clef. The first staff includes labels for intervals: 'semi tom' and 'tom inteiro' repeated twice. The exercises involve various intervals and accidentals, including sharps, flats, and naturals, across different octaves and positions on the staff.

Staff 1: Trills starting on G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, E30, F30, G30, A30, B30, C31, D31, E31, F31, G31, A31, B31, C32, D32, E32, F32, G32, A32, B32, C33, D33, E33, F33, G33, A33, B33, C34, D34, E34, F34, G34, A34, B34, C35, D35, E35, F35, G35, A35, B35, C36, D36, E36, F36, G36, A36, B36, C37, D37, E37, F37, G37, A37, B37, C38, D38, E38, F38, G38, A38, B38, C39, D39, E39, F39, G39, A39, B39, C40, D40, E40, F40, G40, A40, B40, C41, D41, E41, F41, G41, A41, B41, C42, D42, E42, F42, G42, A42, B42, C43, D43, E43, F43, G43, A43, B43, C44, D44, E44, F44, G44, A44, B44, C45, D45, E45, F45, G45, A45, B45, C46, D46, E46, F46, G46, A46, B46, C47, D47, E47, F47, G47, A47, B47, C48, D48, E48, F48, G48, A48, B48, C49, D49, E49, F49, G49, A49, B49, C50, D50, E50, F50, G50, A50, B50, C51, D51, E51, F51, G51, A51, B51, C52, D52, E52, F52, G52, A52, B52, C53, D53, E53, F53, G53, A53, B53, C54, D54, E54, F54, G54, A54, B54, C55, D55, E55, F55, G55, A55, B55, C56, D56, E56, F56, G56, A56, B56, C57, D57, E57, F57, G57, A57, B57, C58, D58, E58, F58, G58, A58, B58, C59, D59, E59, F59, G59, A59, B59, C60, D60, E60, F60, G60, A60, B60, C61, D61, E61, F61, G61, A61, B61, C62, D62, E62, F62, G62, A62, B62, C63, D63, E63, F63, G63, A63, B63, C64, D64, E64, F64, G64, A64, B64, C65, D65, E65, F65, G65, A65, B65, C66, D66, E66, F66, G66, A66, B66, C67, D67, E67, F67, G67, A67, B67, C68, D68, E68, F68, G68, A68, B68, C69, D69, E69, F69, G69, A69, B69, C70, D70, E70, F70, G70, A70, B70, C71, D71, E71, F71, G71, A71, B71, C72, D72, E72, F72, G72, A72, B72, C73, D73, E73, F73, G73, A73, B73, C74, D74, E74, F74, G74, A74, B74, C75, D75, E75, F75, G75, A75, B75, C76, D76, E76, F76, G76, A76, B76, C77, D77, E77, F77, G77, A77, B77, C78, D78, E78, F78, G78, A78, B78, C79, D79, E79, F79, G79, A79, B79, C80, D80, E80, F80, G80, A80, B80, C81, D81, E81, F81, G81, A81, B81, C82, D82, E82, F82, G82, A82, B82, C83, D83, E83, F83, G83, A83, B83, C84, D84, E84, F84, G84, A84, B84, C85, D85, E85, F85, G85, A85, B85, C86, D86, E86, F86, G86, A86, B86, C87, D87, E87, F87, G87, A87, B87, C88, D88, E88, F88, G88, A88, B88, C89, D89, E89, F89, G89, A89, B89, C90, D90, E90, F90, G90, A90, B90, C91, D91, E91, F91, G91, A91, B91, C92, D92, E92, F92, G92, A92, B92, C93, D93, E93, F93, G93, A93, B93, C94, D94, E94, F94, G94, A94, B94, C95, D95, E95, F95, G95, A95, B95, C96, D96, E96, F96, G96, A96, B96, C97, D97, E97, F97, G97, A97, B97, C98, D98, E98, F98, G98, A98, B98, C99, D99, E99, F99, G99, A99, B99, C100, D100, E100, F100, G100, A100, B100, C101, D101, E101, F101, G101, A101, B101, C102, D102, E102, F102, G102, A102, B102, C103, D103, E103, F103, G103, A103, B103, C104, D104, E104, F104, G104, A104, B104, C105, D105, E105, F105, G105, A105, B105, C106, D106, E106, F106, G106, A106, B106, C107, D107, E107, F107, G107, A107, B107, C108, D108, E108, F108, G108, A108, B108, C109, D109, E109, F109, G109, A109, B109, C110, D110, E110, F110, G110, A110, B110, C111, D111, E111, F111, G111, A111, B111, C112, D112, E112, F112, G112, A112, B112, C113, D113, E113, F113, G113, A113, B113, C114, D114, E114, F114, G114, A114, B114, C115, D115, E115, F115, G115, A115, B115, C116, D116, E116, F116, G116, A116, B116, C117, D117, E117, F117, G117, A117, B117, C118, D118, E118, F118, G118, A118, B118, C119, D119, E119, F119, G119, A119, B119, C120, D120, E120, F120, G120, A120, B120, C121, D121, E121, F121, G121, A121, B121, C122, D122, E122, F122, G122, A122, B122, C123, D123, E123, F123, G123, A123, B123, C124, D124, E124, F124, G124, A124, B124, C125, D125, E125, F125, G125, A125, B125, C126, D126, E126, F126, G126, A126, B126, C127, D127, E127, F127, G127, A127, B127, C128, D128, E128, F128, G128, A128, B128, C129, D129, E129, F129, G129, A129, B129, C130, D130, E130, F130, G130, A130, B130, C131, D131, E131, F131, G131, A131, B131, C132, D132, E132, F132, G132, A132, B132, C133, D133, E133, F133, G133, A133, B133, C134, D134, E134, F134, G134, A134, B134, C135, D135, E135, F135, G135, A135, B135, C136, D136, E136, F136, G136, A136, B136, C137, D137, E137, F137, G137, A137, B137, C138, D138, E138, F138, G138, A138, B138, C139, D139, E139, F139, G139, A139, B139, C140, D140, E140, F140, G140, A140, B140, C141, D141, E141, F141, G141, A141, B141, C142, D142, E142, F142, G142, A142, B142, C143, D143, E143, F143, G143, A143, B143, C144, D144, E144, F144, G144, A144, B144, C145, D145, E145, F145, G145, A145, B145, C146, D146, E146, F146, G146, A146, B146, C147, D147, E147, F147, G147, A147, B147, C148, D148, E148, F148, G148, A148, B148, C149, D149, E149, F149, G149, A149, B149, C150, D150, E150, F150, G150, A150, B150, C151, D151, E151, F151, G151, A151, B151, C152, D152, E152, F152, G152, A152, B152, C153, D153, E153, F153, G153, A153, B153, C154, D154, E154, F154, G154, A154, B154, C155, D155, E155, F155, G155, A155, B155, C156, D156, E156, F156, G156, A156, B156, C157, D157, E157, F157, G157, A157, B157, C158, D158, E158, F158, G158, A158, B158, C159, D159, E159, F159, G159, A159, B159, C160, D160, E160, F160, G160, A160, B160, C161, D161, E161, F161, G161, A161, B161, 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Por Alexandre Silvério

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