

INTERMEDIATE POSITION: BASIC POSITION AND FLUIDITY EXERCISES

PART 1: WITH SIMPLE EXTENSION

THESE EXERCISES USE THE CLOSED POSITION (1 SEMITONE BETWEEN EACH FINGER) AND THE SIMPLE EXTENDED POSITION (1-3 MINOR THIRD) BUT NEVER THE DOUBLE EXTENSION (1-3 MAJOR THIRD)

WE DON'T EVEN REALLY NEED THE NOTES WRITTEN OUT: JUST CHOOSE A DIFFERENT FINGER PATTERN EACH TIME:

- TRIPLETS: 1-2-3 1-3-2 2-1-3 2-3-1 3-2-1 3-1-2
- SEMIQUAVERS (16TH NOTES): 1-2-3-2 1-2-1-3 1-3-1-2 1-3-2-3
- 2-1-3-1 2-1-2-3 2-3-1-3 2-3-2-1
- 3-1-2-1 3-1-3-2 3-2-1-2 3-2-3-1

- PLAY AROUND WITH THESE PATTERNS BY USING DIFFERENT RHYTHMS, SPEEDS, BOWINGS, TIME SIGNATURES, STRINGS ETC
- TO AVOID TENSION AND RIGIDITY, ROLL THE HAND BETWEEN 3RD FINGER SIDE AND 1ST FINGER SIDE, AND RELAX THE FIRST FINGER WHEN NOT USING IT
- FOR EVEN LESS STRAIN, ESPECIALLY FOR SMALL HANDS, USE 12 4 INSTEAD OF 12 3 IN THE LOWER INTERMEDIATE POSITIONS AND RELEASE THE THUMB (OR PLACE IT ON THE CELLO RIB) IN THE HIGHER POSITIONS.

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OTHER TRIPLET VARIANTS

1-3-2 x3 x3 3 ETC UP

x3 3 ETC DOWN

2-3-1 2 1 2x3 1 2 ETC UP

2 2 2 2 2 ETC DOWN

2-1-3 2 x3 2 2 1 3 ETC UP

2 2 2 x1 2 ETC DOWN

3-1-2 1 x3 1 1 ETC UP

3 1 2 2 3 1 ETC DOWN

3-2-1 3 3 3 ETC UP

3 3 3 3 2 ETC DOWN

1-3-2-3

ETC UP AND DOWN
3

1-3-1-2

ETC UP AND DOWN
3

1-2-3-2

ETC UP AND DOWN
1 2

1-2-1-3

ETC UP AND DOWN
3

2-1-3-1

ETC UP AND DOWN
3

2-3-1-3

ETC UP AND DOWN

2-1-2-3

ETC UP AND DOWN

2-3-2-1

ETC UP AND DOWN
2 3

3-1-2-1

ETC UP AND DOWN
1 2

3-1-3-2

ETC UP AND DOWN
1 2

3-2-3-1

ETC UP AND DOWN
3 2

3-2-1-2

ETC UP AND DOWN
3 2