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

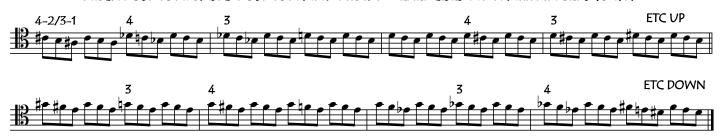
2-1-4-1 2-1-2-4 2-4-2-1 2-4-1-4

- 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.



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





THE SAME BUT NOW WITH GROUPS OF FOUR

1: STARTING ON FIRST FINGER



2: STARTING ON SECOND FINGER





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