

NECK REGION DOUBLETOPPED EXERCISES IN ONE POSITION: COSSMANN PREPARATION
 LEVEL 3: One Finger and Open on One String/TWO Other Fingers on the Other String

Ex 3A: With Open String on HIGHER String

TABLE 3A1: ALL POSSIBLE COMBINATIONS WITH 1ST FINGER AND OPEN STRING ON THE HIGHER STRING			
HIGHER STRING	1 0	1 0	1 0
LOWER STRING	3 4	2 4	2 3
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	8°, 5° and 2° 1st finger on F, D or B (if on A-string)	5°, 2°, and 1° 1st finger on D, B or Bb (if on A-string)	7°, 6°, 4°, 3°, 2° and 1° 1st finger on E, D#, C#, C, or Bb (if on A-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on E or Bb (if on A-string)	1st finger on Eb or Bb (if on A-string)	1st finger on E, B or Bb (if on A-string)

TABLE 3A2: ALL POSSIBLE COMBINATIONS WITH 2ND FINGER AND OPEN STRING ON THE HIGHER STRING			
HIGHER STRING	2 0	2 0	2 0
LOWER STRING	1 4	1 3	3 4
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	7°, 4° and 1° 1st finger on A, F# or Eb (if on D-string)	7°, 5°, 4°, 3°, and 1° 1st finger on A, G, F#, F or Eb (if on D-string)	7°, 2°, and 1° 2nd finger on F, C or B (if on A-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on A or F (if on D-string) *TOO HARD*	1st finger on A, F#, E or Eb (if on D-string) *TOO HARD*	NOT APPLICABLE

TABLE 3A3: ALL POSSIBLE COMBINATIONS WITH 3RD FINGER AND OPEN STRING ON THE HIGHER STRING			
HIGHER STRING	3 0	3 0	3 0
LOWER STRING	1 4	1 2	2 4
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	7°, 4°, 2° and 1° 1st finger on A, F#, E or Eb (if on A-string)	7°, 3°, 2° and 1° 1st finger on A, F, E or Eb (if on A-string)	8°, 6°, 4°, 2° and 1° 2nd finger on B, A, F#, F, or E (if on A-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on A or F (if on D-string) *TOO HARD*	1st finger on A, F or E (if on D-string)	NOT APPLICABLE

TABLE 3A4: ALL POSSIBLE COMBINATIONS WITH 4TH FINGER AND OPEN STRING ON THE HIGHER STRING			
HIGHER STRING	4 0	4 0	4 0
LOWER STRING	1 2	1 3	2 3
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	4°, 2° and 1° 1st finger on F#, E or Eb (if on D-string)	7°, 5°, 3°, and 2° 1st finger on A, G, F or E (if on D-string)	6°, 3°, 2° and 1° 2nd finger on A, F#, F or E (if on D-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	UGLY	UGLY	NOT APPLICABLE

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 LEVEL 3: One Finger and Open on One String/TWO Other Fingers on the Other String (cont)

Ex 3B: With Open String on LOWER String

TABLE 3 B 1: ALL POSSIBLE COMBINATIONS WITH 1ST FINGER AND OPEN STRING ON THE LOWER STRING			
HIGHER STRING	2 4	3 4	2 3
LOWER STRING	1 0	1 0	1 0
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	7°, 4° and 2° 1st finger on A, F# or E (if on D-string)	7°, 3° and 2° 1st finger on A, F, E (if on D-string)	7°, 6°, 4°, 3° and 1° 1st finger on A, G#, F#, F or Eb (if on D-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on A, F or Eb (if on D-string)	1st finger on G or Eb (if on D-string) UGLY	1st finger on A, G, F or E (if on D-string)

TABLE 3 B 2: ALL POSSIBLE COMBINATIONS WITH 2ND FINGER AND OPEN STRING ON THE LOWER STRING			
HIGHER STRING	1 4	1 3	3 4
LOWER STRING	2 0	2 0	2 0
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	7°, 5°, 3° and 2° 1st finger on E, D, C or B (if on A-string)	5°, 3°, 2° and 1° 1st finger on D, C, B or Bb (if on A-string)	7°, 6°, 5°, 3° and 2° 2nd finger on Bb, A, G#, F# or F (if on D-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on D or Bb (if on A-string)	1st finger on B or D (if on A-string)	NOT APPLICABLE

TABLE 3 B 3: ALL POSSIBLE COMBINATIONS WITH 3RD FINGER AND OPEN STRING ON THE LOWER STRING			
HIGHER STRING	1 4	1 2	2 4
LOWER STRING	3 0	3 0	3 0
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	5° and 2° 1st finger on D or B (if on A-string)	5°, 2° and 1° 1st finger on D, B or Bb (if on A-string)	7°, 4°, 2° and 1° 2nd finger on F, D, C or B (if on A-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on Bb or D (if on A-string)	1st finger on E, D, C or Bb (if on A-string)	NOT APPLICABLE

TABLE 3B4: ALL POSSIBLE COMBINATIONS WITH 4TH FINGER AND OPEN STRING ON THE LOWER STRING			
HIGHER STRING	1 2	1 3	2 3
LOWER STRING	4 0	4 0	4 0
SOUNDS GOOD IN WHICH NON-EXTD POSITIONS?	4°, 2° and 1° 1st finger on D, B or Bb (if on A-string)	7°, 5° and 2° 1st finger on E, D or B (if on A-string)	4° and 1° 2nd finger on D or B (if on A-string)
SOUNDS GOOD IN WHICH EXTENDED POSITIONS?	1st finger on D, C or Bb (if on A-string)	1st finger on D or B (if on A-string)	NOT APPLICABLE

