

Positional Sense After Open String in Neck Region: ALWAYS EXTENDED

THESE EXERCISES ARE WRITTEN OUT ON THE D-STRING BUT CAN BE DONE ON ANY STRING

KEEP THE LEFT HAND THUMB IN CONTACT AT ALL TIMES WITH THE CELLO NECK

REPEAT EACH "CELL" SEVERAL TIMES AND ALWAYS PLUCK THE OPEN STRING WITH THE LEFT HAND

by cellofun.eu

EX. 1: THREE-FINGER QUADRUPLER RHYTHMS. EX. 1A: 0-4-2-1 and 0-1-2-4 (we can "roll" the hand)

EX. 1A: 0-4-2-1 and 0-1-2-4 (we can "roll" the hand)

EX 1B: 0-4-1-2 and 0-2-1-4 (no hand rolling possible, therefore there is more strain)

EX 1B: 0-4-1-2 and 0-2-1-4 (no hand rolling possible, therefore there is more strain)

do the above exercises also with the finger combinations 0-2-4-1 and 0-1-4-2 (also no rolling possible)

EX 2: TWO-FINGER TRIPLET RHYTHM 0-4-1 and 0-1-4 (no rolling possible)

EX 2: TWO-FINGER TRIPLET RHYTHM 0-4-1 and 0-1-4 (no rolling possible)

EX. 3: ALL FINGERS ROLLING EXERCISES

EX. 3: ALL FINGERS ROLLING EXERCISES

All of the above exercises shift chromatically. Now make some variants that shift larger intervals.