

NECK REGION: BASIC POSITION EXERCISES IN DOUBLE STOPS

PART 1: Chromatic Snaking: With Fingers 1, 2 and 4: Alternating Extnd with Non-Extnd

- connect all shifts with audible glissandi (as shown in first exercise) - - use different pairs of strings and vary the rhythm of the moving line - we can also incorporate the 3rd finger into these exercises -
- experiment with the different extended hand postures: "Double Bass" for the lower positions and "Violin" for the higher ones ?

EXERCISE 1: FIRST FINGER ON HIGHER STRING, 2ND AND 4TH ON LOWER

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EX 1A

2 4 2 4 2 4 2 4 2

x1 x1 x1 x1

2 2 2 2

AND UP

1 1 1 1

2 x2 2 x2

x2 x2 x2

x2 x2 x2

EXERCISE 1B

4 2 4 2 4 4 4

x1 x1 x1 x1

4 4 4 4 4

AND UP

1 1 1 1

4 2 x4 2 4 2 x4 2

x4 x4 x4

x4 x4 x4

PART 1: With Fingers 1, 2 and 4: Alternating Extn with Non-Extn (cont)

EXERCISE 2: FIRST AND FOURTH FINGERS ON HIGHER STRING, 2ND FINGER ON LOWER

EX 2A

Exercise 2A consists of six staves of musical notation. Each staff contains double-stopped chromatic snaking exercises. The notation includes fingerings (1, 2, 4), repeat signs (x1, x2), and slurs. The exercises alternate between extension and non-extension techniques.

EXERCISE 2B

Exercise 2B consists of six staves of musical notation. Each staff contains double-stopped chromatic snaking exercises. The notation includes fingerings (4, 1), repeat signs (x1, x2), and slurs. The exercises alternate between extension and non-extension techniques.

PART 1: With Fingers 1, 2 and 4: Alternating Extn with Non-Extn (cont)

EXERCISE 3: SECOND FINGER ON HIGHER STRING, 1ST AND 4TH ON LOWER

EX 3A

EXERCISE 3A musical score details:

- Staff 1: Starts with a double stop (1st and 4th on lower, 2nd on higher). Chromatic movement on the higher string with finger 2. Includes a repeat sign (x1).
- Staff 2: Continues the chromatic movement, alternating between extended and non-extended positions for finger 2. Includes a repeat sign (x1).
- Staff 3: Further chromatic movement with finger 2. Includes a repeat sign (x1).
- Staff 4: Chromatic movement with finger 2. Includes a repeat sign (x2).
- Staff 5: Chromatic movement with finger 2. Includes a repeat sign (x2).
- Staff 6: Chromatic movement with finger 2. Includes a repeat sign (x2).

EXERCISE 4: FIRST AND SECOND FINGERS ON HIGHER STRING, 4TH ON LOWER

Here we may need to use the "Double Bass Position" always. If we use the "Violin Position" we can use the 3rd finger instead of 2nd.

EXERCISE 4 musical score details:

- Staff 1: Starts with a double stop (1st and 2nd on higher, 4th on lower). Chromatic movement on the higher string with fingers 1 and 2. Includes a repeat sign (x1).
- Staff 2: Continues the chromatic movement with fingers 1 and 2. Includes a repeat sign (x1).
- Staff 3: Further chromatic movement with fingers 1 and 2. Includes a repeat sign (x1).
- Staff 4: Chromatic movement with fingers 1 and 2. Includes a repeat sign (x1).
- Staff 5: Chromatic movement with fingers 1 and 2. Includes a repeat sign (x1).
- Staff 6: Chromatic movement with fingers 1 and 2. Includes a repeat sign (x1).