

# Right Wrist Flexibility: EXERCISES

THE WHIP, WHIPLASH, TWO-STROKE, FOUR-STROKE, FLICK, FLAP, LOOPS, AND GLUE ....

PART A: Downbow wrist impulse: use only the wrist movement: Ex A1: On Same String: Use any notes

Whip      Whiplash      Radetsky      Sibelius III      2-Stroke motor      4-Stroke motor      Rolls Royce

Ex A2: Across all strings. Move arm and shoulder for the string crossings but use only the wrist for the notes. Use the notes of any 4-string chords, but always on the indicated strings. Try all the above rhythms

Ex A2A: THE WHIP

Ex A2B: THE WHIPLASH

Ex A2C: THE WRISTMOTOR: Do in three ways: TWOSTROKE: with accents on 1st and 3rd of each group of 4 notes. FOURSTROKE: with accents only on 1st of each group of 4. ROLLSROYCE: without any accents

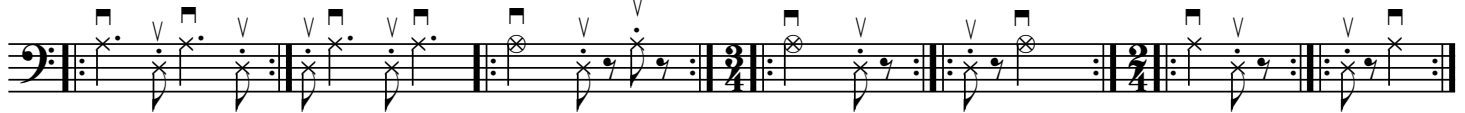
Right-wrist Flexibility: EXERCISES (cont)  
PART B: UPBOW WRIST IMPULSE: THE FLICK

Ex B1: On Same String

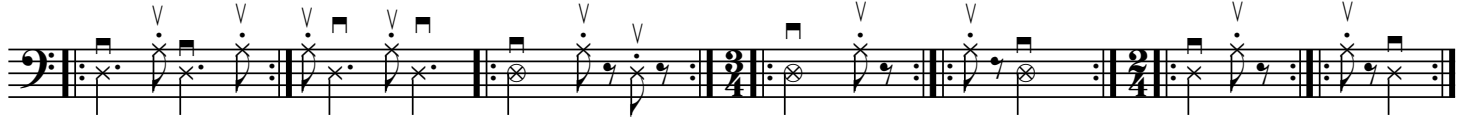


Across all strings: Use any progression of pleasant notes/harmonies

Ex B2: With string crossing to neighbouring string: Ex B2A: in favourable direction (clockwise circles)



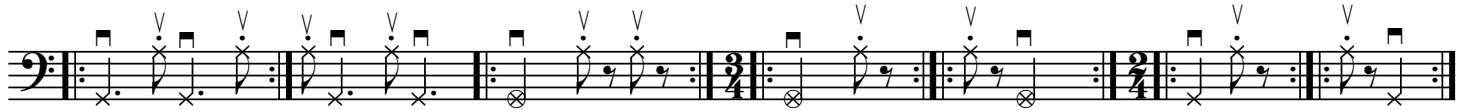
Ex B2B: in unfavourable direction (anti-clockwise circles)



Ex B3: With leap across a middle string. Ex B3A: in favourable direction



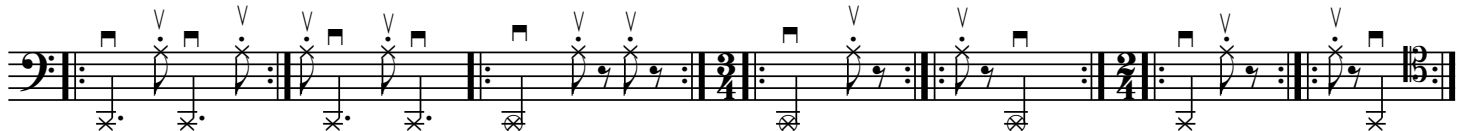
Ex B3B: in unfavourable direction



Ex B4 With leap across two middle strings. Ex B4A: in favourable direction



Ex B4B: in unfavourable direction



Ex B5: Consecutive upbow flicks (with retakes)



Ex C1A: Radetsky

Musical score for Ex C1A: Radetsky, featuring four staves of bass clef notation. The score includes various rhythmic patterns, including eighth and sixteenth notes, and rests. The notation is dense, with many notes marked with 'x' to indicate bowing or fingerings. The piece concludes with a double bar line and a repeat sign.

Ex C1B: Sibelius III

Musical score for Ex C1B: Sibelius III, featuring four staves of bass clef notation. The score includes various rhythmic patterns, including eighth and sixteenth notes, and rests. The notation is dense, with many notes marked with 'x' to indicate bowing or fingerings. The piece concludes with a double bar line and a repeat sign.

Ex C2: The Three-stroke motor

Musical score for Ex C2: The Three-stroke motor, featuring seven staves of bass clef notation. The score includes various rhythmic patterns, including eighth and sixteenth notes, and rests. The notation is dense, with many notes marked with 'x' to indicate bowing or fingerings. The piece concludes with a double bar line and a repeat sign.

PART C (cont): Alternating up and downbow impulses. Use notes from any 4-string chords

Ex C3: "GLUE" - play the triplets as legato as possible. Improvise with any notes.

Ex C4: "THE FLAP" (use whole bows and do crossing oscillations only with wrist and fingers)

Ex C5: "LOOPS": Ex C5A: In the favourable (clockwise) direction

Ex C5B: In the unfavourable (anti-clockwise) direction