

# NECK POSITION EXTENSION EXERCISES PART 2: WITH THE FOURTH FINGER FOR FLUIDITY, WARM-UP, POSITION SENSE AND EXTENSION

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

TRIPLETS:	1-2/3-4	1-4-2/3	2/3-1-4	2/3-4-1	4-2/3-1	4-1-2/3
SEMIQUAVERS (16TH NOTES):	1-2-3-4	1-2-1-4	1-4-1-2	1-2-4-2	1-4-2-4	
	4-3-2-1	4-1-2-1	4-1-4-2	4-2-4-1	4-2-1-2	
	2-1-4-1	2-1-2-4	2-4-2-1	2-4-1-4		

- PLAY AROUND WITH THESE PATTERNS BY USING DIFFERENT RYTHMS, SPEEDS, BOWINGS, TIME SIGNATURES, STRINGS ETC
- TO AVOID TENSION AND RIGIDITY: - ROLL THE HAND BETWEEN THE TOP FINGER SIDE AND THE 1ST FINGER SIDE, AND - RELAX THE FIRST FINGER WHEN NOT USING IT.

1-2/3-4

4-3/2-1

2/3-4-1

2/3 -1 - 4

NECK POSITION: BASIC POSITION AND FLUIDITY EXERCISES WITH ALL FINGERS (cont.)

4-2/3-1      4      3      4      3      ETC UP

3      4      3      4      ETC DOWN

4-1-2/3      3      x2      3      4      3      x2      ETC UP

3      3      3      3      ETC DOWN

THE SAME BUT NOW WITH GROUPS OF FOUR

1: STARTING ON FIRST FINGER

1-2-3-4      1 2      1      1 2      ETC UP

1 2      1 2      1 2      1 2      ETC DOWN

DO ALSO: 1-2-1-4      1-4-1-2      1-2-4-2      AND      1-4-2-4

2: STARTING ON SECOND FINGER

2-1-4-1      2      2      2      2      ETC UP

2      2      2      2      ETC DOWN

DO ALSO: 2-1-2-4      2-4-2-1      AND      2-4-1-4

STARTING ON FOURTH FINGER

4-3-2-1      4      4      4      4      ETC UP

4      4      4      4      ETC DOWN

DO ALSO: 4-1-2-1      4-1-4-2      4-2-4-1      AND      4-2-1-2