BERNHARD COSSMANN DOUBLESTOPPED TRILL EXERCISES

Doublestopped Exercises in One Position: Neck Region

PART 4: TWO FINGERS ON EACH STRING, NO OPEN STRINGS

These are magnificent exercises for developing strength and accurate finger placement (intonation) but at the same time they are tricky "tongue twisters" (some are VERY tricky), which develop, in a very concentrated and efficient way, the skills of finger cooordination and independence.

There are 6 possible finger combinations using two fingers on each string. Here they are in approximate order of difficulty:

3 4	2 4	1 2	1 4	2 3	1 3
1 2	1 3	3 4	2 3	1 4	2 4

For each of these six finger combinations there are eight possible variants, according to the order in which we place the fingers. This total of 48 exercises can seem intimidating, but if we work through them slowly and gradually, they are extremely useful.

Don't overdo them - these are intense, strenuous exercises. This is strong medicine, to be taken only in small doses.

As a general rule, we can always keep the lower fingers in contact with the string. They are played simply by removing the higher finger. They don't need to be articulated but they needn't be pressed down hard into the string when not in use either. They should be as relaxed as possible and just gently touching the string when the higher finger is playing.

Let the thumb "float" freely behind the cello neck. Don't press it on the neck of the cello - the fingers should use the weight of the arm to stop the strings.

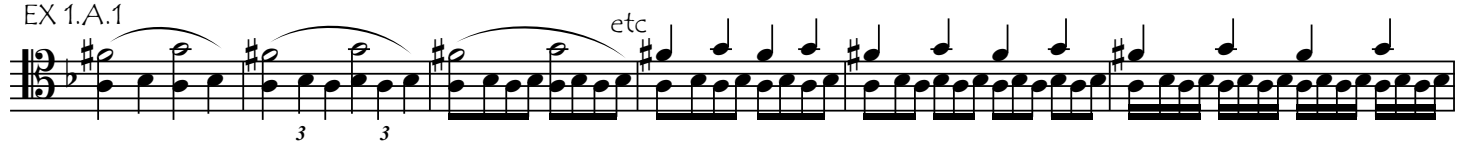
These exercises can be played on other pairs of strings and in any of the different positions of the Neck and Lower Intermediate Region. In fact, for the coordination aspect we can practice these horrible little things anywhere, even without a cello - on our leg, chest, arm or on a table !!

They can also be done in the extended position (using 1b). The extended versions should definitely be done last, as they are so much more difficult. There is no real need to write the exercises out again with the extension: we can just play them as written here, but using always the extended-back first finger instead of the "normal-position" first finger. They are however written out on this site on the "Extensions in Neck Position" page.

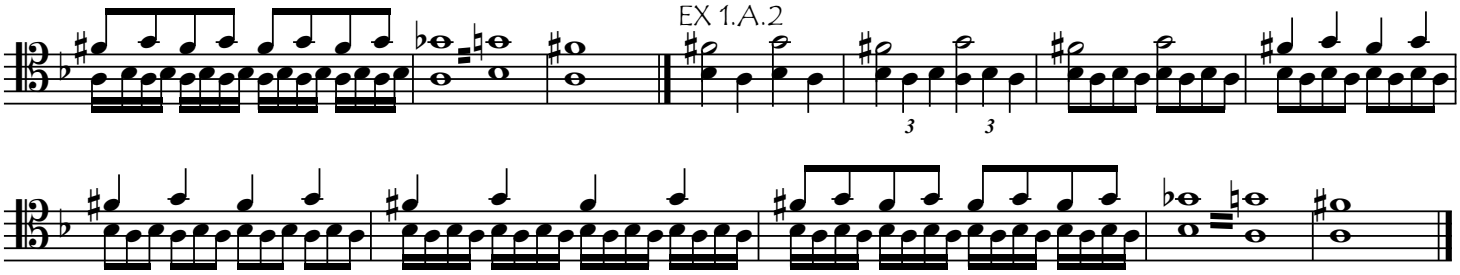
NECK REGION: PLAY IN DIFFERENT POSITIONS

EXERCISE 1: 3RD AND 4TH FINGERS ON TOP STRING, 1ST AND 2ND ON THE LOWER STRING

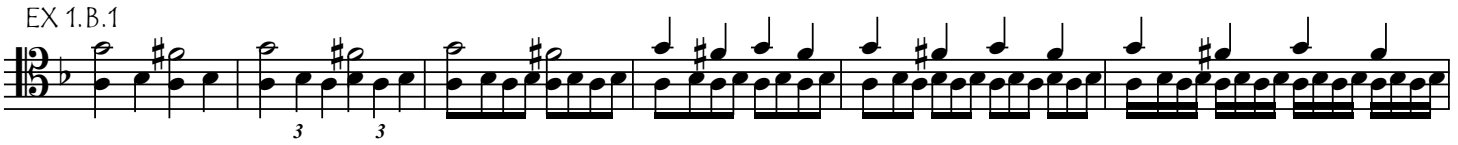
EX 1.A.1



EX 1.A.2



EX 1.B.1



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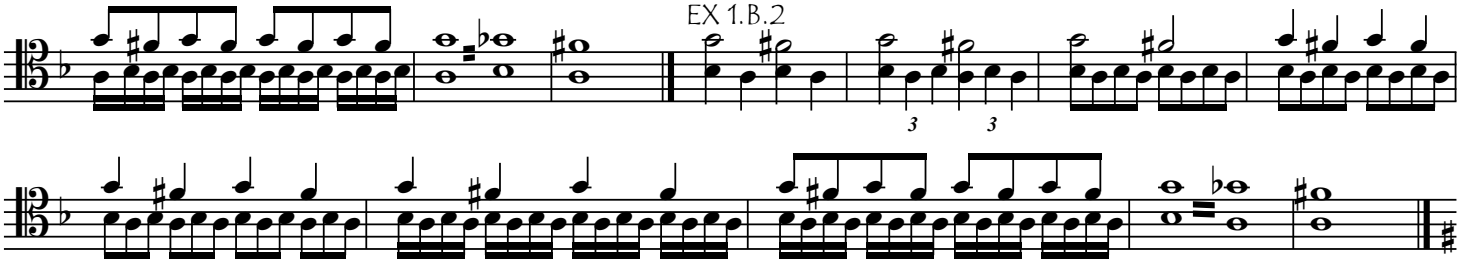
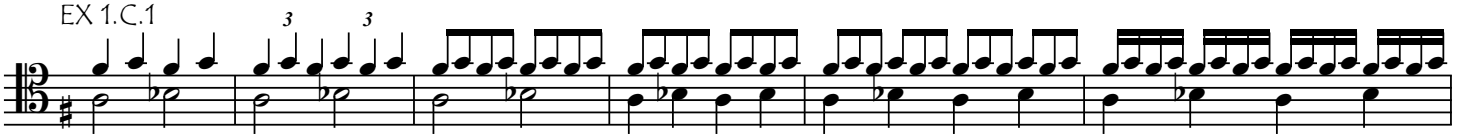


EX 1.C.1



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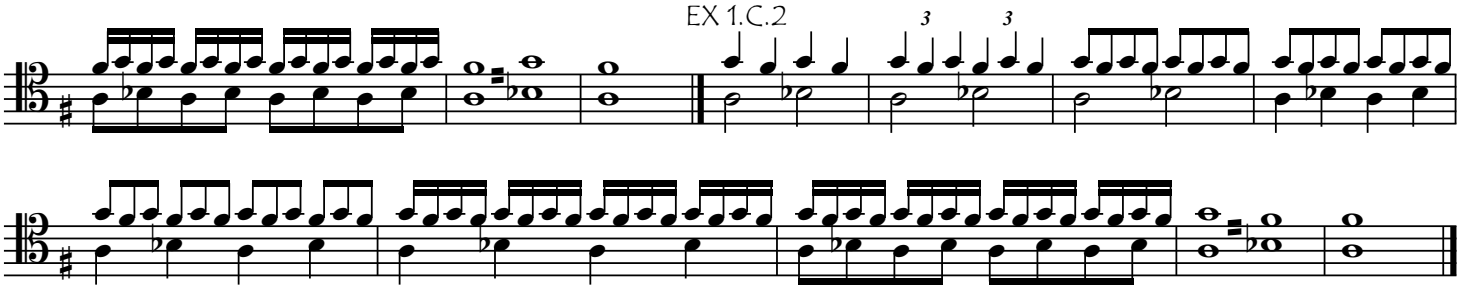
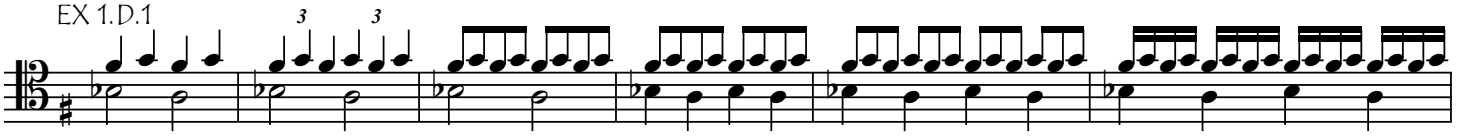
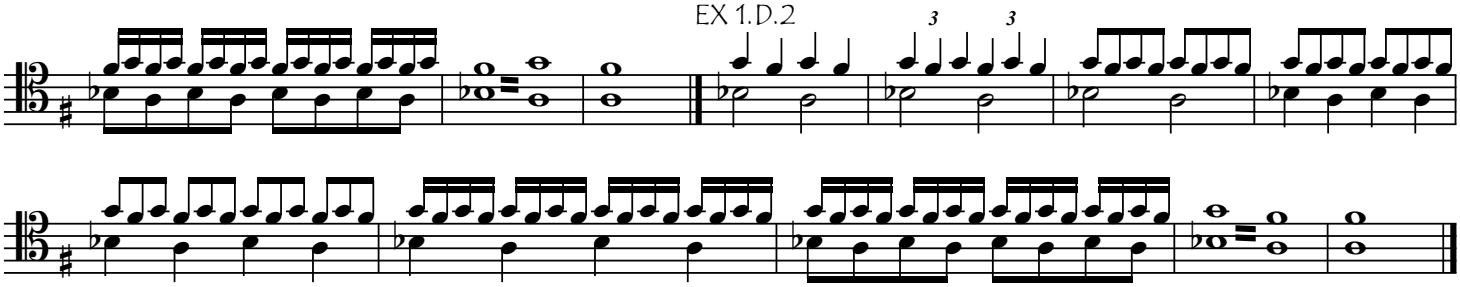


EX 1.D.1



EX 1.D.2



DON'T PLAY THIS PAGE IN EXTENDED POSITION (WITH 1b): IT SOUNDS TOO UGLY

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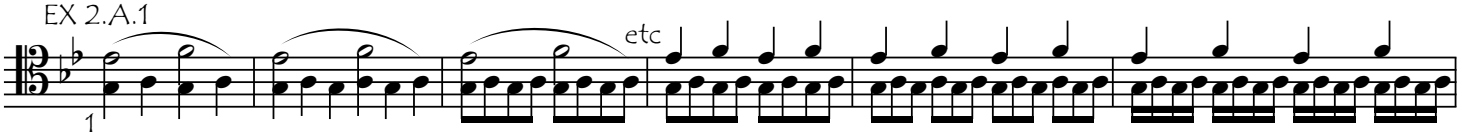
EXERCISE 2: 2ND AND 4TH FINGERS ON TOP STRING, 1ST AND 3RD ON LOWER STRING

EX 2.A.1



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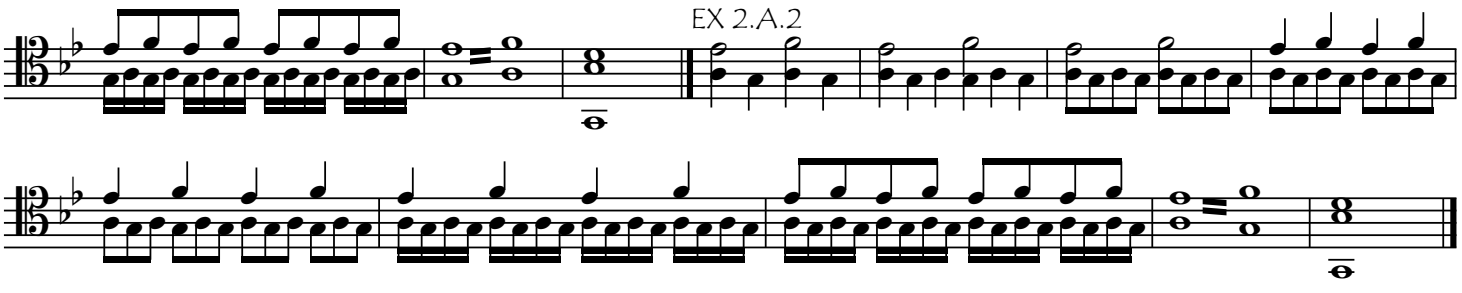
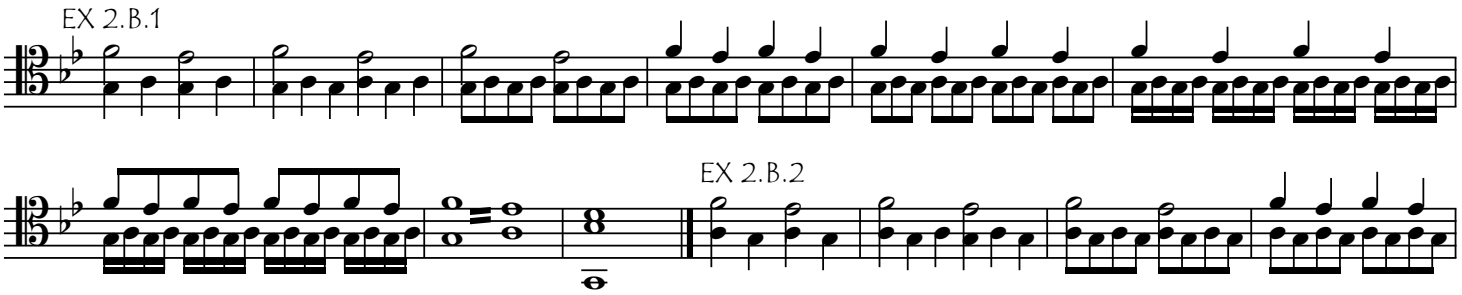


EX 2.B.1



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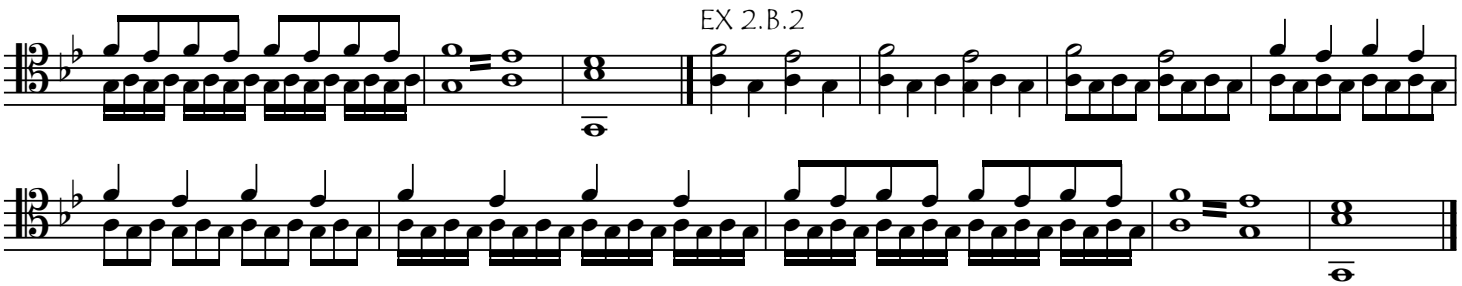
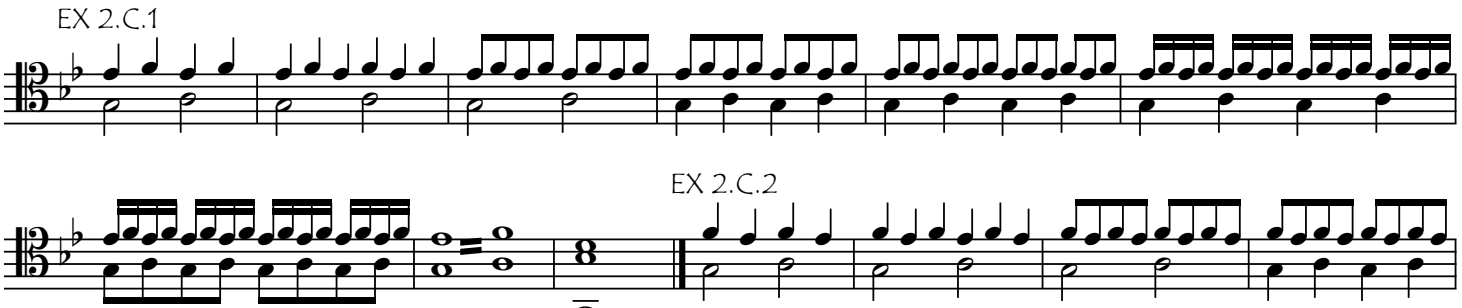
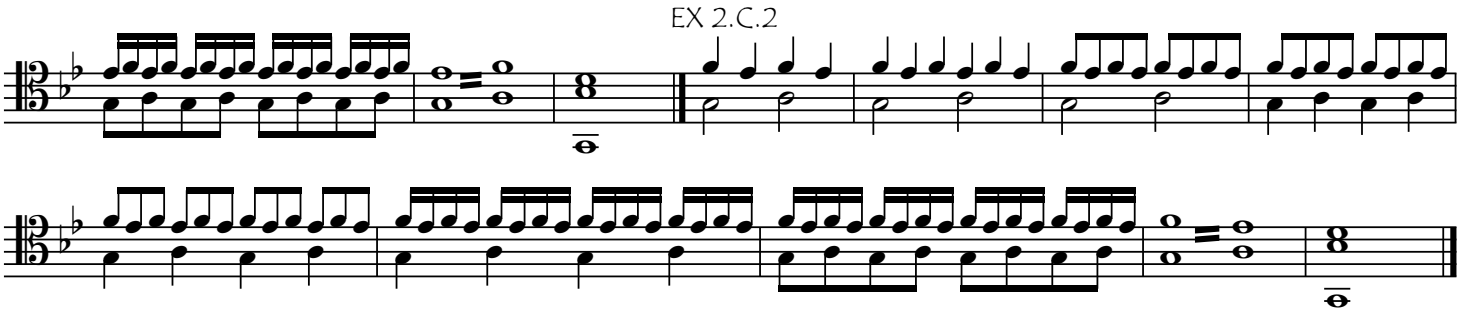


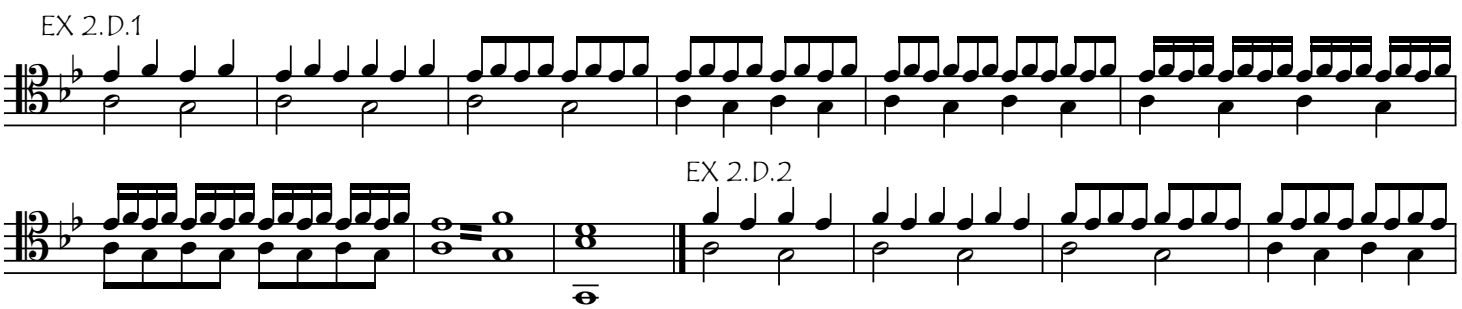
EX 2.C.1



EX 2.C.2



EX 2.D.1



EX 2.D.2

THESE EXERCISES SOUND PRETTY AWFUL IN EXTENDED POSITION SO DON'T BOTHER

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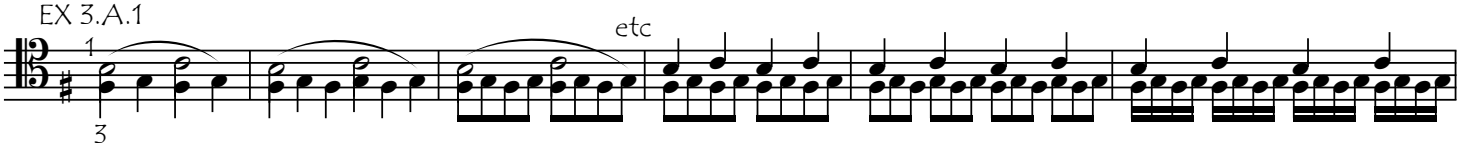
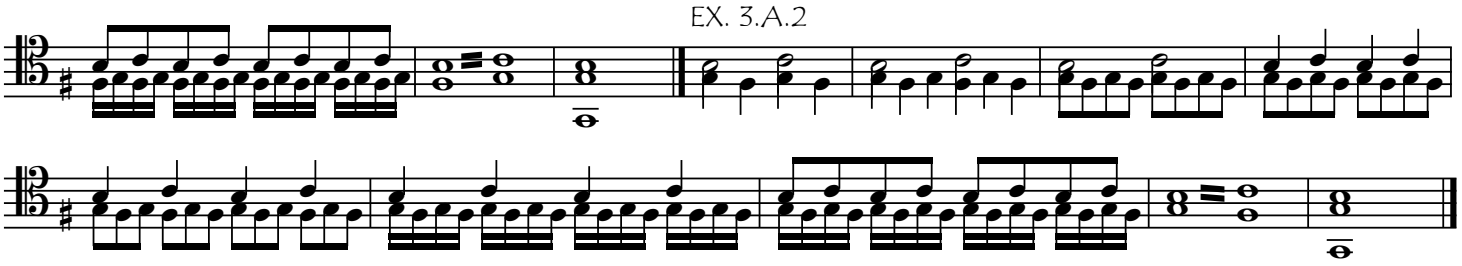
NECK REGION: PLAY IN DIFFERENT POSITIONS

EXERCISE 3: 1ST AND 2ND FINGERS ON TOP STRING, 3RD AND 4TH ON LOWER STRING

EX 3.A.1



EX. 3.A.2



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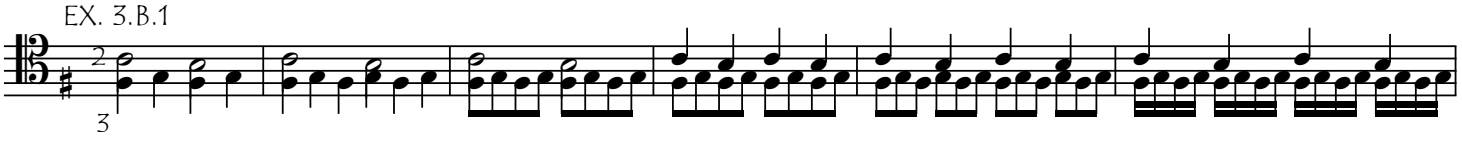

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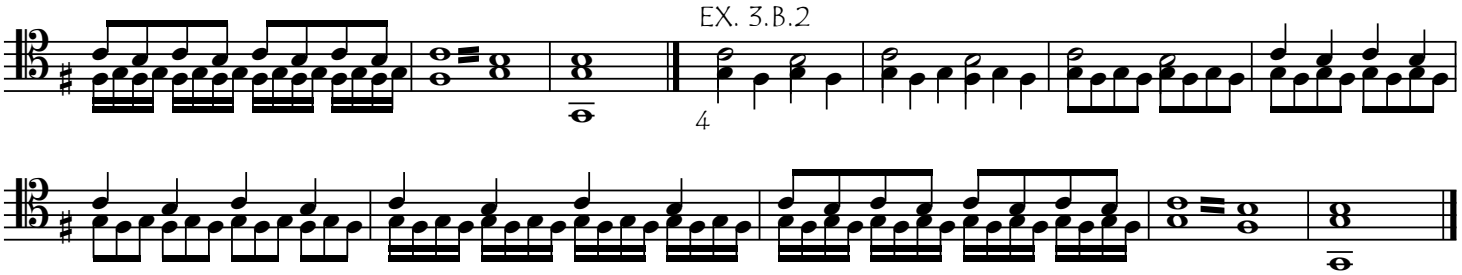

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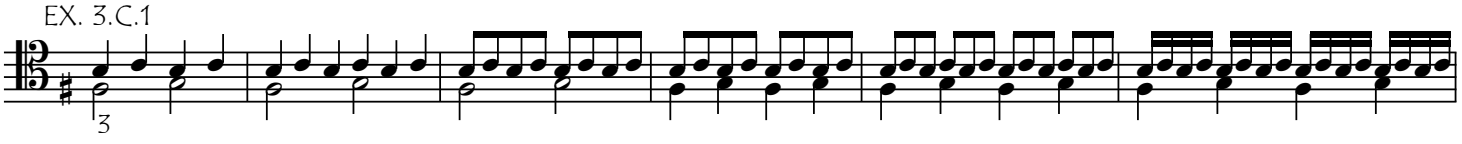

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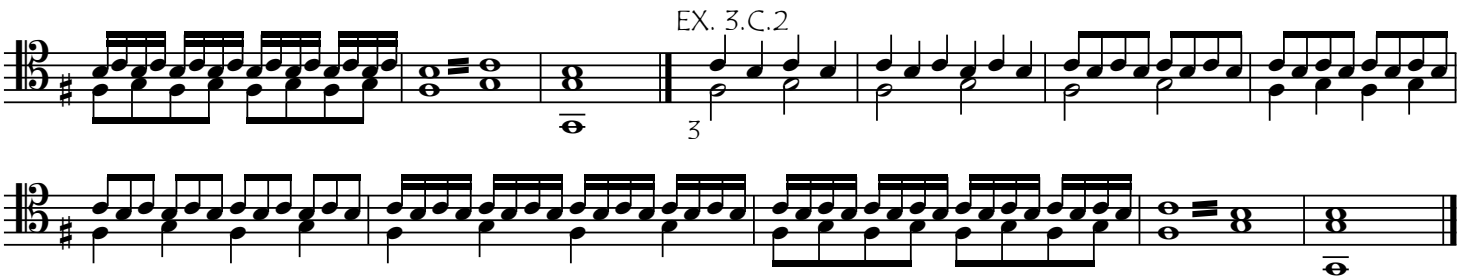

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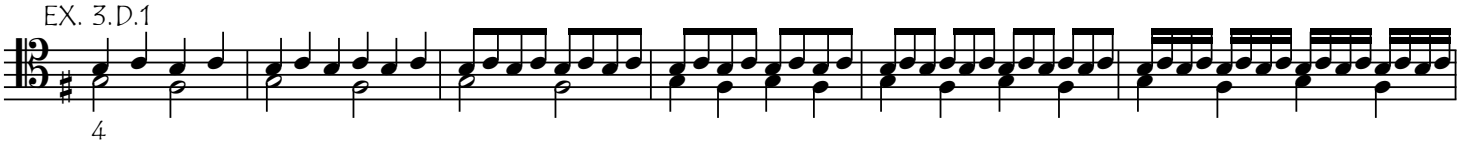
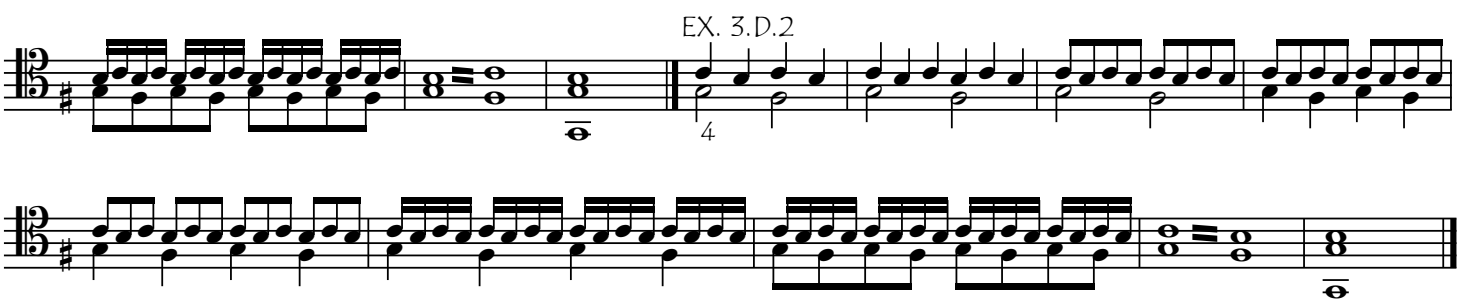


EX. 3.D.2



NOW TRY THE EXERCISES IN EXTENDED POSITION (WITH 1b)

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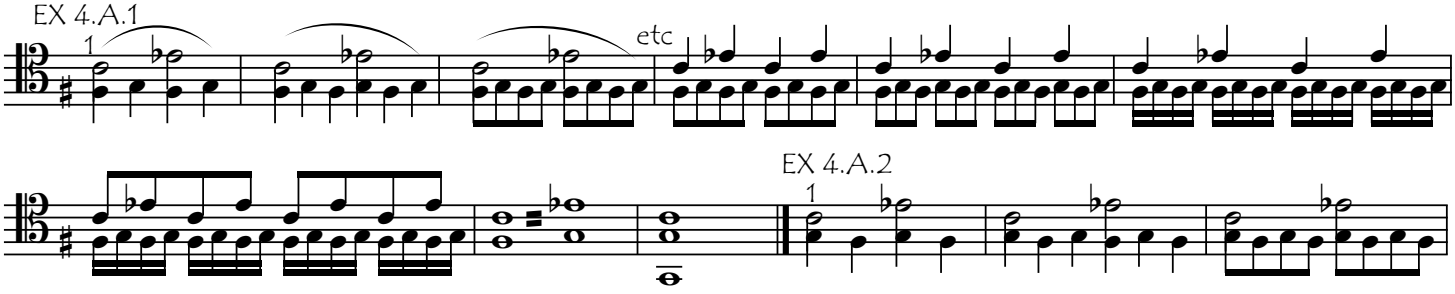
EXERCISE 4: 1ST AND 4TH FINGERS ON TOP STRING, 2ND AND 3RD ON THE LOWER STRING

EX 4.A.1



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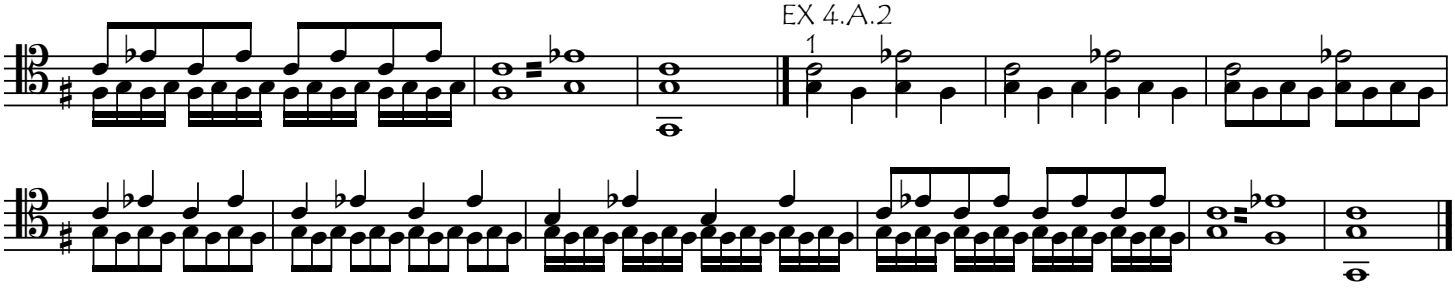
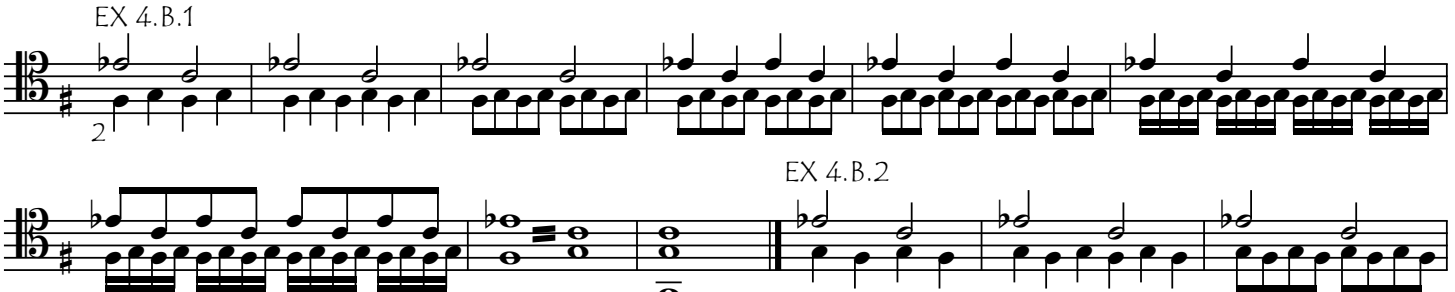
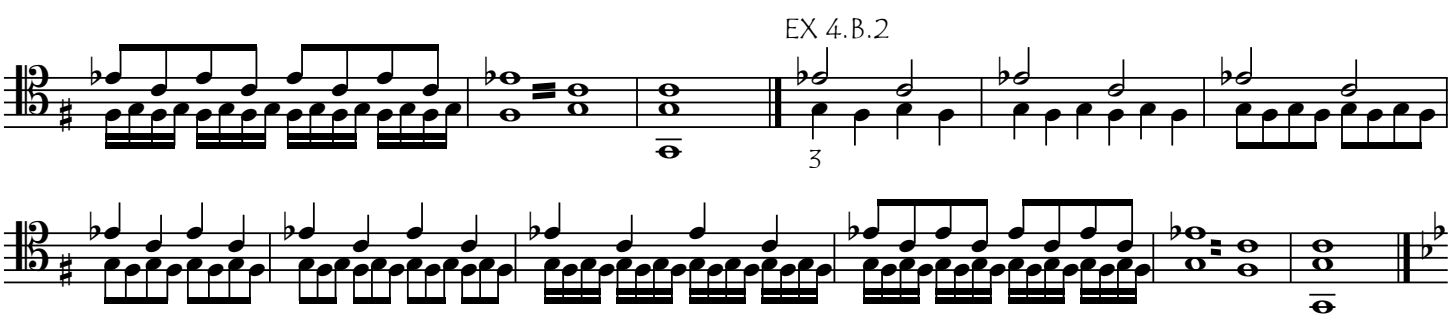


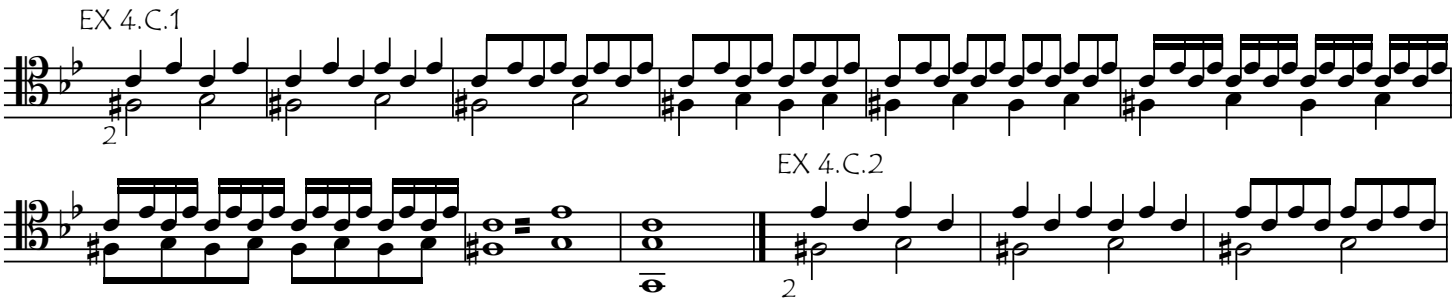
EX 4.B.1



EX 4.B.2

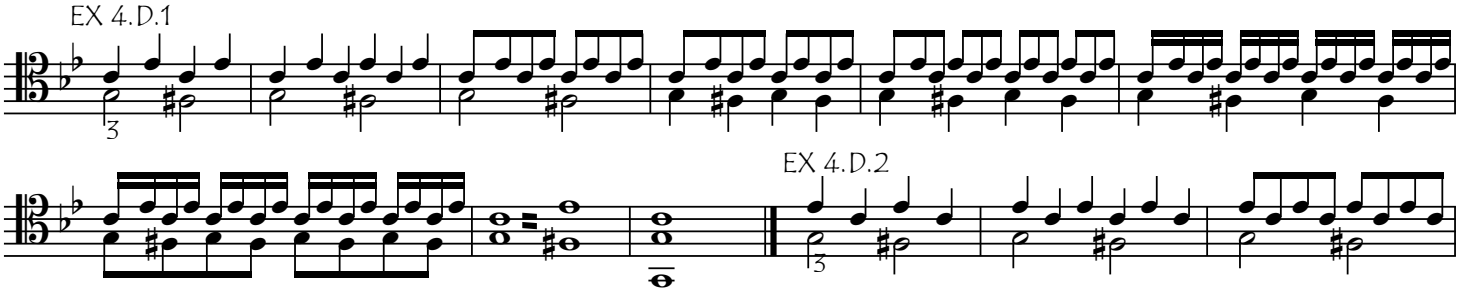


EX 4.C.1

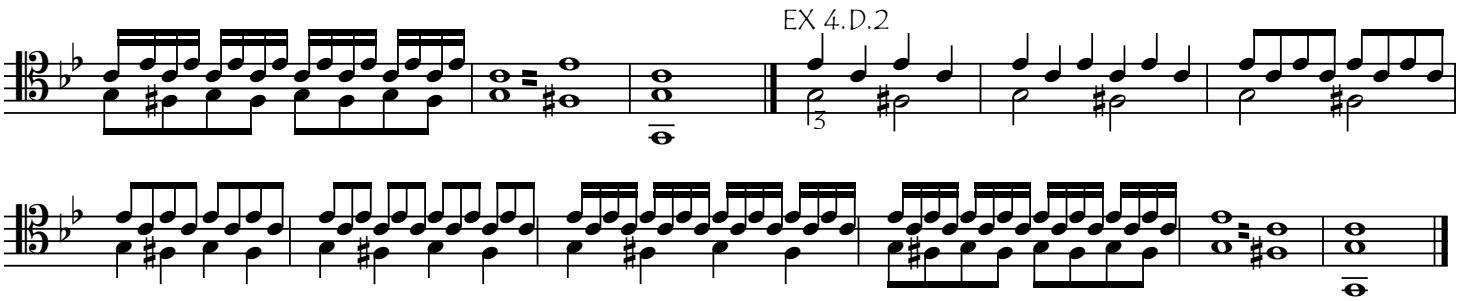


EX 4.C.2

EX 4.D.1



EX 4.D.2



NOW TRY THE EXERCISES IN EXTENDED POSITION (WITH 1b)

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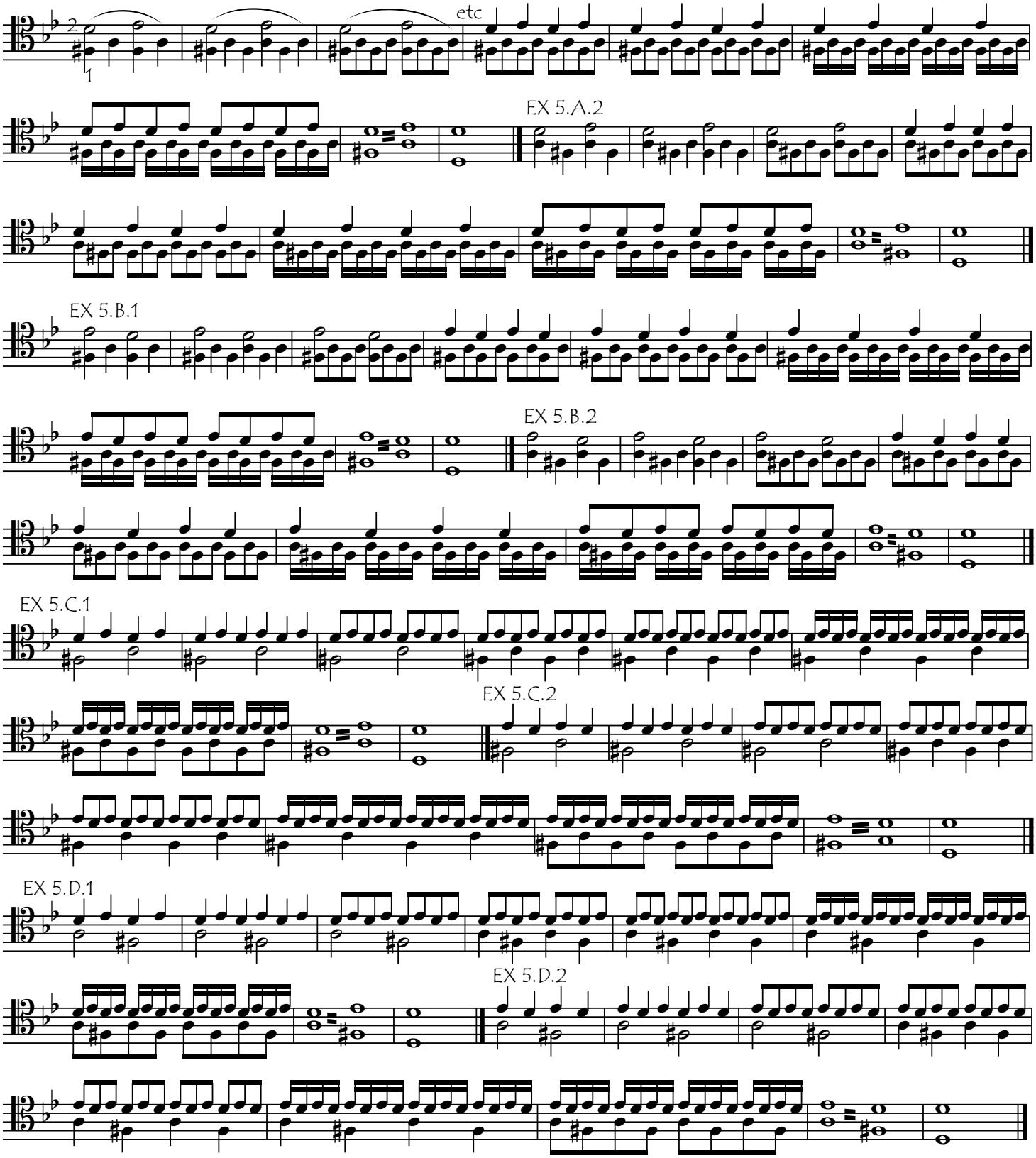
NECK REGION: PLAY IN DIFFERENT POSITIONS

In both of these last two patterns (exercises 5 and 6), the third finger is on the higher string while the fourth is on the lower. This is very uncomfortable. That is why we have left these patterns till last. Here the hand may need to be not only more square to the fingerboard (in the "doublebass position) but even past 90° to the fingerboard, with the fingers actually pointing "backwards" towards the nut of the fingerboard.

EXERCISE 5: 2ND AND 3RD FINGERS ON TOP STRING, 1ST AND 4TH ON LOWER STRING: EX 5.A.1



NOW TRY THE EXERCISES IN EXTENDED POSITION (WITH 1b)

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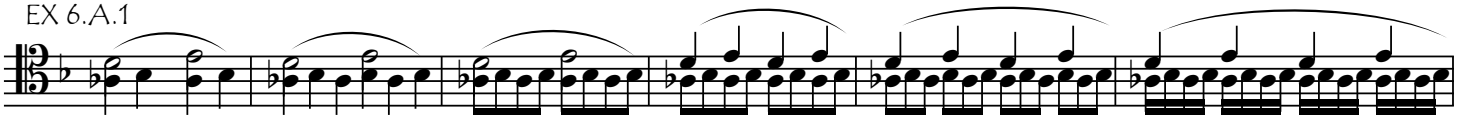
EXERCISE 6: 1ST AND 3RD FINGERS ON TOP STRING, 2ND AND 4TH FINGERS ON LOWER STRING
good luck with this nasty little piece of work ..... is it possible to get the third finger in tune?

EX 6.A.1



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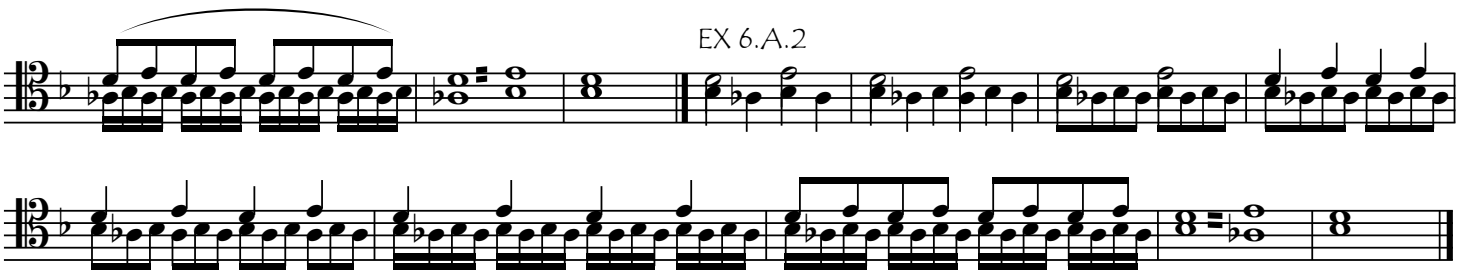

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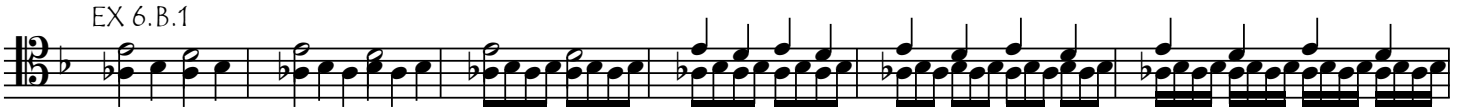

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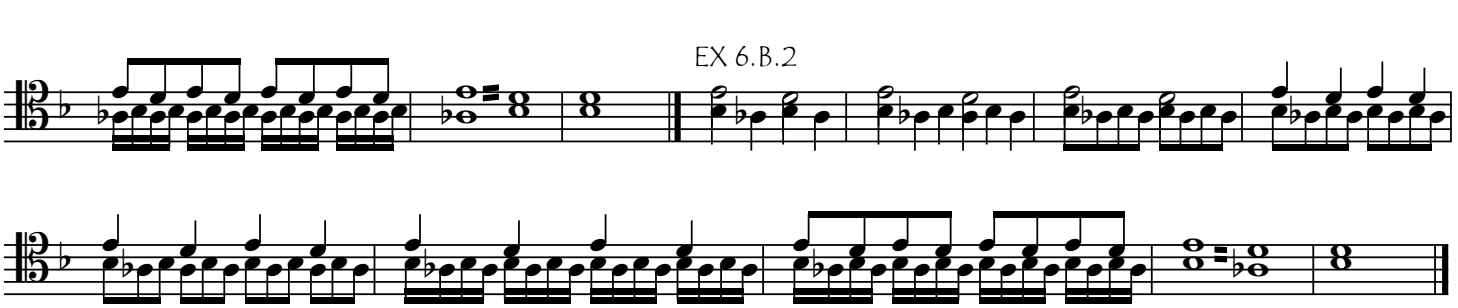
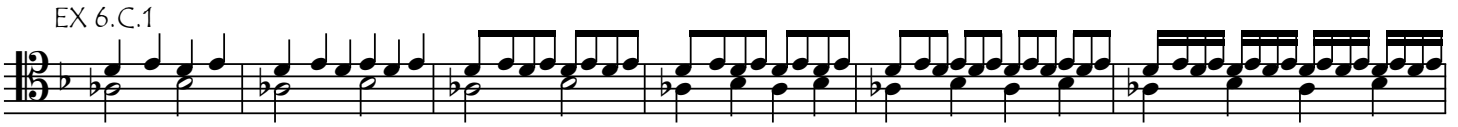
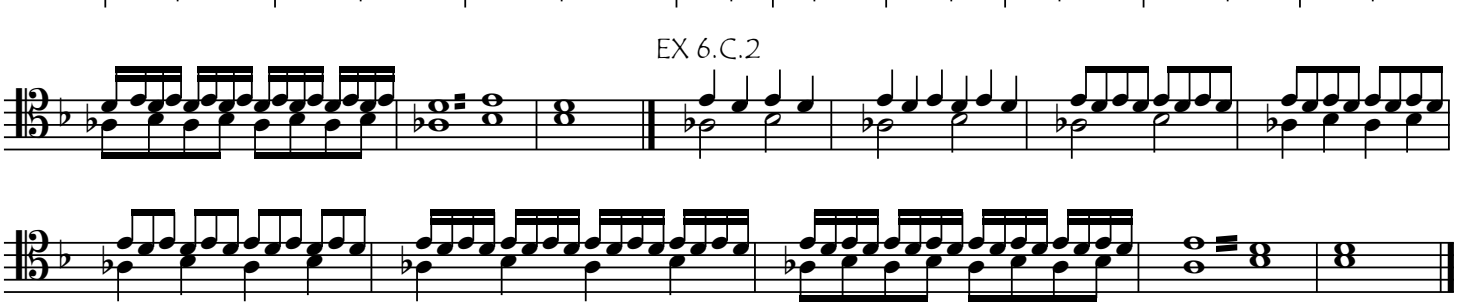


EX 6.C.1



EX 6.C.2



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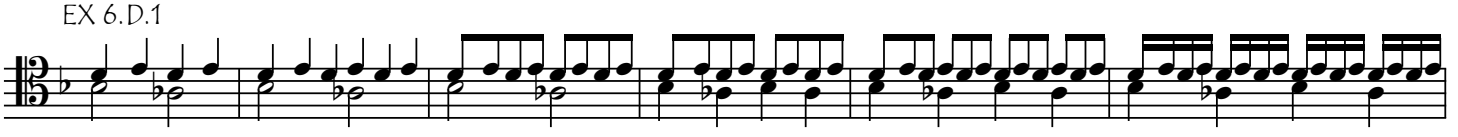
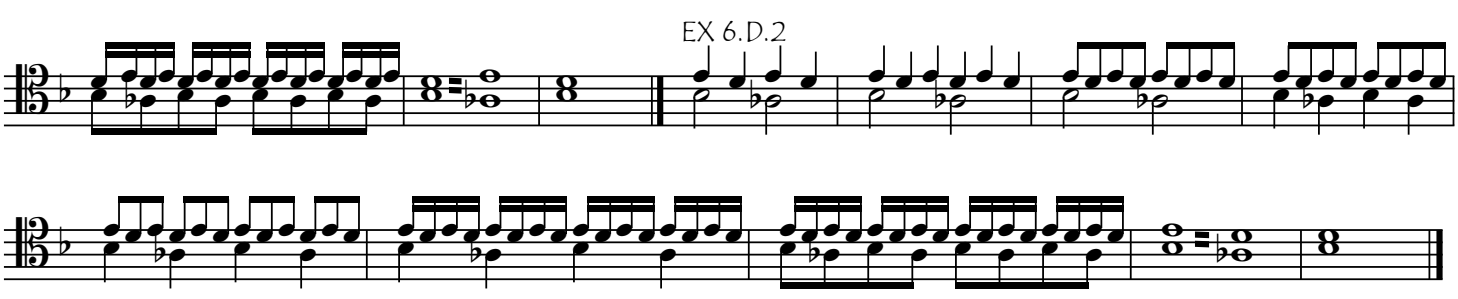


EX 6.D.2



NOW TRY THE EXERCISES IN EXTENDED POSITION (WITH 1b)

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