

## Thumb Position: Doublestops in One Position: FIRST LEVEL EXERCISES

While maintaining ONE fixed finger on one string, we will improvise with all the other fingers on the other string. We will use the three different standard finger spacings (indicated in the tables).

These exercises are the most simple precursors (preparatory exercises) to the "Cossmann-style Doubletrill" exercises. Note: "T" indicates "Thumb".

TABLE 1A: ONE FIXED FINGER ON LOWER STRING/ ALL OTHER FINGERS ON HIGHER STRING				
HIGHER STRING FINGERS	T 1 2 3	T 2 3	T 1 3	T 1 2
LOWER STRING FINGERS	T	1	2	3
T 1 2# 3				
T 1 2b 3				
T1b 2b 3				

TABLE 1B: ONE FIXED FINGER ON HIGHER STRING/ ALL OTHER FINGERS ON LOWER STRING				
HIGHER STRING FINGERS	T	1	2	3
LOWER STRING FINGERS	T 1 2 3	T 2 3	T 1 3	T 1 2
T 1 2# 3				
T 1 2b 3				
T1b 2b 3				

Here below are some suggestions for how to practice these exercises:

1A: improvise on the higher string

1 B: improvise on the lower string