



Lindh Tobias

Sweden, Bors

Polska - A Manual

About the artist

I am a pianist/improviser originally, - I've always liked to improvise on the piano, so almost all my compositions originated as improvisations.

Associate: STIM - IPI code of the artist : 279013854

Artist page : <https://www.free-scores.com/Download-PDF-Sheet-Music-tobiaslindh.htm>

About the piece

Title:	Polska - A Manual
Copyright:	Copyright © Lindh Tobias
Publisher:	Tobias, Lindh
Style:	Instructional
Comment:	A manual for the creation of Polska, a dance form that resembles the minuet.

Lindh Tobias on [free-scores.com](https://www.free-scores.com)



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- comment
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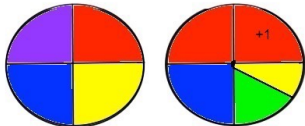
Polska *Variety Pleases*

Question :
What characterises a Polska?

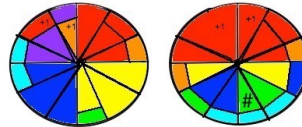
Answer : The 3/4 time signature and the polska-rhythm
Often the 8-bar period is employed

Checkpoints or Skeleton

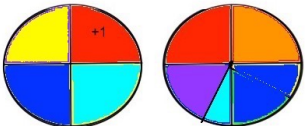
The checkpoints shall be connected by a fitting weave of tones, the skeleton become animated, so to speak.



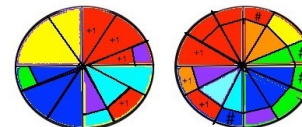
Realization



Checkpoints

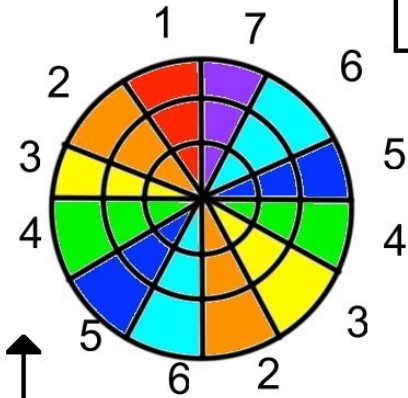
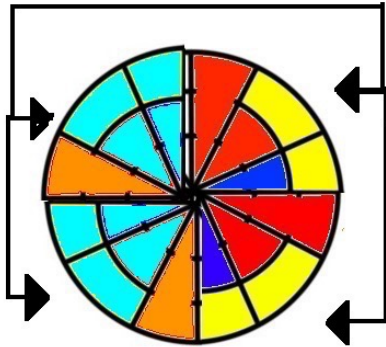


Realization



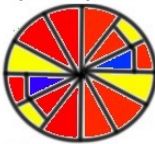
The 8 bars are now repeated, and it is custom to vary the melody somewhat.

To repeat a bar is common.



Symmetry
 7 6 5 4 3 2
 6 5 4 3 2 1
 (Sequence downwards)

Two bars can be repeated too.
 Symmetry based on one bar is very common, 'customary'



2 bar repetition

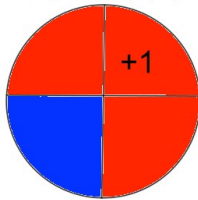


Symmetrical

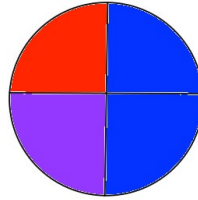
As is Symmetry.

Task : Make checkpoints

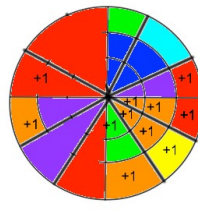
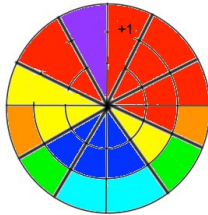
The first 4 bars can be seen as a 'Statement' and the next 4 bars as an 'Answer' to this 'Statement'.
It is rude to only deliver a statement without an explanation or an answer.
The answer or explanation gives credibility and meaning to the statement.



Start with a 'Statement'



Then deliver the 'Answer' or explanation.



Then connect the checkpoints with meaningful music, so that the 'Skeleton' acquires flesh, skin and life.

The 'Polska' has meaning, grammar and a cultural worth based on 500 years of tradition.

Polska

Question :

What characterises a Polska?

Answer : The 3/4 time signature and the polska-rhythm

Often the 8-bar period is employed



Checkpoints or Skeleton

The checkpoints shall be connected by a fitting weave of tones, the skeleton become animated, so to speak.

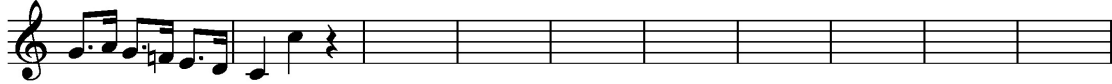
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Realization :



With schwung, accented 1st and 3rd beat

15



25



33



39



60

The 8 bars are now repeated, and it is custom to vary the melody somewhat.

Variety pleases, a Swedish saying.

71



71



49 To repeat a bar is common.

(Repetition, the same) (Repetition) Symmetry too, based on two bars, is often used.

Detailed description: This exercise consists of a single staff of music in treble clef. It contains 10 measures. The first four measures are grouped under the label '(Repetition, the same)'. The first two measures are quarter notes (C4, D4), and the next two are eighth notes (E4, F4). The next two measures are grouped under '(Repetition)'. The first two are quarter notes (G4, A4), and the next two are eighth notes (B4, C5). The final four measures are grouped under 'Symmetry too, based on two bars, is often used.'. The first two measures are a triplet of eighth notes (D5, E5, F5), and the next two are quarter notes (G4, A4).

56

Detailed description: This exercise consists of a single staff of music in treble clef. It contains 10 measures. The first four measures contain quarter notes (C4, D4, E4, F4). The remaining six measures are empty staves.

67 Two bars can be repeated too. Symmetry based on one bar is very common, 'customary'

(Repetition) (Symmetry)

Detailed description: This exercise consists of a single staff of music in treble clef. It contains 10 measures. The first four measures are grouped under '(Repetition)'. The first two measures are quarter notes (C4, D4), and the next two are eighth notes (E4, F4). The next four measures are grouped under '(Symmetry)'. The first two measures are quarter notes (G4, A4), and the next two are quarter notes (B4, C5).

73

Detailed description: This exercise consists of a single staff of music in treble clef. It contains 10 measures. The first four measures are grouped under a triplet bracket. The first two measures are eighth notes (C4, D4), and the next two are eighth notes (E4, F4). The remaining six measures are empty staves.

The first 4 bars can be seen as a 'Statement' and the next 4 bars as an 'Answer' to this 'Statement'.

It is rude to only deliver a statement without an explanation or an answer.
The answer or explanation gives credibility and meaning to the statement.

49

Task : Make checkpoints



Start with a 'Statement'

Then deliver the 'Answer' or explanation.

58



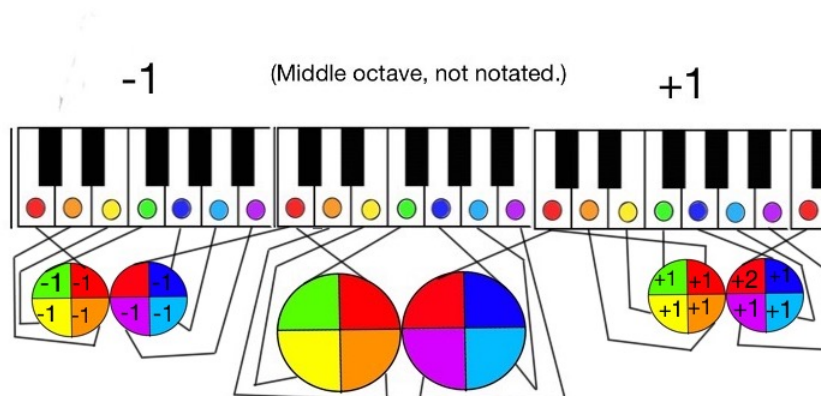
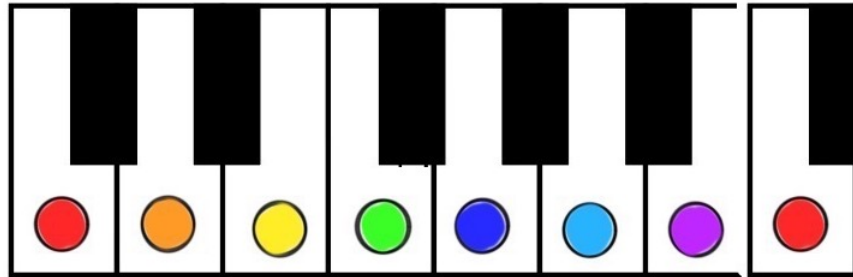
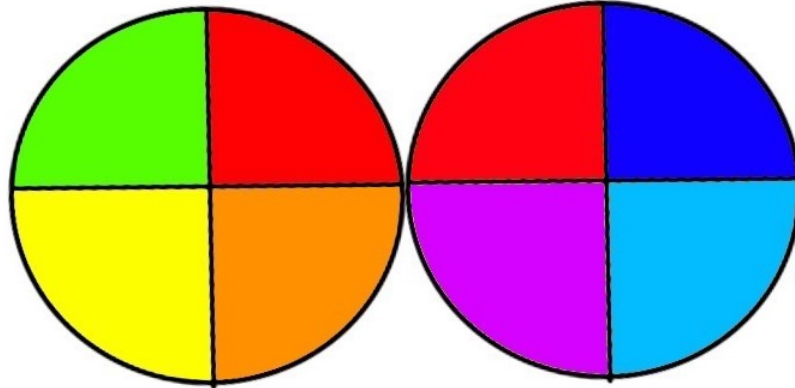
64

Then connect the checkpoints with meaningful music, so that the 'Skeleton' acquires flesh, skin and life.



The 'Polska' has meaning, grammar and a cultural worth based on 500years of tradition.
(Or more)

8 Tones



Sharps are notated with # and Flats with b

If one plays a Polska in F-major, one writes F: under the notation, at the beginning.

The F then becomes Do, the G and A Re and Mi.