

Fingerings to Avoid Extensions: Exercises

- do at different speeds and with different bowings and rhythms -

EXERCISE 1: SCALIC ON ONE STRING: SHIFTING MORE OFTEN TO AVOID EXTENSIONS

do also in different keys but always applying the same principle of "more shifts for less extensions"

The exercise consists of six staves of music in bass clef with a key signature of one flat (B-flat). Each staff contains a sequence of notes with fingerings (1, 2, 3, 4) and dots above the notes indicating shifts. The patterns are as follows:

- Staff 1: Notes G2, A2, B2, C3, D3, E3, F3, G3. Fingerings: 1, 3, 3, 3, 3, 3, 3, 3. Shifts: 1, 3, 3, 3, 3, 3, 3.
- Staff 2: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4. Fingerings: 3, 1, 1, 3, 3, 3, 3, 3, 1, 3, 4, 1, 3, 4, 3. Shifts: 1, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3.
- Staff 3: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 3, 1, 3, 4, 1, 2, 4, 3. Shifts: 1, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3.
- Staff 4: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 3, 1, 3, 1, 3, 1, 3, 1, 3, 1, 3, 4, 3, 3, 3. Shifts: 1, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3.
- Staff 5: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 3, 1, 1, 1, 1, 1, 2, 3, 3, 3, 3, 3, 3, 3, 3. Shifts: 1, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3.
- Staff 6: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 3, 1, 3, 4, 1, 3, 1, 3, 1, 3, 1, 3, 3, 3, 4, 3. Shifts: 1, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3, 3.

EXERCISE 2: ARPEGGIO SHIFTING: USING THUMB POSITION TO AVOID EXTENSIONS

these exercises can be transposed all over the fingerboard

WITH EXTENSIONS

WITH THUMB

The exercise consists of two staves of music in bass clef with a key signature of one flat (B-flat). Each staff contains a sequence of notes with fingerings (1, 2, 3, 4) and thumb positions (φ) indicated by a phi symbol above the notes. The patterns are as follows:

- Staff 1: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 1, 2, 4, 1, 4, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1. Thumb positions: φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ.
- Staff 2: Notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Fingerings: 1, 2, 4, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1. Thumb positions: φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ, φ.