

# Thumb Position Non-Whole-Hand Movements Fingers Free with Fixed Thumb: Exercises with Sliding Shifts

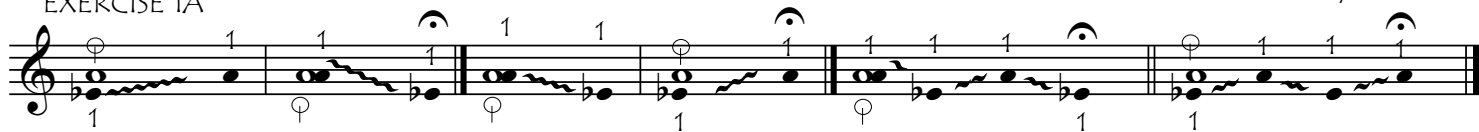
## PART 1: SAME FINGER SHIFTS WITH THUMB DRONE ON HIGHER STRING

Move these exercises up and down the fingerboard. Take the extension slightly beyond its limit of comfort.

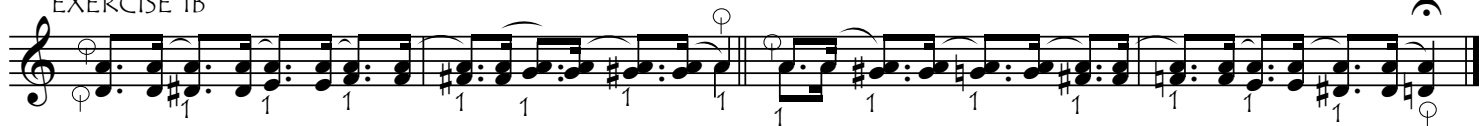
### SHIFTING ON FIRST FINGER

by cellofun.eu

#### EXERCISE 1A



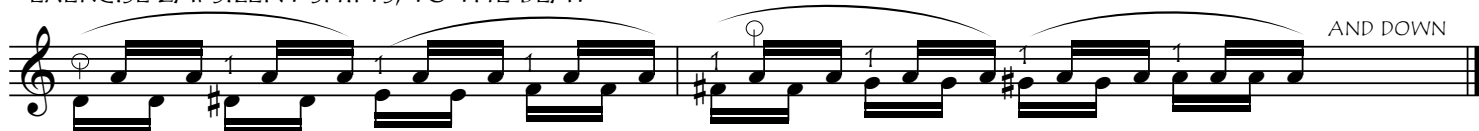
#### EXERCISE 1B



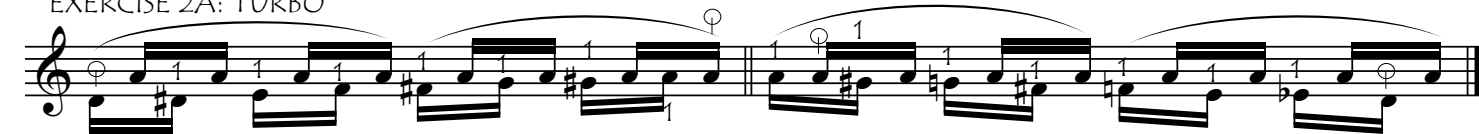
#### EXERCISE 1C



#### EXERCISE 2A: SILENT SHIFTS, TO THE BEAT



#### EXERCISE 2A: TURBO



#### EXERCISE 2B: SILENT GLISSANDO SHIFTS, AFTER THE BEAT



#### EXERCISE 2B: TURBO



#### EXERCISE 3 A



#### EXERCISE 3 B



2 Non-Whole-Hand Movements: Fingers Free with Thumb Fixed: GLISSANDO SAME FINGER SHIFTS (cont)

SLIDING SHIFTS ON SECOND FINGER WITH THUMB DRONE ON HIGHER STRING

EXERCISE 1A

EXERCISE 1B

EXERCISE 2A: SILENT GLISSANDO SHIFTS, ON THE BEAT

EXERCISE 2A: TURBO

EXERCISE 2B: SILENT GLISSANDO SHIFTS, OFF THE BEAT

EXERCISE 2B: TURBO

EXERCISE 3

Non-Whole-Hand Movements: Fingers Free with Thumb Fixed: GLISSANDO SAME FINGER SHIFTS (cont)  
SLIDING SHIFTS ON THIRD FINGER WITH THUMB DRONE ON HIGHER STRING

EXERCISE 1A

EXERCISE 1B

EXERCISE 2A: SILENT GLISSANDO SHIFTS, ON THE BEAT

EXERCISE 2A: TURBO

EXERCISE 2B: SILENT GLISSANDO SHIFTS, OFF THE BEAT

EXERCISE 2B: TURBO

EXERCISE 3