

1.

Fast Articulation Warmup: ALL REGIONS

by cellofun.eu

NO THUMB AND NO SHIFTING (only crawling). Use long slurred bows

Part A: Triplet finger patterns 1-M-T (also M-T-1 and T-1-M) then 1-T-M (also T-M-1 and M-1-T).

(1 = first finger, M = middle finger, T = top finger)

TRIPLET EXERCISE 1: ONLY MINOR-THIRD HAND FRAME (no major third extensions)

The musical score consists of 12 staves of music, each containing six measures of a triplet exercise. The exercises are as follows:

- Staff 1: Treble clef, key signature of one sharp (F#). Fingerings: 1 3, 2, 1 3, 2, 1 3, 2.
- Staff 2: Treble clef, key signature of one sharp (F#). Fingerings: 1 3, 2, 1 3, 2, 1 3, 2.
- Staff 3: Treble clef, key signature of one sharp (F#). Fingerings: 1 3, 1 3, 4, 1 3 4, 4.
- Staff 4: Treble clef, key signature of one sharp (F#). Fingerings: 2 3, 2 3, 1 2, 1 2, 1 2, 1 2.
- Staff 5: Treble clef, key signature of one sharp (F#). Fingerings: 1, 1, 1, 1, 1, 1.
- Staff 6: Treble clef, key signature of one sharp (F#). Fingerings: 1, 1, 1, 1, 1, 1.
- Staff 7: Treble clef, key signature of one sharp (F#). Fingerings: 3, 2, 3, 2, 3, 2.
- Staff 8: Treble clef, key signature of one sharp (F#). Fingerings: 3, 2, 3, 2, 3, 2.
- Staff 9: Treble clef, key signature of one sharp (F#). Fingerings: 4, 4, 4, 4, 4, 4.
- Staff 10: Treble clef, key signature of one sharp (F#). Fingerings: 4, 2, 4, 4, 4, 4.
- Staff 11: Bass clef, key signature of one sharp (F#). Fingerings: 4, 4, 4, 4, 4, 4.
- Staff 12: Bass clef, key signature of one sharp (F#). Fingerings: 4, 4, 4, 4, 4, 4.

and down

2.

Fast Articulation Warmup Exercises: All regions: No Thumb: No Shifting

TRIPLET EXERCISE 2: WITH MAJOR THIRD EXTENSION

1 3/2 2 1 3/2 2

1 3/2 2 1 3/2 2

1 3/2 2 1 3/2 2

1 3/2 2 1 3/2 2 4/3

1 3/4 3 2 2 3 1 2

1 1 1 1 1 1

2 1 1 1 1 1 etc up

and down 1 1 1 1 1 1

1 1 1 1 1 1

1 2 3 2 1 3/4 1 3/4

2 3 3 4 1 2/3

1 2/3 1 2/3

1 2/3 1 2/3

1 2/3 1 2/3

3. Fast Articulation Warmup Exercises: All regions: No Thumb: No Shifting
 Part B: Quadruplet patterns: M-T-1-T (also we can do T-1-T-M, 1-T-M-T, and T-M-T-1)
 (1 = first finger, M = middle finger, T = top finger)

QUADRUPLET EXERCISE 1: WITH ONLY MINOR-THIRD HAND FRAME (no major third extensions)

and now upwards

QUADRUPLLET EXERCISE 2: WITH MAJOR THIRD EXTENSION

10 staves of music, each containing six measures of quadruplets. The first six staves are in treble clef, and the last four are in bass clef. The exercises involve various key signatures and accidentals, and include fingering numbers (2, 3, 4) above the notes.

and now upwards

6 staves of music, each containing six measures of quadruplets. The exercises involve various key signatures and accidentals, and include fingering numbers (2, 3, 4) above the notes. The final measure of the last staff is followed by the text "etc".