

Thumb Position: Doublestops in One Position: THIRD LEVEL EXERCISES

COSSMANN-STYLE DOUBLETRILLS: TWO FINGERS ON EACH STRING

For Finger Strength, Spacing, Independence and Coordination

IN THUMB POSITION THERE EXIST A TOTAL OF SIX POSSIBLE FINGER COMBINATIONS ACROSS 2 STRINGS
(T = Thumb)

higher string:	1 3	T 3	2 3	T 1	1 2	T 2
lower string:	T 2	1 2	T 1	2 3	T 3	1 3

If we practice each of these combinations with both 2 \flat and 2 \sharp then we have a total of 12 different configurations. If we practice them also with the flattened first finger (T-1 \flat -2 \flat -3) then we add another 6 possibilities, making 18 in total. Each of these configurations has a total of 8 possible variants depending on which finger starts on each string and on which string we have the faster movement. This gives us a total of 144 (18 x 8) different possibilities. For the sake of completeness and science, here they all are!

Not all of them are pleasant: some combinations are very dissonant. And not all of them are useful or practical. The different finger combinations are presented here roughly in order of difficulty. Playing with the third finger on the lower string while simultaneously using 2 \sharp or 1 \flat on the higher string is very uncomfortable (or completely impossible) unless we are double jointed, rubber-fingered hand-yoga experts. So we will leave those ones till last (exercises 5 and 6).

All of the six pages of exercises can also be played in different keys. In other words, we can transpose them around the high and middle fingerboard regions. In the lower fingerboard region however the finger spacings become too large to be comfortable. We can also experiment with using lower pairs of strings.

Don't worry about speed or metronomes. What matters here is coordination, intonation and control, not high-speed pyrotechnics. Each bar can be at a different speed, and no bar should be faster than comfortable.

Each of the six pages presents all the possible exercises (finger orders) for each one of the six possible finger-configurations. The first four configurations (Excs 1 - 4) are always notated with the sharpened second finger (2 \sharp) because this is the most comfortable. They can (and should) however also be practiced with 2 \flat , and then ultimately with 2 \flat and 1 \flat together. This progression towards more difficult variants is illustrated here below, taking our first (easiest) finger configuration (Exercise 1) as the starting model.

EXERCISE 1: WITH 2 \sharp

WITH 2 \flat

WITH 2 \flat AND 1 \flat

Exercises (configurations) 5 and 6 have the 3 $^{\text{rd}}$ finger on the lower string and the 2 $^{\text{nd}}$ finger on the higher string. Playing these with 2 \sharp is very uncomfortable so we will start those exercises with 2 \flat , adding 2 \sharp (and then 1 \flat /2 \flat) as more uncomfortable later variants.