

EXTENDED POSITION IN THE NECK REGION

EXERCISES FOR SPEED AND FLUIDITY: 1ST, 2ND AND 3RD FINGERS ONLY

WITHOUT THE 4TH FINGER, THE EXTENDED POSITION CAN USUALLY BE DONE EASILY WITH THE "VIOLIN" HAND POSITION - PAY ATTENTION TO THE THUMB CHOREOGRAPHY AND POSITION (SEE "EXTENSIONS") -

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

TRIPLETS: 1-2-3 1-3-2 2-1-3 2-3-1 3-2-1 3-1-2

SEMIQUAVERS (16TH NOTES): 1-2-3-2 1-2-1-3 1-3-1-2 1-3-2-3
2-1-3-1 2-1-2-3 2-3-1-3 2-3-2-1
3-1-2-1 3-1-3-2 3-2-1-2 3-2-3-1

- THESE EXERCISES ARE TO PLAYED FAST AND SLURRED WITH LONG BOWS -
- ALWAYS KNOW WHAT NOTES YOU ARE PLAYING AND USE THE OPEN STRING TO CHECK YOUR INTONATION -
- PLAY AROUND WITH THESE PATTERNS BY USING DIFFERENT RHYTHMS, SPEEDS, BOWINGS, TIME SIGNATURES, STRINGS ETC -
- VARY THE RELATIVE FREQUENCIES OF THE "RESTING" (NON-EXTENDED) AND "HARD-WORK" (EXTENDED) POSITIONS ACCORDING TO YOUR OBJECTIVES OF THE MOMENT (WARM-UP OR "WEIGHT-TRAINING")

1-2-3
thumb moves up
DOWN
thumb moves up

OTHER TRIPLET VARIANTS

1-3-2 and up
and down
2-3-1 and up
and down

