

# BEWEGEN IS GEZOND

Tjeerd Oosterhuis  
Lucia van Bruggen  
arr. Rob Balfoort

Up Tempo  $\text{♩} = 136$

The musical score consists of 14 staves, each representing a different instrument or section:

- C Dwarsfluit
- E♭ Alt Saxofoon
- B♭ Tenor Saxofoon
- B♭ Trompet 1
- B♭ Trompet 2
- B♭ Trompet 3
- C Trombone 1
- C Trombone 2
- C Trombone 3
- B♭ Bariton
- B♭ Bas
- Snare Drum
- Cymbals
- Bass Drum

The score is set in common time (indicated by a 'C') and includes a tempo marking of Up Tempo with  $\text{♩} = 136$ . The instruments are arranged vertically from top to bottom as listed above. The Snare Drum and Cymbals staves include specific performance instructions: 'Hihat effect' is indicated above the Snare Drum staff, and 'X' marks are placed above the Cymbals staff.

**BEWEGEN IS GEZOND**

- 2 -

6

Musical score for orchestra and band, page 2, measure 6. The score consists of 13 staves:

- C Dw.fl.
- E♭ A. Sax.
- B♭ T. Sax.
- B♭ Tpt. 1
- B♭ Tpt. 2
- B♭ Tpt. 3
- C Tbn. 1
- C Tbn. 2
- C Tbn. 3
- B♭ Bari.
- B♭ Bs.
- Sn. Dr.
- Cym.
- Bs. Dr.

The music features various rhythmic patterns, including eighth-note chords, sixteenth-note patterns, and sustained notes. The Cym. (Cymbals) and Bs. Dr. (Bass Drum) staves show specific patterns of strokes and rests.

**BEWEGEN IS GEZOND**

- 3 -

11

A musical score for orchestra and percussion. The score consists of ten staves. From top to bottom: C Dw.fl., Eb A. Sax., Bb T. Sax., Bb Tpt. 1, Bb Tpt. 2, Bb Tpt. 3, C Tbn. 1, C Tbn. 2, C Tbn. 3, Bb Bari., Bb Bs., Sn. Dr., Cym., and Bs. Dr. The measures show various instruments playing eighth-note patterns, with the timpani and cymbals providing rhythmic support.

C Dw.fl.

E<sub>b</sub> A. Sax.

B<sub>b</sub> T. Sax.

B<sub>b</sub> Tpt. 1

B<sub>b</sub> Tpt. 2

B<sub>b</sub> Tpt. 3

C Tbn. 1

C Tbn. 2

C Tbn. 3

B<sub>b</sub> Bari.

B<sub>b</sub> Bs.

Sn. Dr.

Cym.

Bs. Dr.

**BEWEGEN IS GEZOND**

- 4 -

16

A musical score for orchestra and percussion. The score consists of twelve staves. From top to bottom: C Dw.fl., Eb A. Sax., Bb T. Sax., Bb Tpt. 1, Bb Tpt. 2, Bb Tpt. 3, CTbn. 1, CTbn. 2, CTbn. 3, Bb Bari., Bb Bs., Sn. Dr., Cym., and Bs. Dr. The measures show various instruments playing eighth and sixteenth note patterns. The timpani (Sn. Dr.) has a unique pattern of eighth-note strokes. The cymbals (Cym.) play a rhythmic pattern of 'x' marks. The bass drum (Bs. Dr.) has a steady eighth-note pulse.

**BEWEGEN IS GEZOND**

- 5 -

21

C Dw.fl.

E♭ A. Sax.

B♭ T. Sax.

B♭ Tpt. 1

B♭ Tpt. 2

B♭ Tpt. 3

C Tbn. 1

C Tbn. 2

C Tbn. 3

B♭ Bari.

B♭ Bs.

Sn. Dr.

Cym.

Bs. Dr.

This musical score page contains ten staves of music for an orchestra and band. The instruments listed are: C Double Bassoon (C Dw.fl.), E-flat Alto Saxophone (E♭ A. Sax.), B-flat Tenor Saxophone (B♭ T. Sax.), B-flat Trumpet 1 (B♭ Tpt. 1), B-flat Trumpet 2 (B♭ Tpt. 2), B-flat Trumpet 3 (B♭ Tpt. 3), C Bassoon 1 (C Tbn. 1), C Bassoon 2 (C Tbn. 2), C Bassoon 3 (C Tbn. 3), B-flat Bassoon (B♭ Bari.), B-flat Bass (B♭ Bs.), Snare Drum (Sn. Dr.), Cymbals (Cym.), and Bass Drum (Bs. Dr.). The music is divided into two systems, each with five measures. Measure 21 begins with a dynamic of 21. The instrumentation varies throughout the measures, with some instruments like the bassoon and trumpet playing sustained notes while others play more complex rhythmic patterns. The score uses standard musical notation with stems, beams, and rests on five-line staves.

**BEWEGEN IS GEZOND**

- 6 -

26

Musical score for orchestra and band, page 6, measure 26. The score consists of 14 staves:

- C Dw.fl.
- E♭ A. Sax.
- B♭ T. Sax.
- B♭ Tpt. 1
- B♭ Tpt. 2
- B♭ Tpt. 3
- C Tbn. 1
- C Tbn. 2
- C Tbn. 3
- B♭ Bari.
- B♭ Bs.
- Sn. Dr.
- Cym.
- Bs. Dr.

The score shows various instruments playing different patterns of eighth and sixteenth notes. The C Tbn. 1, C Tbn. 2, and C Tbn. 3 staves feature prominent eighth-note patterns. The Sn. Dr. staff has two upward-pointing arrows above the first two measures. The Cym. staff has two 'x' marks above the first two measures. The Bs. Dr. staff has a continuous eighth-note pattern throughout the measure.