

# Thumb Position Non-Whole-Hand Movements

## Fingers Free with Fixed Thumb

by cellofun.eu

### PART 1: DOUBLESTOPPED SLIDING SHIFTS ON SAME FINGER: FIRST FINGER: ON HIGHER STRING

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

#### 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)  
BASIC DOUBLESTOPPED SLIDING SHIFTING ON SECOND FINGER ON HIGHER STRING

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 3A

EXERCISE 3B

Non-Whole-Hand Movements: Fingers Free with Thumb Fixed: GLISSANDO SAME FINGER SHIFTS (cont)  
BASIC DOUBLESTOPPED SLIDING SHIFTING ON THIRD FINGER ON HIGHER STRING

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 3A

EXERCISE 3B