

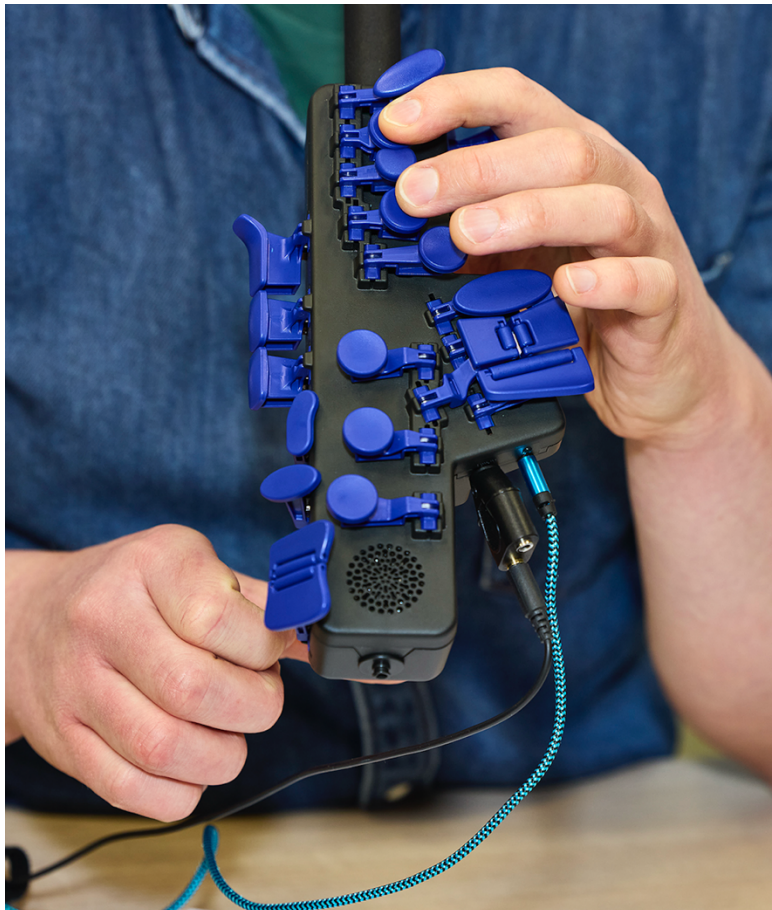


# GRENZELOZE GROOVES

Adaptive Travel Sax-lessen voor  
leerlingen met een beperking



# LEERLINGEN BOEKJE TRAVEL SAX



# MUZIKAAL PASPOORT

## TRAVEL SAX

\*gebaseerd op het Muziekpaspoort  
van Philadelphia

**Van welke muziek hou ik?**

**Van welke muzikanten ben ik fan?**

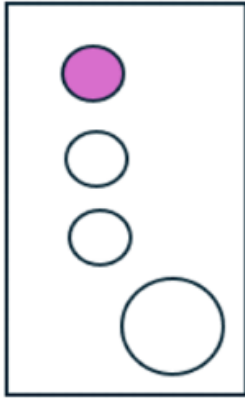
**Voorbeelden van liedjes die ik  
echt leuk vind:**

**Dit doe ik nu zelf met muziek (bv.  
luisteren, zelf maken, op dansen:)**

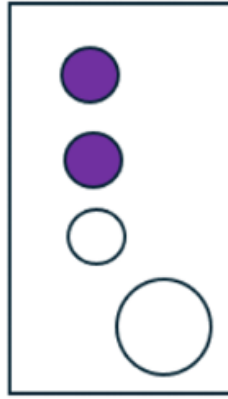
**Dit zou ik nog meer willen met  
muziek:**

**Dit moet je nog weten over mij en  
muziek:**

**B**



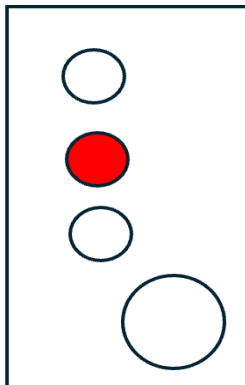
**A**



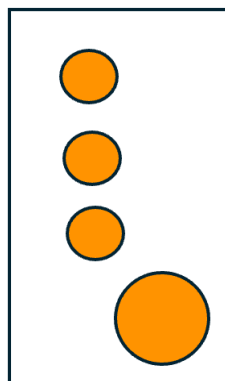
**G**



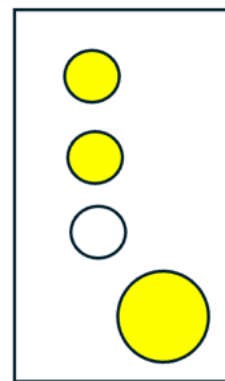
**C**



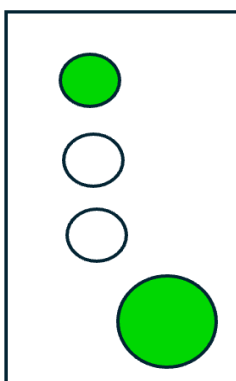
**D**



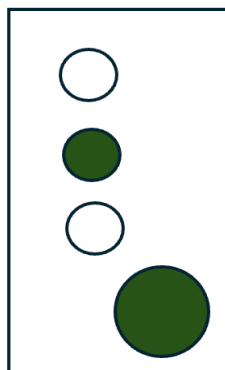
**E**



**FIS**



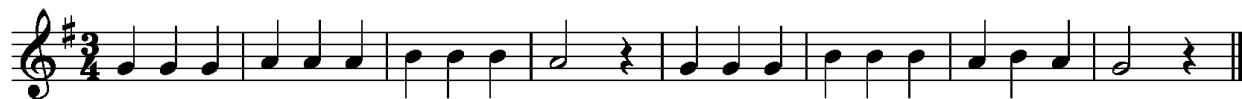
**G**





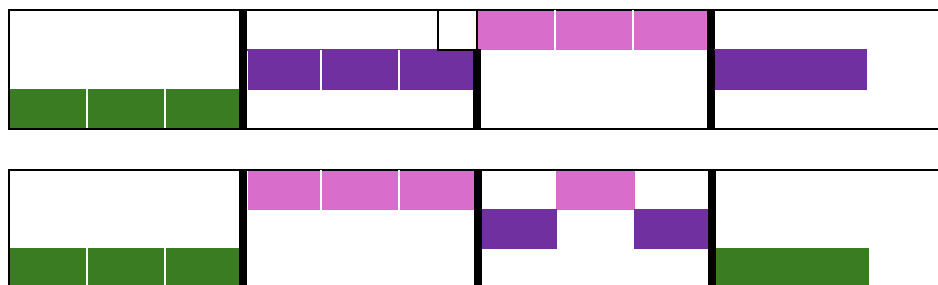
## Les 2

# Kleine wals



## Kleurennotatie

## Kleine Wals



## Notennamen

## Kleine Wals

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| G | G | G | A | A | A | B | B | B | A |
| G | G | G | B | B | B | A | B | A | G |

# Wals voor 2

Leerling

Docent

## Kleurennotatie

## Wals voor 2

## Notennamen

## Wals voor 2

# One note improvisation

Michel Hogenes

*In swing*

5

Kleurennotatie

One note improvisation



Notennamen

One note improvisation

B

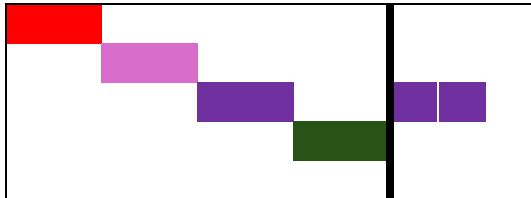


## Les 3

## We Will Rock You

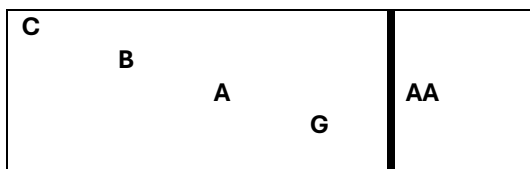
### Kleurennotatie

### We Will Rock You



### Notennamen

### We Will Rock You



# La la Mwana

Traditional uit Kenia



## La la Mwana (2-stemmig)

Traditional uit Kenia



### Kleurennotatie

### La la Mwana



### Notennamen

### La la Mwana

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | A | B | B | A | G | G | G | B | A | G | A | G |
|---|---|---|---|---|---|---|---|---|---|---|---|---|

## Les 4

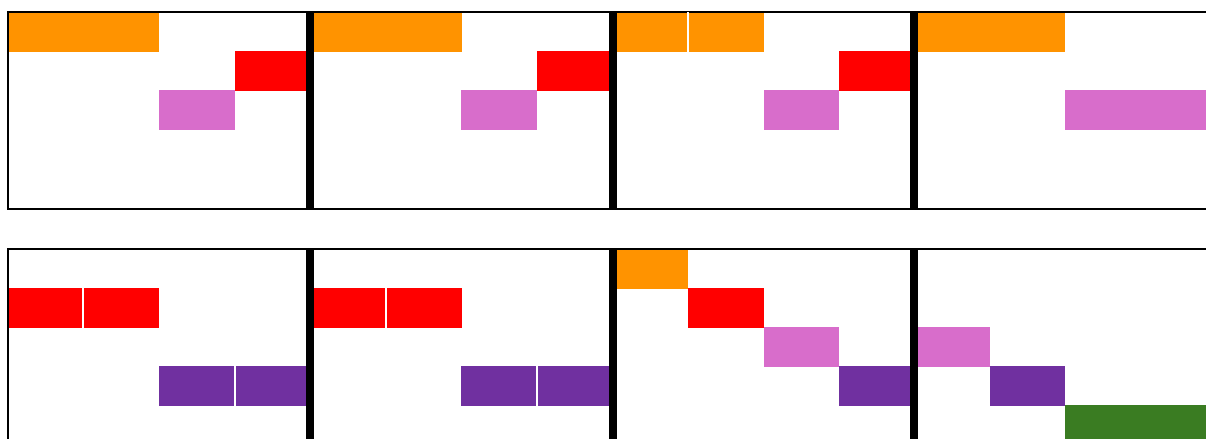
# A Tisket, a Tasket

Traditional  
uit de  
Verenigde  
Staten



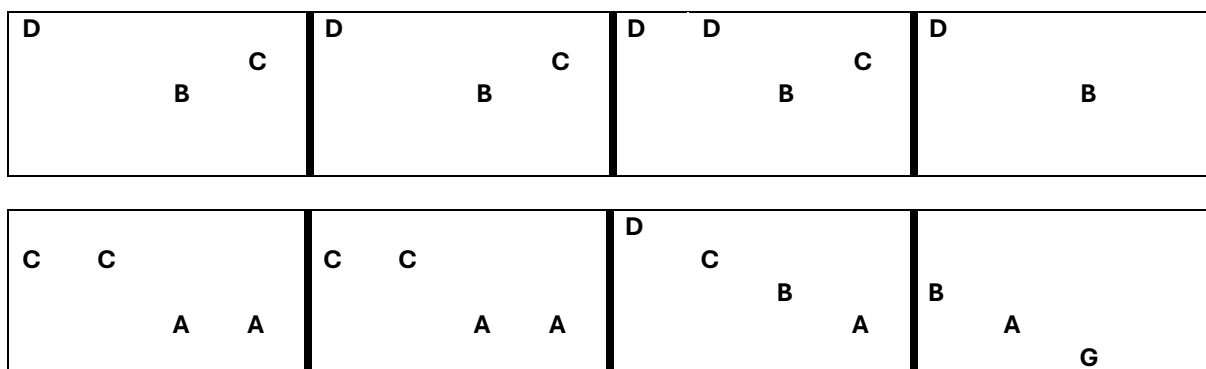
## Kleurennotatie

## A Tisket, a Tasket



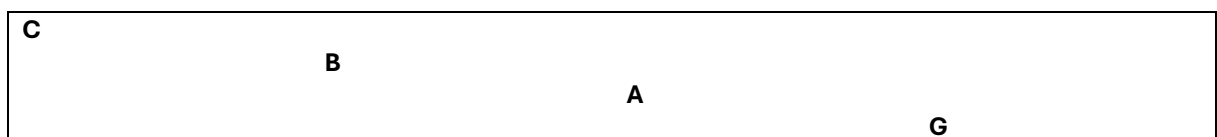
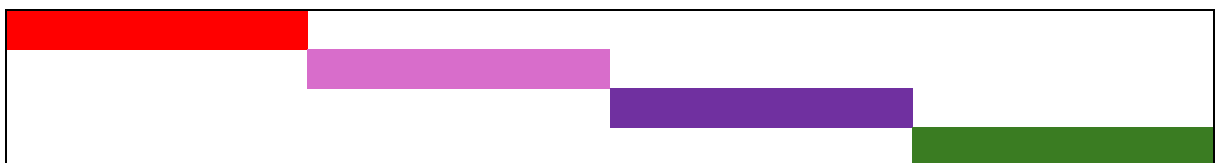
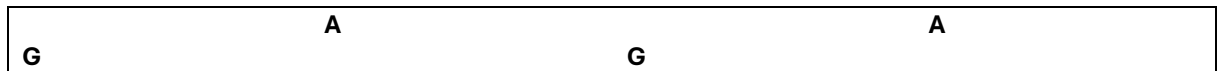
## Notennamen

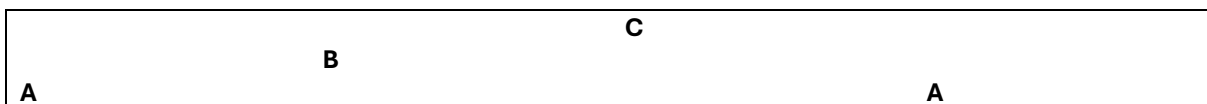
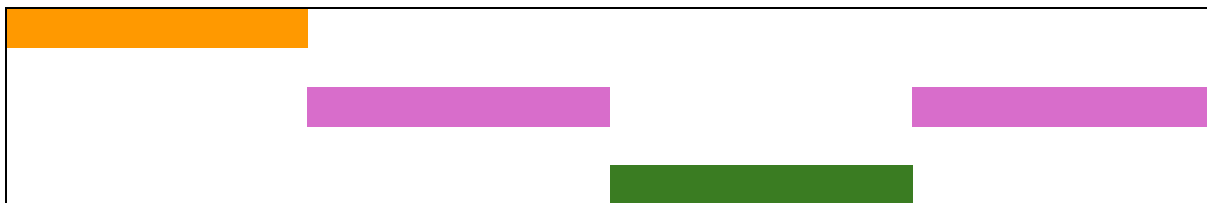
## A Tisket, a Tasket



## Vingergymnastiek

Speel de volgende noten. Begin langzaam en probeer steeds sneller te spelen. Hoeveel tonen kun je op één adem spelen?



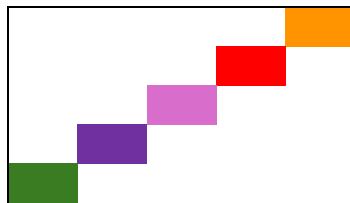


# Improvisatie in G lydisch

5

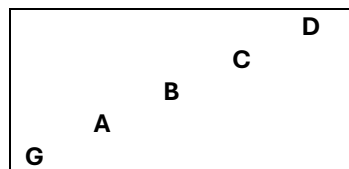
Kleurennotatie

Improvisatie G lydisch



Notennamen

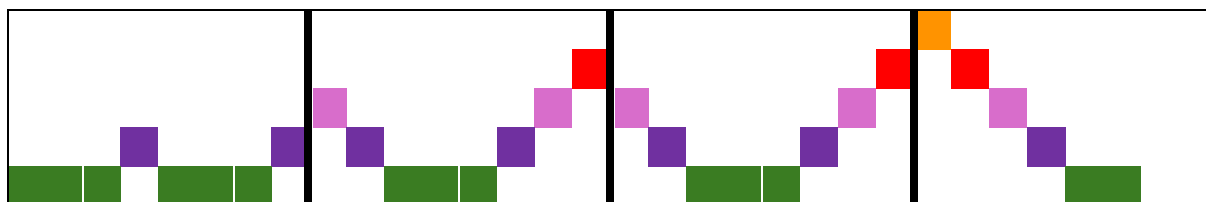
Improvisatie G lydisch



## Les 5

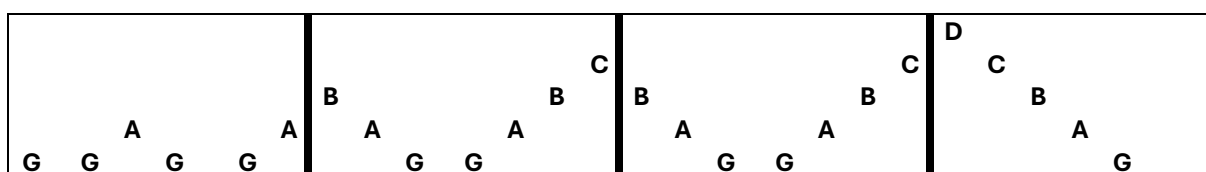
Kleurennotatie

1-121-12321



Notennamen

1-121-12321



1 - 1 2 1 - 1 2 3 2 1

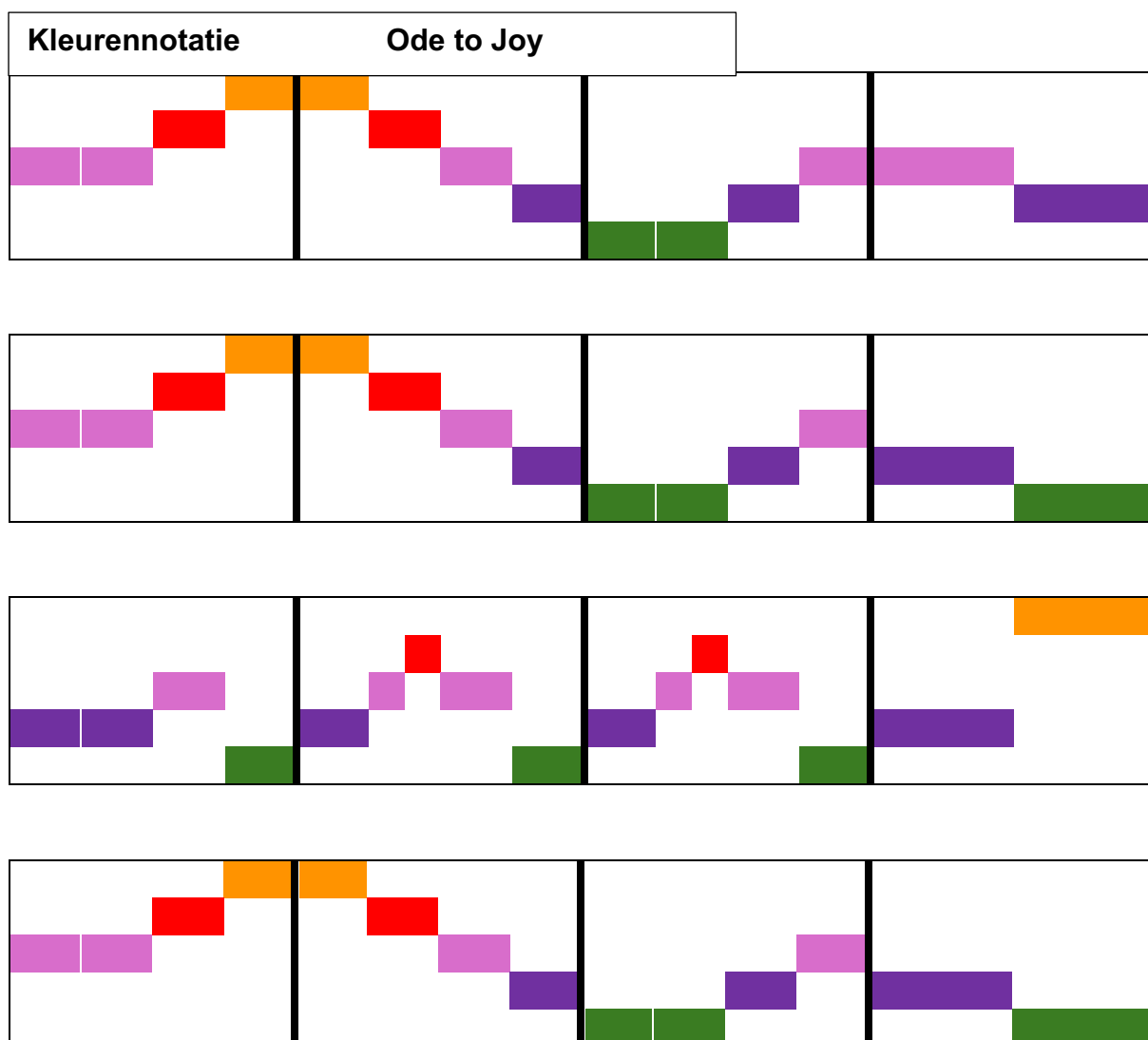


## 1 - 1 2 1 - 1 2 3 2 1 in Canon



# Ode to Joy

L. van Beethoven



# Notennamen

## Ode to Joy

|         |       |         |     |
|---------|-------|---------|-----|
| B B C D | D C B | G G A B | B A |
|---------|-------|---------|-----|

|         |         |         |     |
|---------|---------|---------|-----|
| B B C D | D C B A | G G A B | A G |
|---------|---------|---------|-----|

|         |           |           |     |
|---------|-----------|-----------|-----|
| A A B G | A B C B G | A B C B G | A D |
|---------|-----------|-----------|-----|

|         |         |         |     |
|---------|---------|---------|-----|
| B B C D | D C B A | G G A B | A G |
|---------|---------|---------|-----|

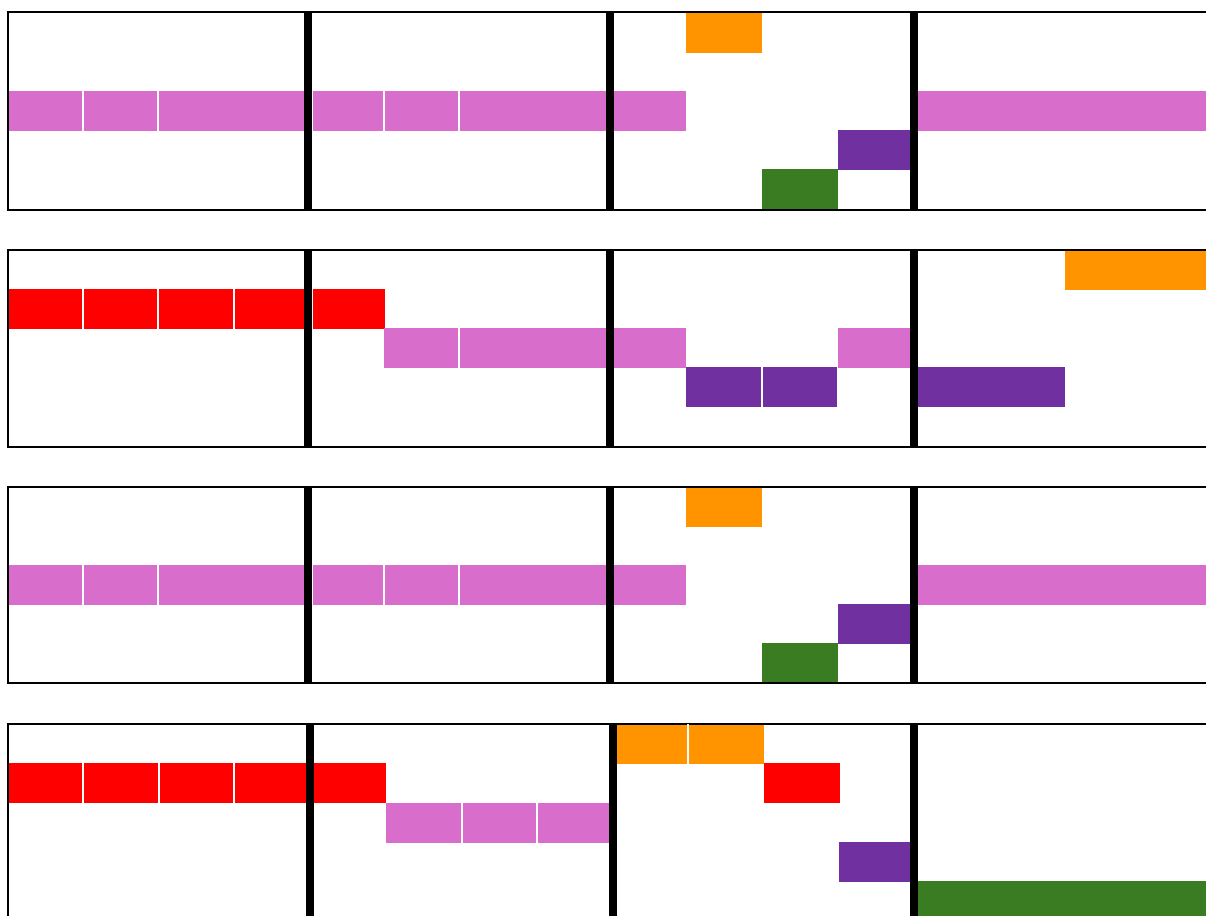
# Jingle Bells

Traditional  
uit de  
Verenigde  
Staten



## Kleurennotatie

## Jingle Bells



# Notennamen

## Jingle Bells

|   |   |   |   |
|---|---|---|---|
| B | B | B |   |
| B | B | B |   |
|   |   | D |   |
|   |   | G |   |
|   |   |   | B |

|   |   |   |   |
|---|---|---|---|
| C | C | C | C |
| C | B | B |   |
|   |   | B |   |
|   |   | A | A |
|   |   |   | D |

|   |   |   |   |
|---|---|---|---|
| B | B | B |   |
| B | B | B |   |
|   |   | D |   |
|   |   | G |   |
|   |   | A | B |

|   |   |   |   |
|---|---|---|---|
| C | C | C | C |
| C | B | B | B |
|   |   | D | D |
|   |   | C |   |
|   |   | A |   |
|   |   |   | G |

Les 6

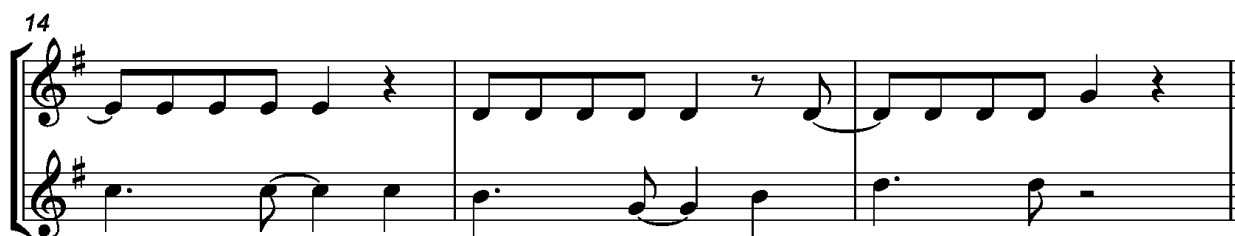
# Makumanà

J. Débon (Congo)



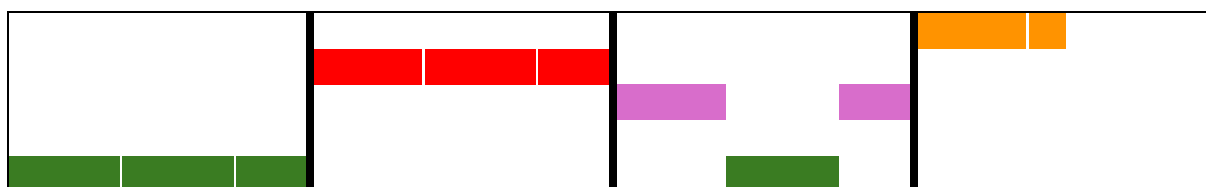
# Makumanà (2-stemmig)

J. Débon (Congo)



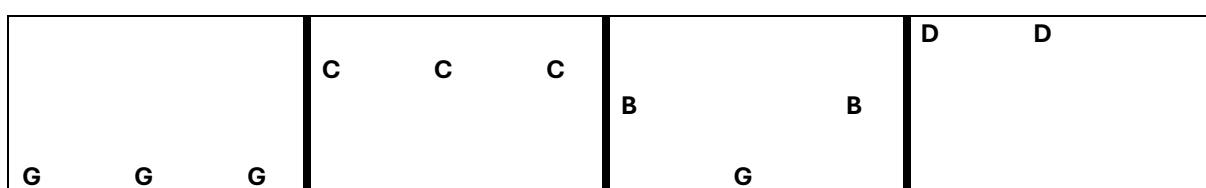
Kleurennotatie

Makumaná



Notennamen

Makumaná

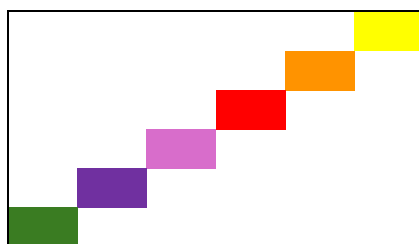


# Een beetje vreemd (improvisatie)



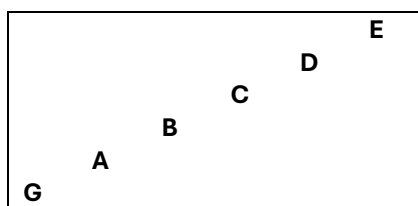
Kleurennotatie

Een beetje vreemd



Notennamen

Een beetje vreemd





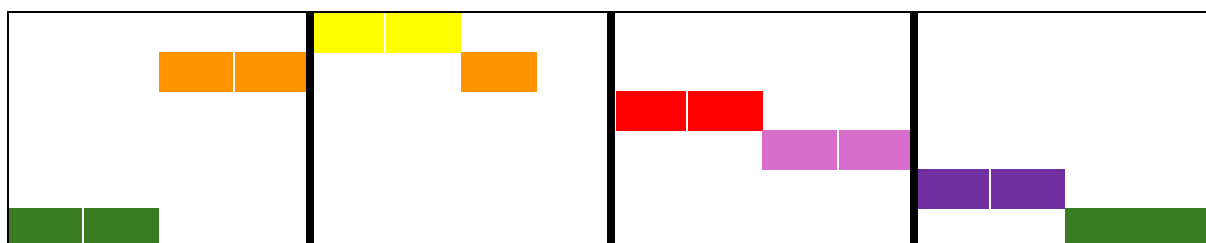
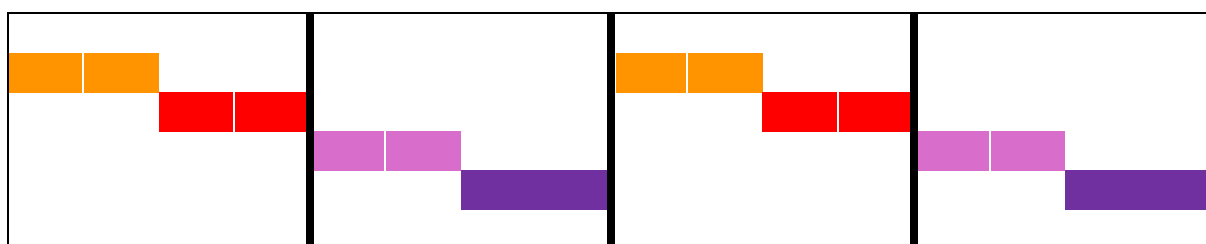
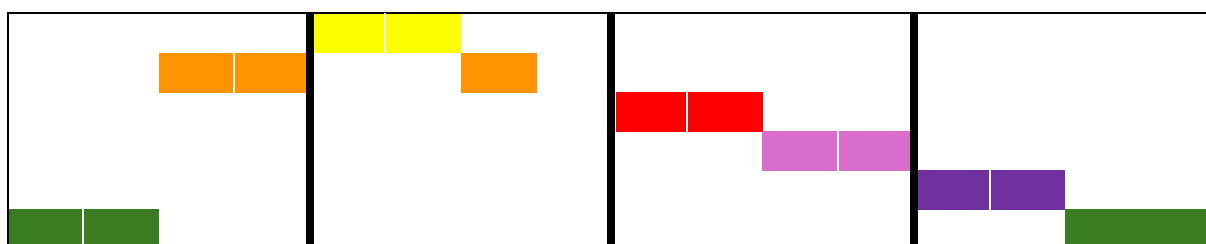
# Twinkle, Twinkle, Little Star

Traditional  
uit Engeland



## Kleurennotatie

## Twinkle, Twinkle, Little Star



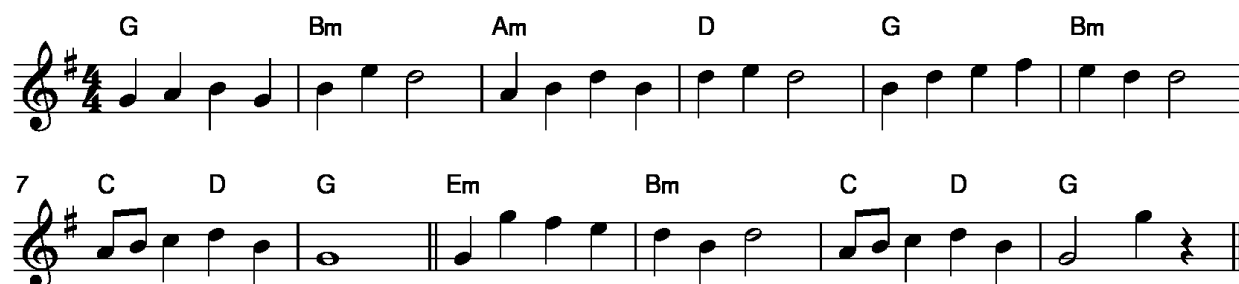
Notennamen

Twinkle, Twinkle, Little Star

|                |              |                |              |
|----------------|--------------|----------------|--------------|
| <p>G G D D</p> | <p>E E D</p> | <p>C C B B</p> | <p>A A G</p> |
| <p>D D C C</p> | <p>B B A</p> | <p>D D C C</p> | <p>B B A</p> |
| <p>G G D D</p> | <p>E D</p>   | <p>C C B B</p> | <p>A A G</p> |

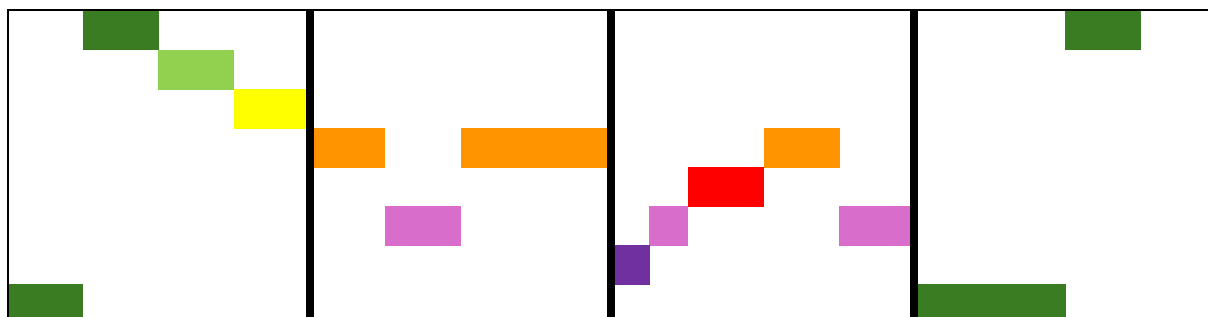
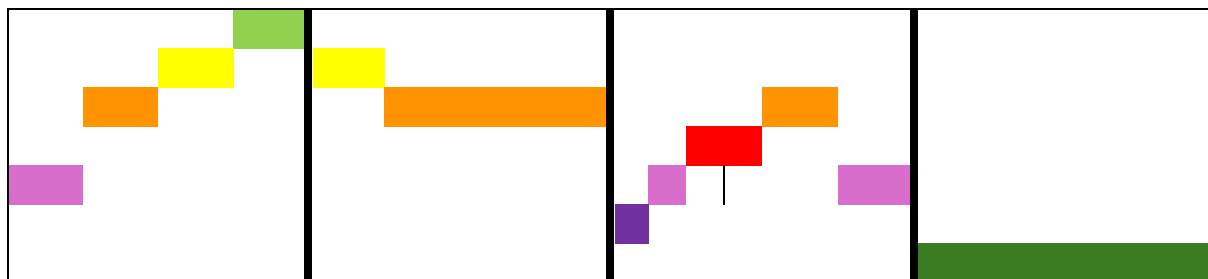
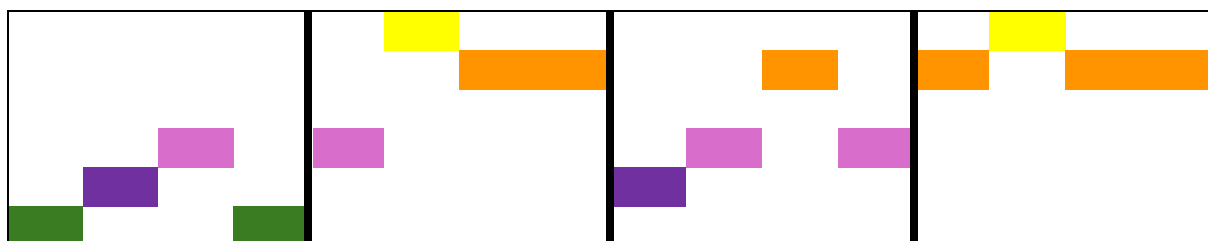
# PentaMIX

Miichel  
Hogenes



Kleurennotatie

PentaMix



## Notennamen

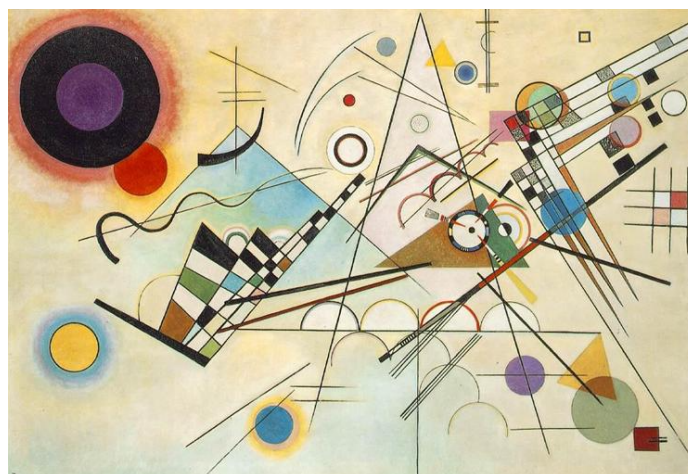
## PentaMix

|                  |             |                  |             |
|------------------|-------------|------------------|-------------|
| G<br>A<br>B<br>G | B<br>E<br>D | A<br>B<br>D<br>B | D<br>E<br>D |
|------------------|-------------|------------------|-------------|

|                    |             |             |   |
|--------------------|-------------|-------------|---|
| B<br>D<br>E<br>Fis | E<br>D<br>D | A<br>B<br>D | G |
|--------------------|-------------|-------------|---|

|                    |   |             |   |
|--------------------|---|-------------|---|
| G<br>Fis<br>E<br>G | B | A<br>B<br>B | G |
|--------------------|---|-------------|---|

## Les 8

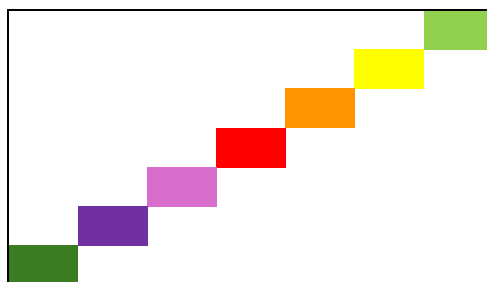


## X (improvisatie)



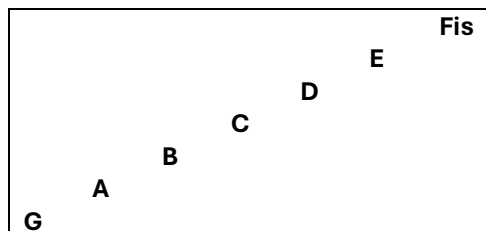
Kleurennotatie

PentaMix



Notennamen

PentaMix



# The Lion Sleeps Tonight

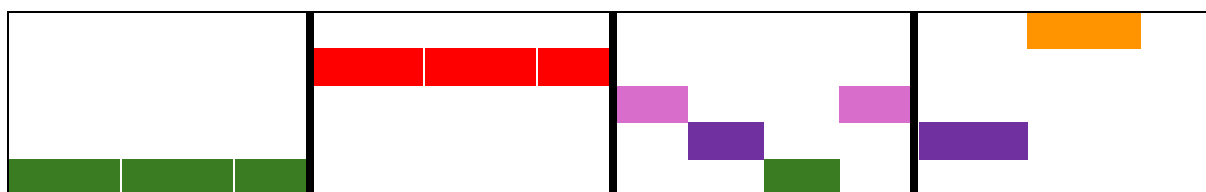
in swing

Ostinato 1



Kleurennotatie

The Lions Sleeps Tonight -



Notennamen

The Lions Sleeps Tonight- Ostinato 1

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|   | C | C | C | B | A | B | D |
| G | G | G |   | G |   | A |   |

in swing

## Ostinato 2



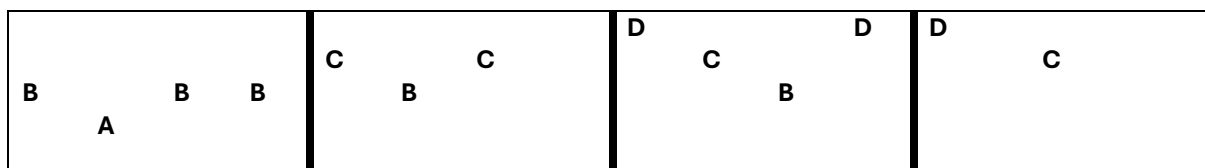
## Kleurennotatie

# The Lions Sleeps Tonight-



## Notennamen

## The Lions Sleeps Tonight- Ostinato 2



## Les 9

# Go 'Round the Mountain

American Folk Song

G

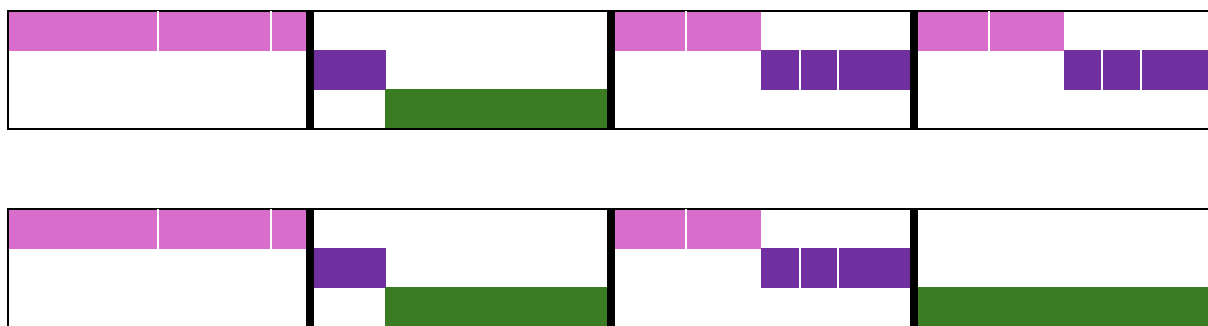


Go 'round the moun-tain, to - do - di-dde-um, to - do - di-dde-um,

5  
go 'round the moun - tain, to - do - di - dde-um dee.

## Kleurennotatie

## Go 'Round the Mountain



## Notennamen

## Go 'Round the Mountain

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | B | B | A | G | B | B | A | A | A | B | B | A | A | A |
| B | B | B | A | G | B | B | A | A | A | G |   |   |   |   |

# Go 'Round the Mountain - Call and Response

American Folk Song

G

Go 'round the moun tain

5

Go 'round the moun - tain

Kleurennotatie

Go 'Round the Mountain- response

Notennamen

Go 'Round the Mountain- response

|   |   |   |   |   |
|---|---|---|---|---|
| B | B | A | A | A |
|---|---|---|---|---|

|   |   |   |   |   |
|---|---|---|---|---|
| B | B | A | A | A |
|---|---|---|---|---|

|   |   |   |   |   |
|---|---|---|---|---|
| B | B | A | A | A |
|---|---|---|---|---|

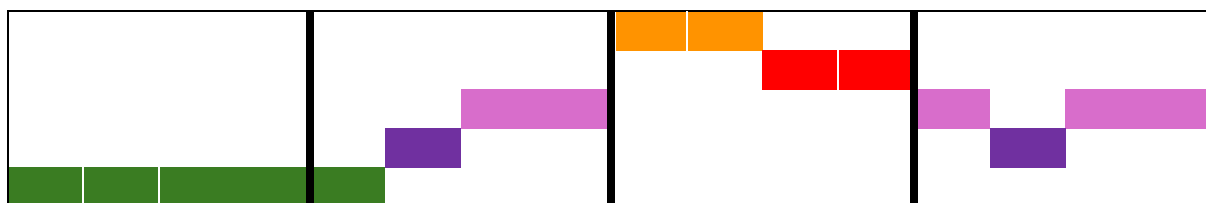
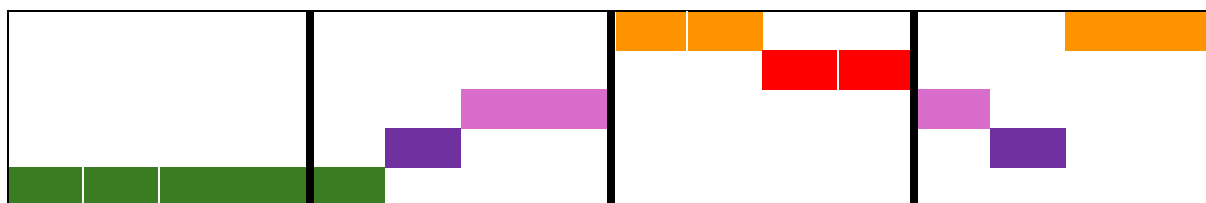
|   |
|---|
| G |
|---|

# Go 'Round the Mountain - tweede stem



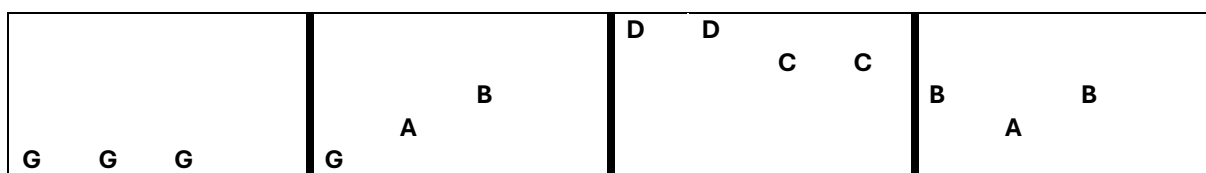
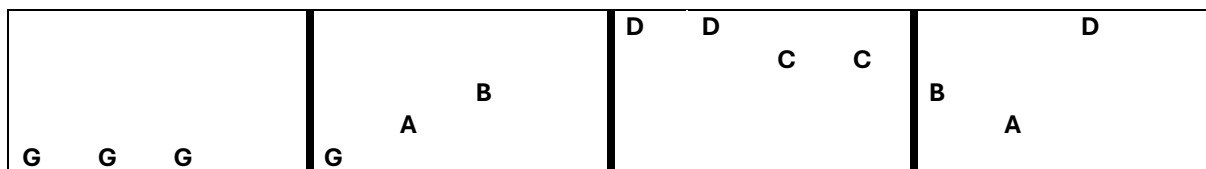
## Kleurennotatie

## Go 'Round the Mountain-



## Notennamen

## Go 'Round the Mountain- tweede stem



# Canon

Johann Pachelbel (1653-1706) arr. MH

Measures 1-6 of the Canon. The treble staff contains a single melodic line in D major, C major, and D major. The piano accompaniment in the grand staff is mostly rests, with a short eighth-note melody in the bass staff starting in measure 5.

Measures 7-11 of the Canon. The treble staff continues the single melodic line. The piano accompaniment features a steady eighth-note bass line in the bass staff and block chords in the right hand.

Measures 12-16 of the Canon. The treble staff continues the single melodic line. The piano accompaniment continues with the eighth-note bass line and block chords in the right hand.

Measures 17-21 of the Canon. The treble staff continues the single melodic line. The piano accompaniment continues with the eighth-note bass line and block chords in the right hand.

2

22

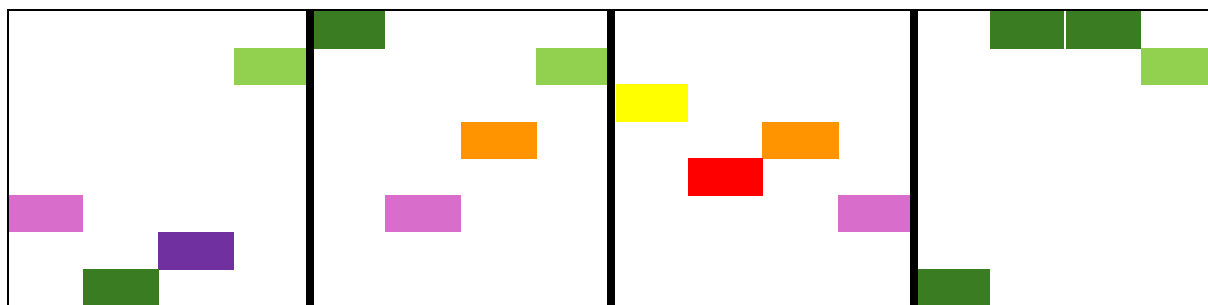
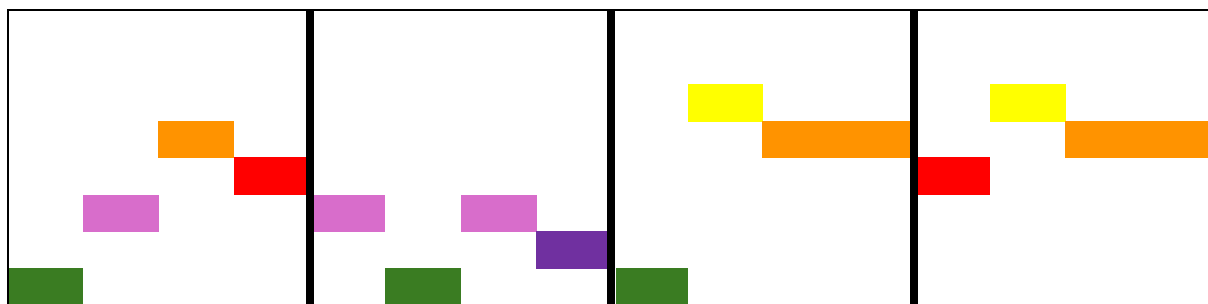
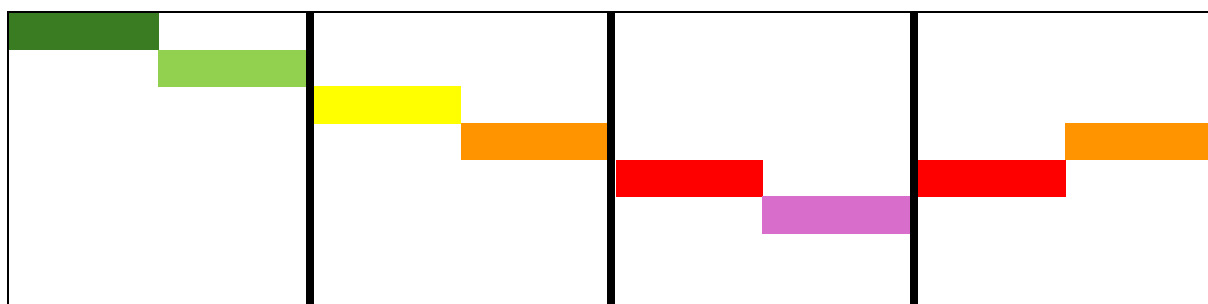
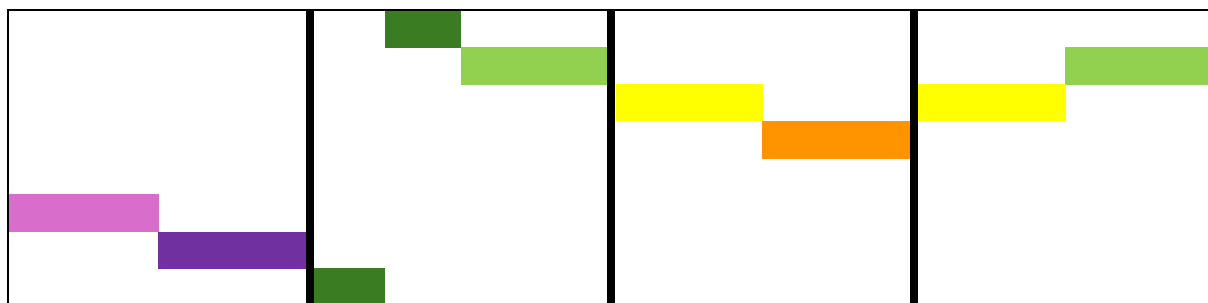
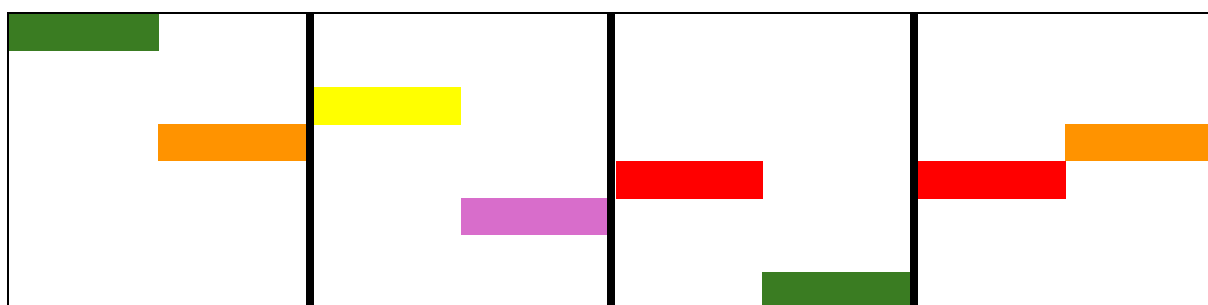
Measures 22-25 of a musical score. The system consists of a vocal line and a piano accompaniment. The key signature has one sharp (F#). The vocal line starts with a quarter rest, followed by quarter notes G4, A4, B4, and C5. The piano accompaniment features a steady eighth-note bass line in the left hand and chords in the right hand.

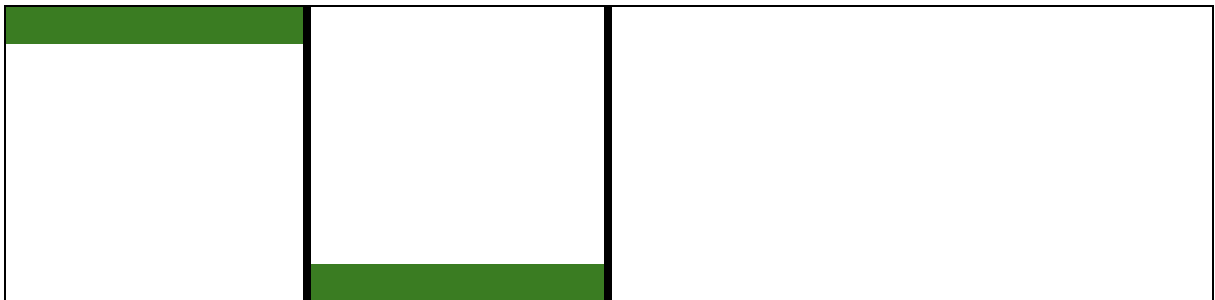
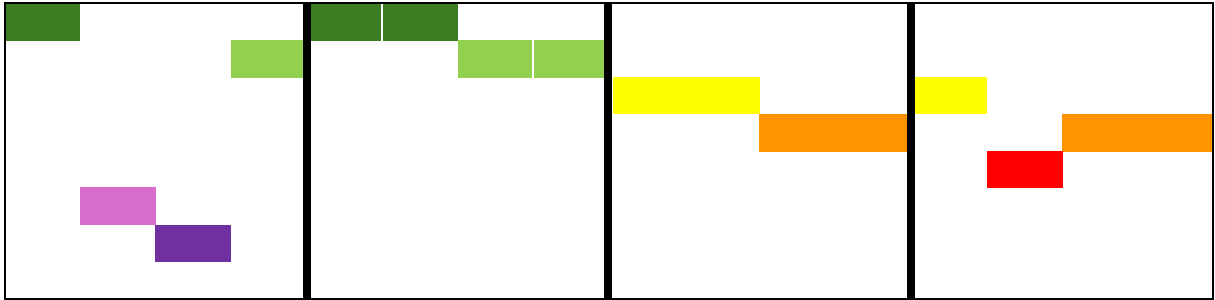
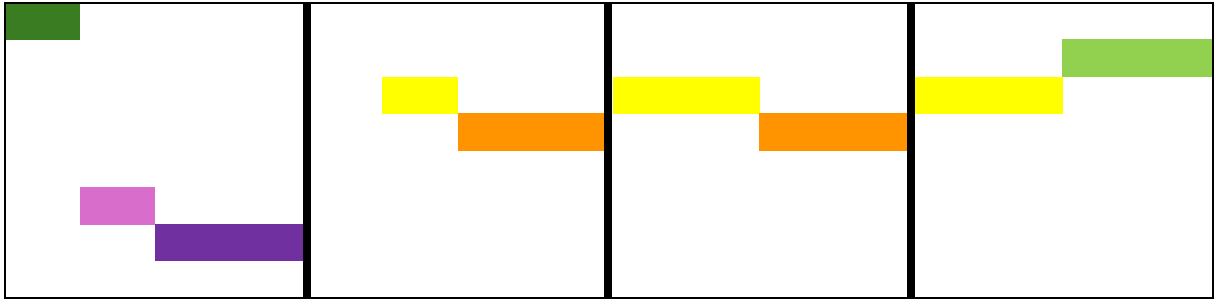
26

Measures 26-29 of a musical score. The system consists of a vocal line and a piano accompaniment. The key signature has one sharp (F#). The vocal line continues with quarter notes D5, E5, F#5, and G5. The piano accompaniment continues with the same eighth-note bass line and chords. The system concludes with a double bar line.

# Kleurennotatie

# Canon – Pachelbel





# Notennamen

## Canon – Pachelbel

|                    |                    |                  |                    |
|--------------------|--------------------|------------------|--------------------|
| G<br><br>D         | E<br><br>B         | C<br><br>G       | C<br>D             |
| B<br><br>A         | G<br>Fis<br>G      | E<br>D           | E<br>Fis           |
| G<br>Fis           | E<br>D             | C<br>B           | C<br>D             |
| B<br>D<br>C<br>G   | B<br>G<br>B<br>A   | E<br>D<br>D<br>G | C<br>E<br>D        |
| B<br>G<br>A<br>Fis | G<br>B<br>D<br>Fis | E<br>C<br>D<br>B | G<br>G<br>Fis<br>G |
| G<br>B<br>A        | E<br>D             | E<br>D           | E<br>Fis           |





## **Bijlagen**

Vingerzettingen

Vingerzetting linkshandige speler

Vingerzetting rechtshandige speler

Drie extra ademhalingsoefeningen

Boomwhacker stroken/ kleuren

Go 'Round the Mountain

## Vingerzettingen

Vingerzetting linkshandige speler:

Musical notation for left-handed players (treble clef):

G G#-Ab A A#-Bb B C C#-Db D D#-Eb E F F#-Gb G

Fingering diagram (13 columns, 4 rows of circles):

- Row 1: 12 circles, last empty.
- Row 2: 12 circles, last empty.
- Row 3: 12 circles, last empty.
- Row 4: 12 circles, last empty.

Legend: = EXTERNAL SWITCH

Vingerzetting rechtshandige speler:

Musical notation for right-handed players (treble clef):

G G#-Ab A A#-Bb B C C#-Db D D#-Eb E F F#-Gb G

Fingering diagram (13 columns, 4 rows of circles):

- Row 1: 12 circles, last empty.
- Row 2: 12 circles, last empty.
- Row 3: 12 circles, last empty.
- Row 4: 12 circles, last empty.

## Drie extra ademhalingsoefeningen

### Ademhalings- oefeningen

1. Sjaal-flow adem oefening
  - Doel: Langzaam, gecontroleerd uitademen.
  - Instructie: Houd de sjaal tussen duim en wijsvinger voor je mond. Adem diep in door je neus en blaas vervolgens langzaam uit door je mond, zodat de sjaal zachtjes en vloeiend beweegt. Richt je erop om de sjaal zo lang mogelijk in beweging te houden zonder onderbreking. Probeer dit te verlengen met elke uitademing.
2. Richtingscontrole Met Sjaaltje
  - Doel: Controle over ademstroomrichting ontwikkelen.
  - Instructie: Houd de sjaal schuin omhoog voor je gezicht. Adem in door je neus en blaas langzaam uit door je mond, zodat de sjaal in een specifieke richting beweegt (bijv. omhoog of opzij). Dit oefent de controle over je ademhaling, wat nuttig is voor het richten van luchtstroom in het mondstuk van de saxofoon.
3. Sjaaltje in Beweging
  - Doel: Ademritme en kracht opbouwen.
  - Instructie: Hang de sjaal voor je mond en adem krachtig in door je neus en blaas dan in korte, ritmische stoten door je mond. Probeer de sjaal met elke uitademing te laten bewegen in kleine, snelle bewegingen. Dit helpt je ademcontrole en spierspanning in je buik te versterken, wat bijdraagt aan krachtigere ademhaling tijdens het spelen.

## Boomwhacker stroken/ kleuren

C



D



E



F



**G**



**A**



**B**



**C** (Er wordt bij het werken met boomwhackers geen onderscheid gemaakt tussen kleuren voor hoge en lage noten.)



## R Go 'Round the Mountain

1. Zing met de leerling(en) het lied *Go 'Round the Mountain*.

### Lied Go 'Round the Mountain

G

Go 'round the moun-tain, to - do - di-dde-um, to - do - di-dde-um,

5  
go 'round the moun - tain, to - do - di - dde-um dee.

2. Het lied heeft een call and responsestructuur. Zing zelf de call (de eerste 2 maten) en laat de leerling(en) de response zingen. Hetzelfde geldt voor de tweede helft van het lied.
3. In plaats van de respons te laten zingen kun je deze ook laten spelen. Als het uitvoeren van de twee achtste noten te lastig is kun je deze ook samenvoegen tot één kwartnoot.
4. Voeg vervolgens nog een tweede stem toe.

### Lied Go 'Round the Mountain- call response

G

Go 'round the moun tain

5  
Go 'round the moun - tain

5. Ten slotte kun je één of meerdere leerlingen een voor-, tussen- en naspel laten improviseren zoals onder meer beschreven in les 3.



## Colofon

### Titel

*Grenzeloze Grooves*

### Ondertitel

*Adaptive Travel Sax-lessen voor leerlingen met een beperking*

### Uitgave

Amsterdamse Hogeschool voor de Kunsten  
en CASE (Centre for Arts & Sciences Education)

### Auteur(s)

Michel Hogenes  
met medewerking van Debby Korfmacher en Melissa Bremmer

### Redactie en grafisch ontwerp

Ninya de Wever, Didi Visser, Anneke van Woerden

### Fotografie

Jonathan Andrew ©

### Met dank aan

Alle docenten en leerlingen die deelgenomen hebben aan het onderzoek,  
Karin van Dijk, Katharina Kauruff, Marjoke Korff de Gidts,  
Emile Meuffels en Anja Nielsen

### Versie

september 2025, versie 1.0

### Contact

melissa.bremmer@ahk.nl

### Gebruik en hergebruik

Deze handleiding valt onder een Creative Commons  
Naamsvermelding–NietCommercieel–GeenAfgeleideWerken 4.0 Internationaal-licentie.  
Dit betekent dat het document vrij mag worden gedeeld, mits:

- de makers worden vermeld,
- het niet commercieel wordt gebruikt,
- het document ongewijzigd blijft.

