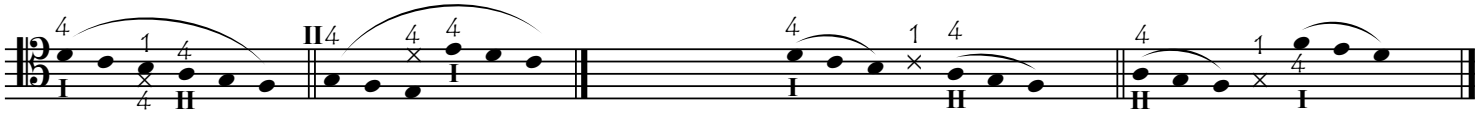
Assisted Shifts to a Different String: All Regions (NO THUMB): EXERCISES

All of these exercises use shifts to a neighbouring string but we can also shift to the more distant strings and can also use different bowings, rhythms and keys. Practice the shifts in two ways:

1: Legato, with all shifts on new string and finger

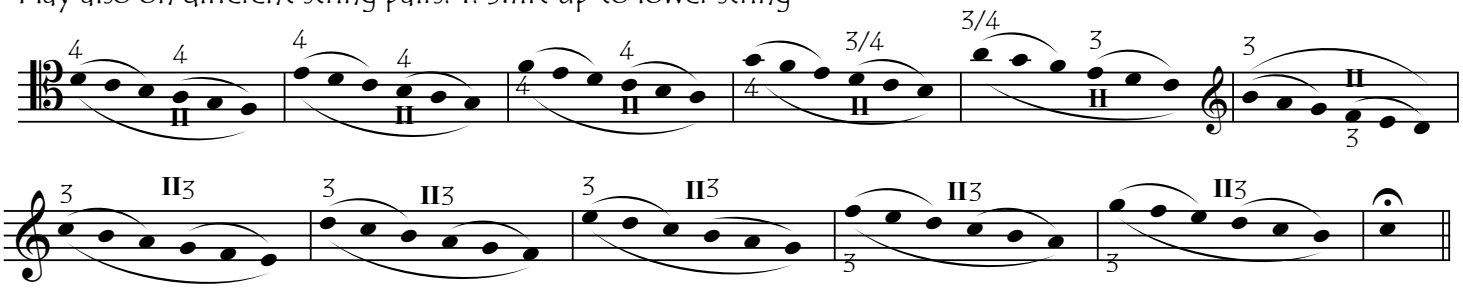
2: Non-legato, silent shifts on old string and finger.



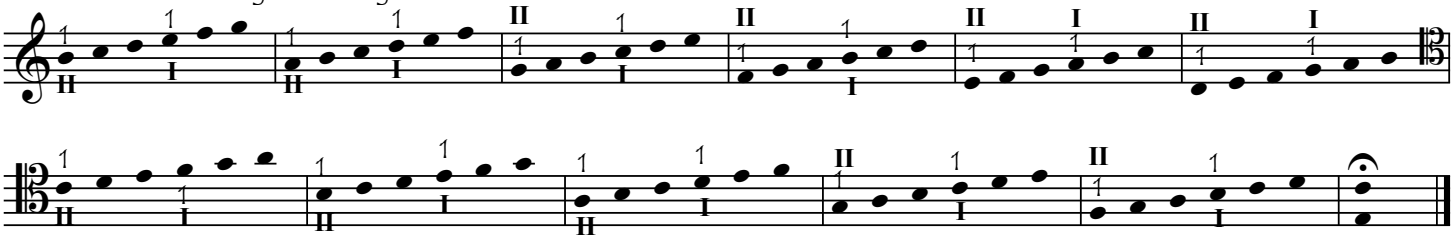
PART A: HAND ALWAYS SHIFTS A SECOND (tone or semitone)

EXERCISE A1: SHIFTS BETWEEN FIRST AND TOP FINGERS A1A: String Pairs: Tonal

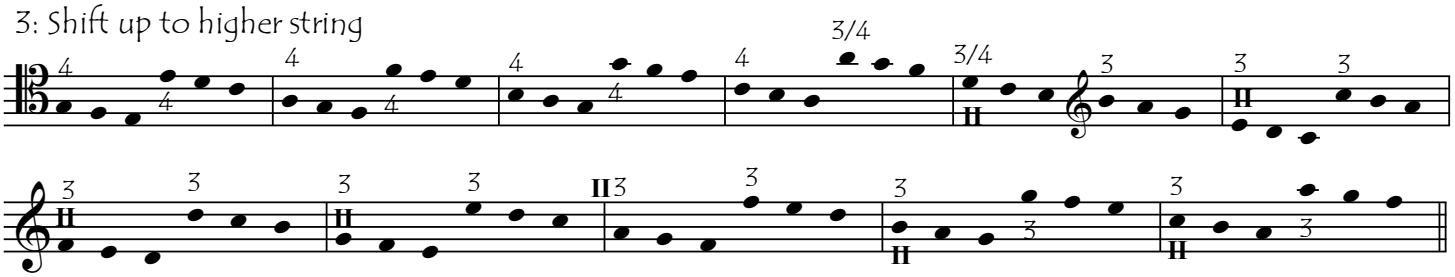
Play also on different string pairs: 1: Shift up to lower string



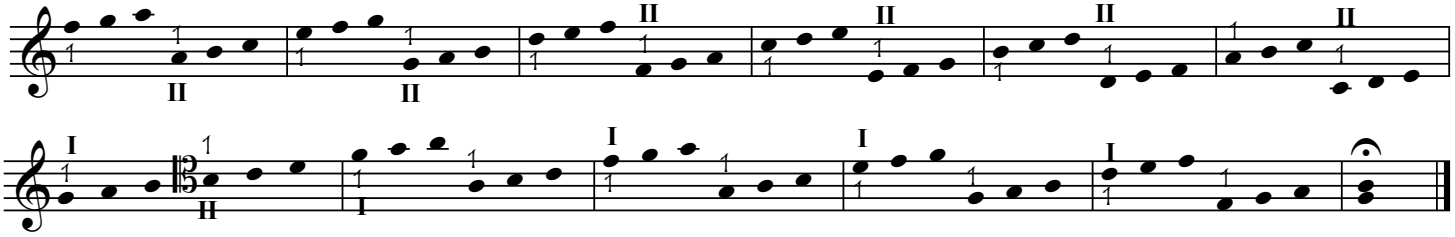
2: Shift down to higher string



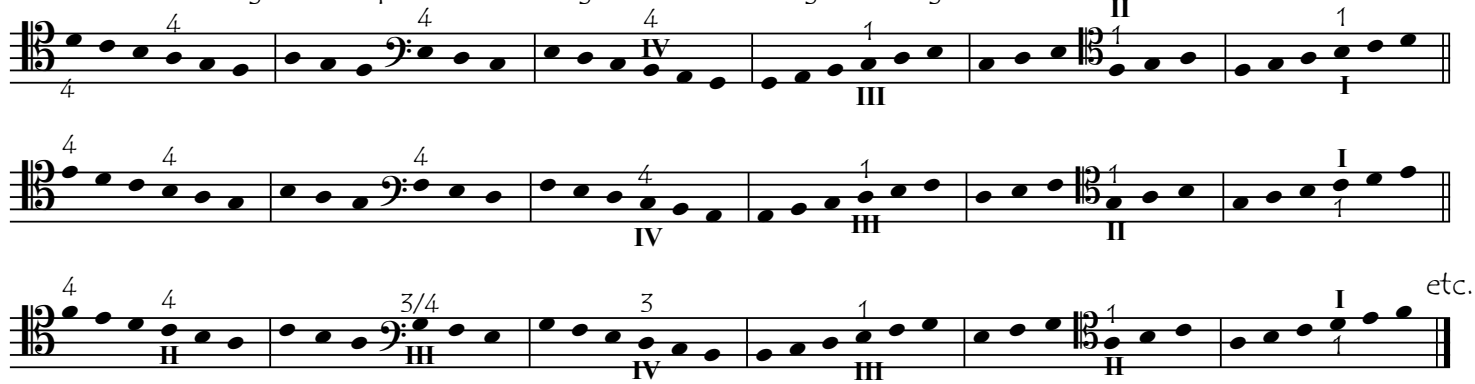
3: Shift up to higher string



4: Shift down to lower string



EX A1B: All strings: Shift up to lower string and down to higher string



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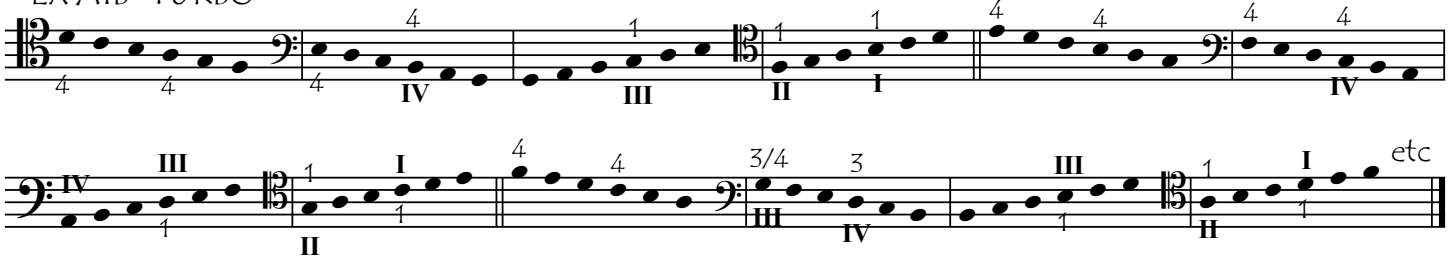
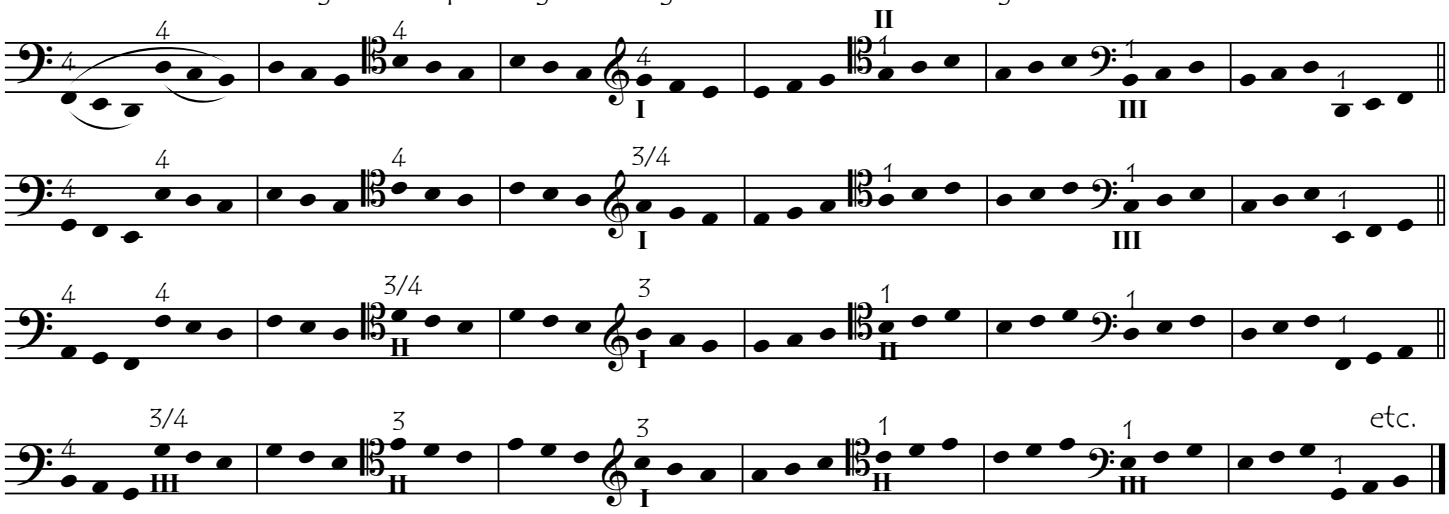
Part A: Hand Shifts Second (cont): A1: Shifts between first and top fingers (cont.)

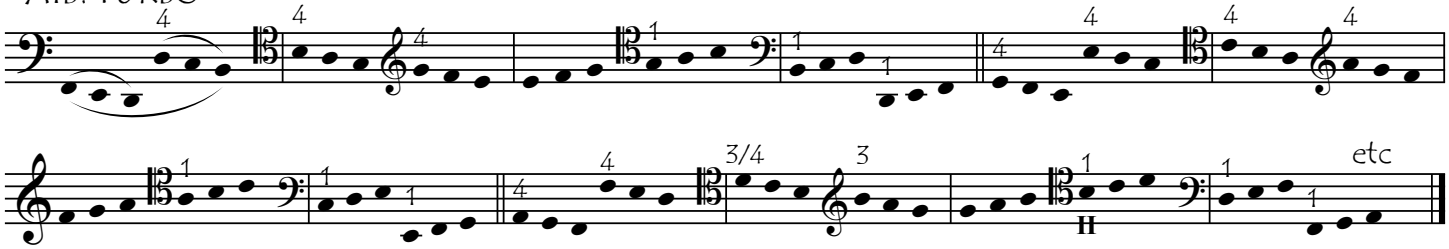
EX A1B "TURBO"



Ex A1B : Across all strings: Shift up to higher string and down to lower string

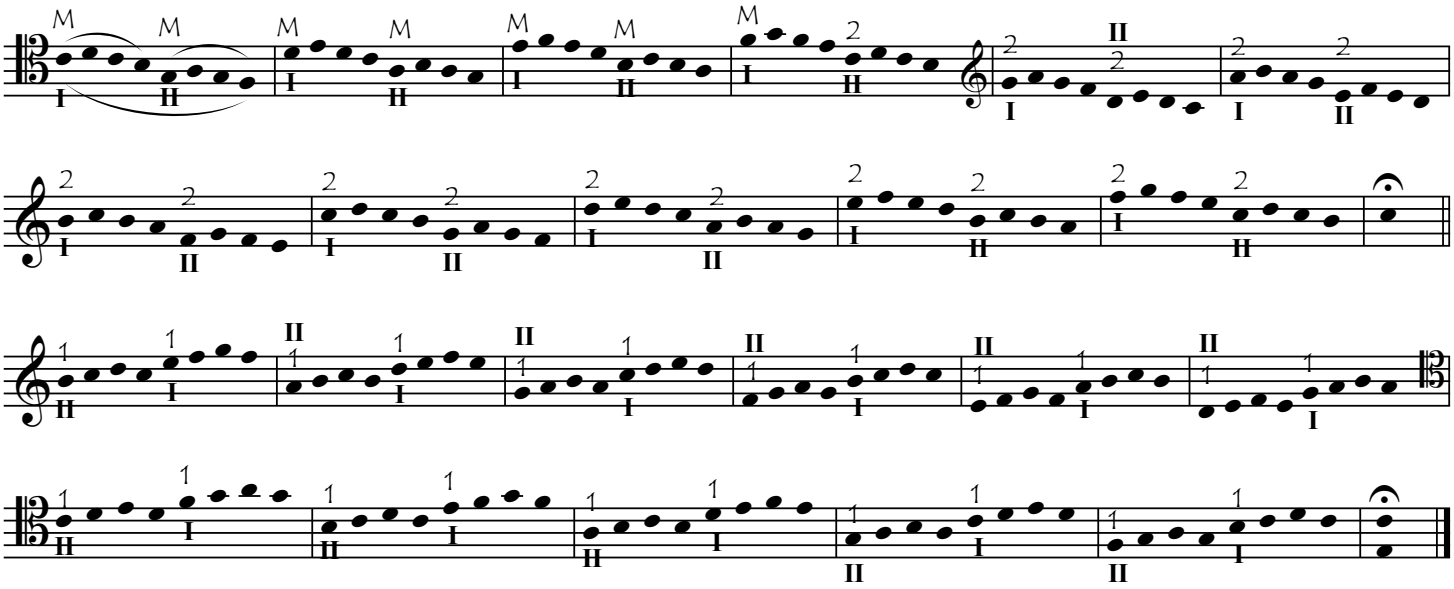


A1B: TURBO



EXCS A2: Hand shifts a second (cont) SHIFT BETWEEN FIRST AND MIDDLE FINGERS
M = middle finger, either 2nd or 3rd depending on the key.

EX A2A: Shift up to lower string and down to higher string: QUADS



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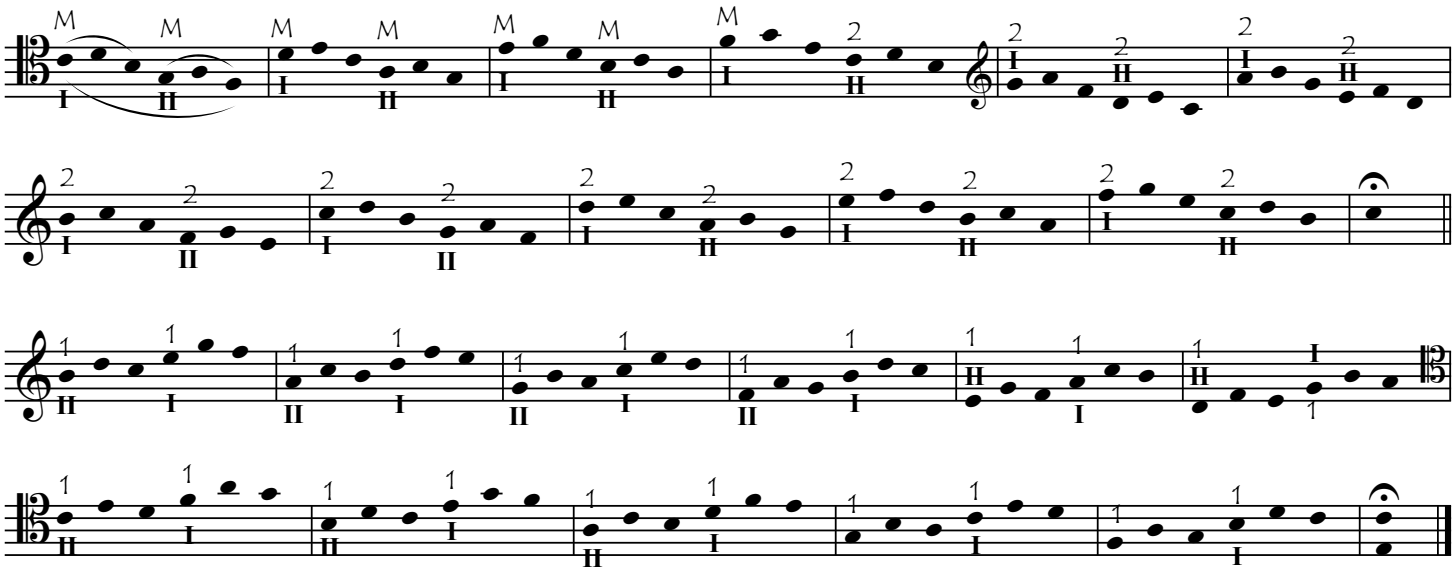
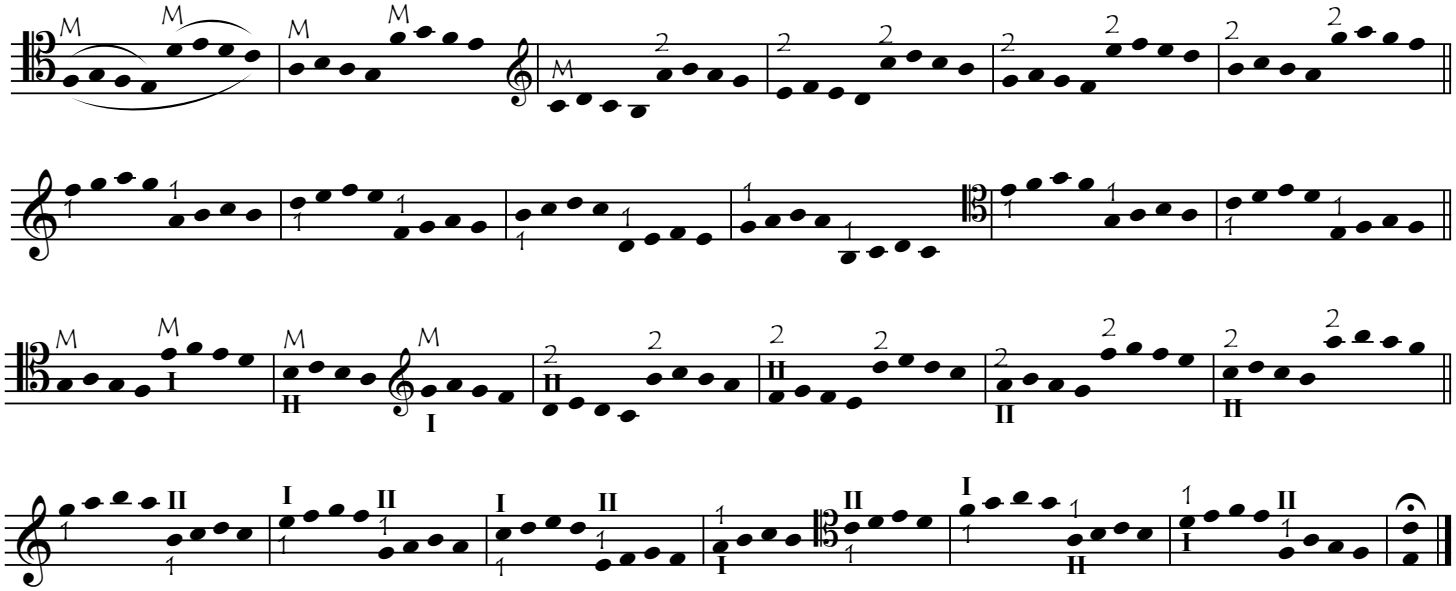
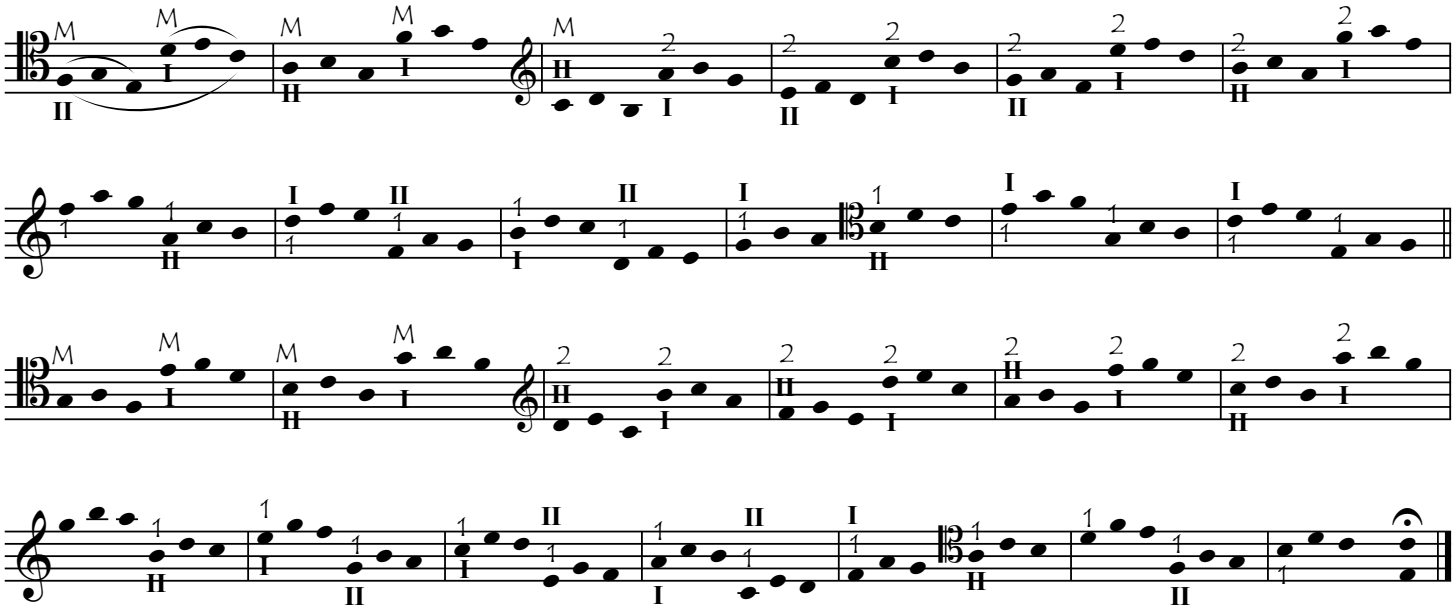
EX A2A: TRIPLETS



EX A2B: Turbo Zig Zag: QUADS



EX A2B: Turbo Zig-Zag: TRIPLETS



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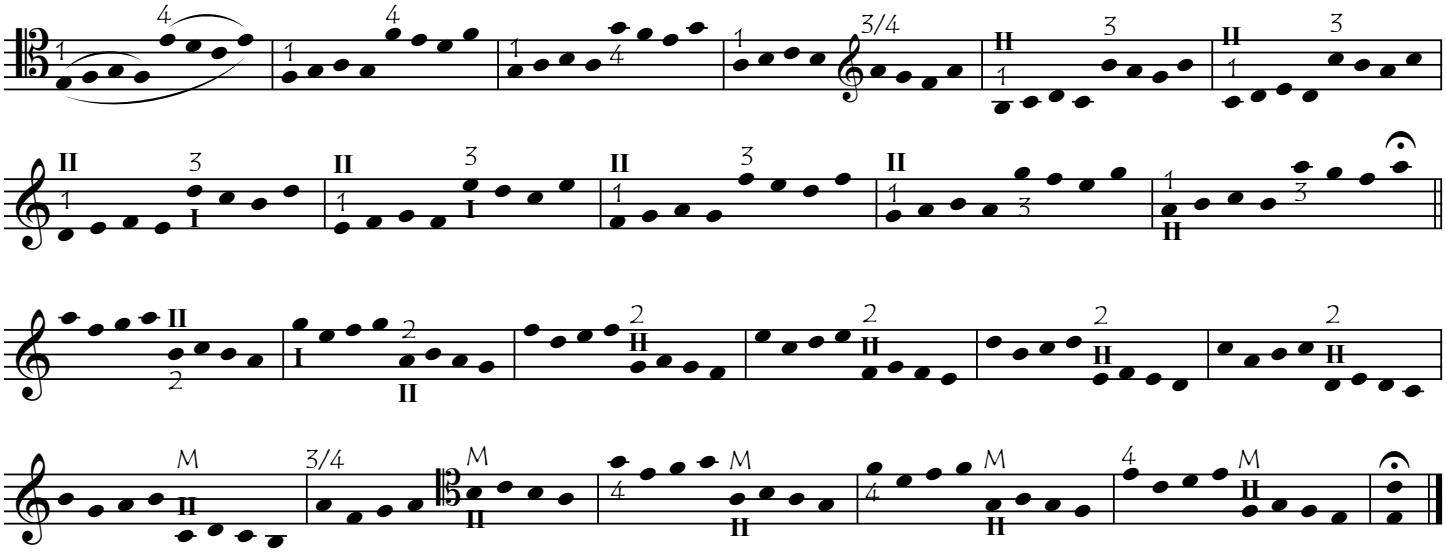
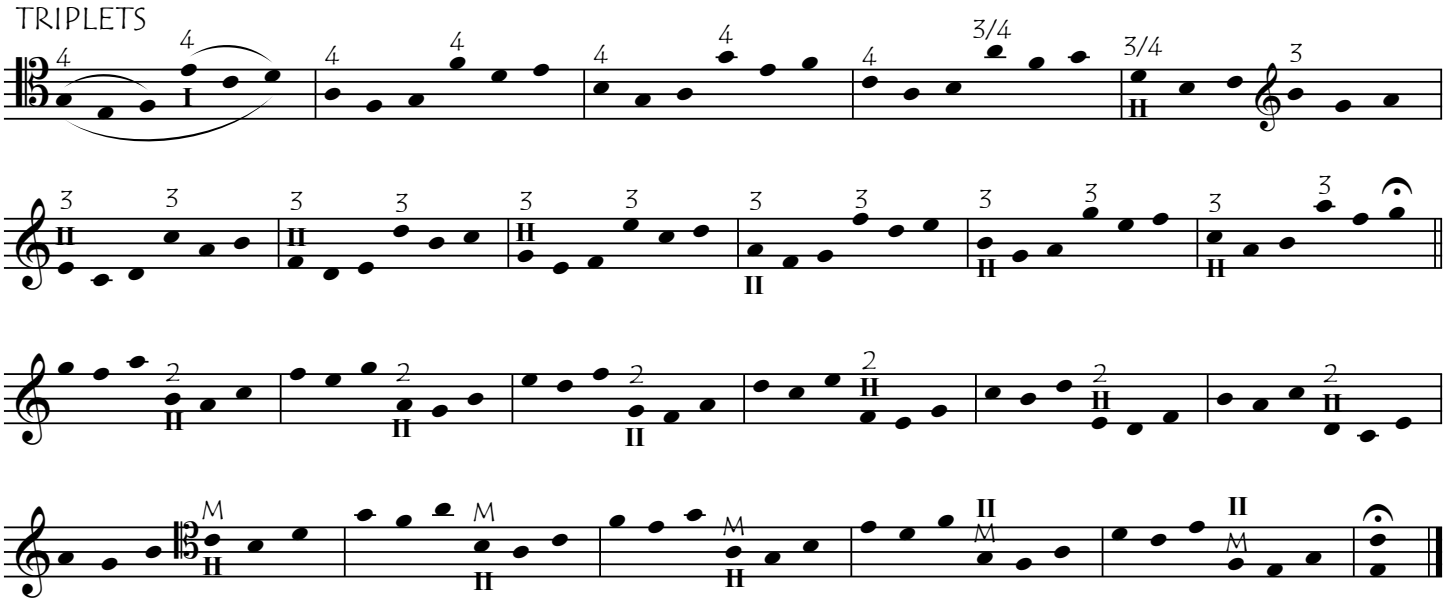
PART A: ASSISTED SHIFTS OF A SECOND (cont.) EXCS A3: BETWEEN MIDDLE AND TOP FINGERS (M = middle finger)

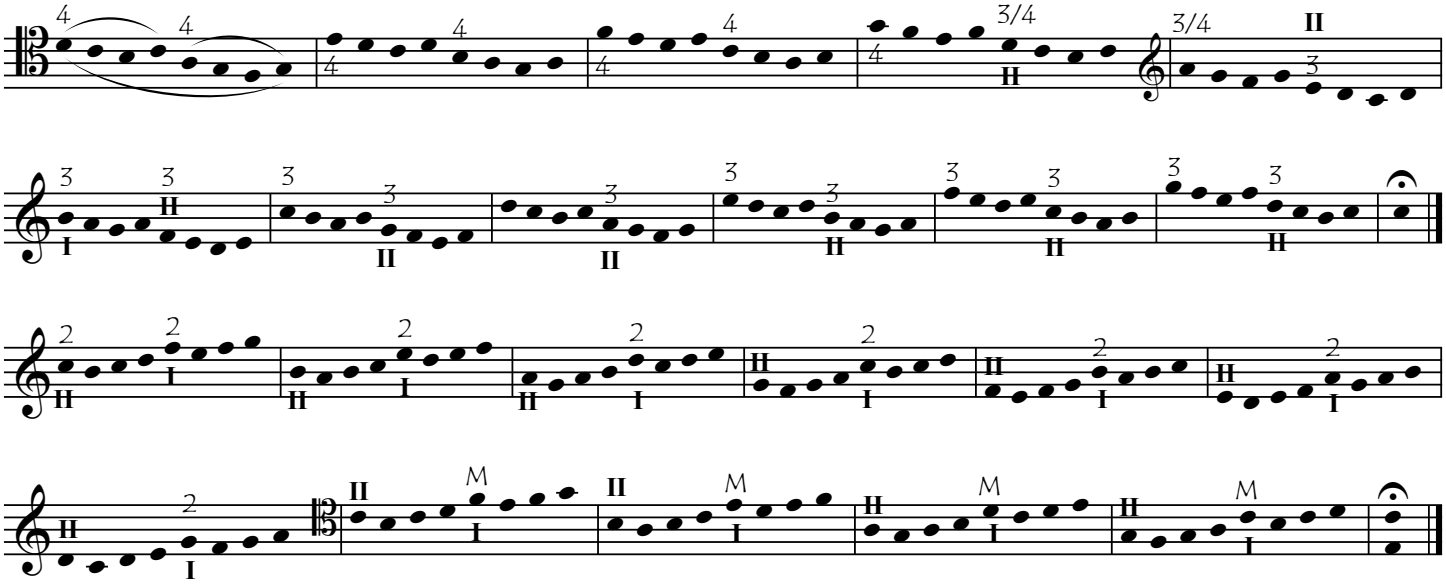
EXCS A3A: Shift up to higher string and down to lower string: QUADS



TRIPLETS



EXCS A3B: Shift up to lower string and down to higher string: QUADS



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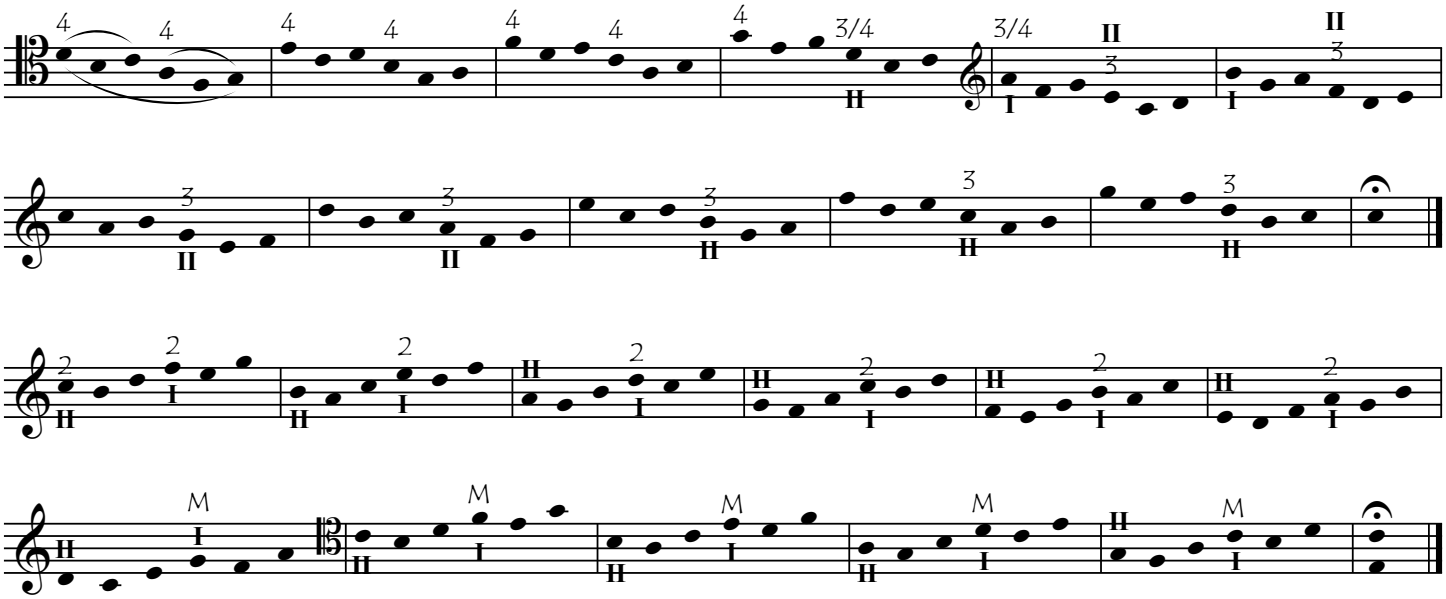
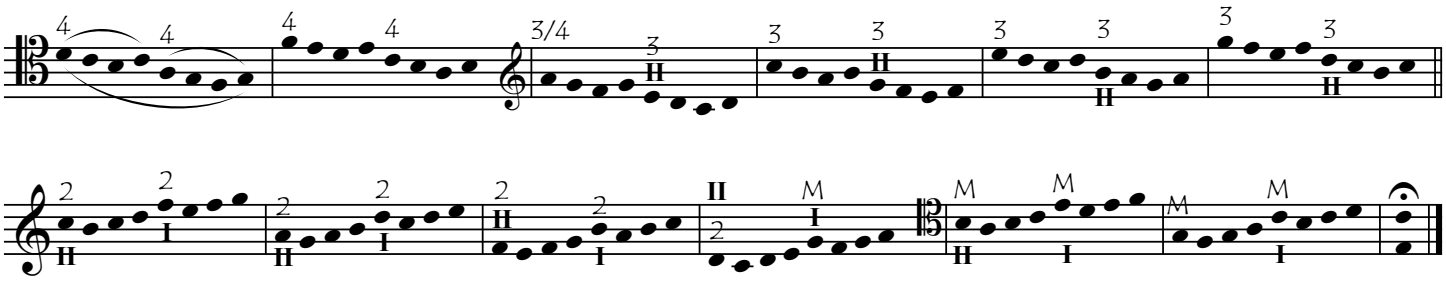
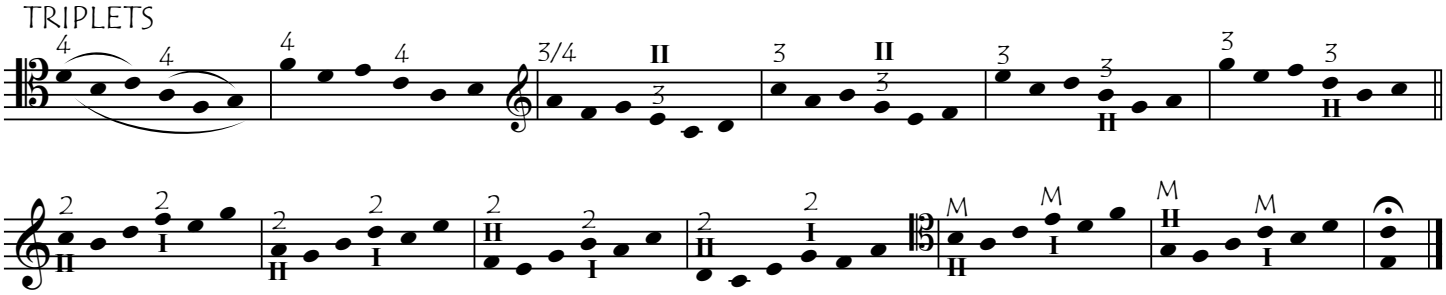
EX A3B (cont): TRIPLETS



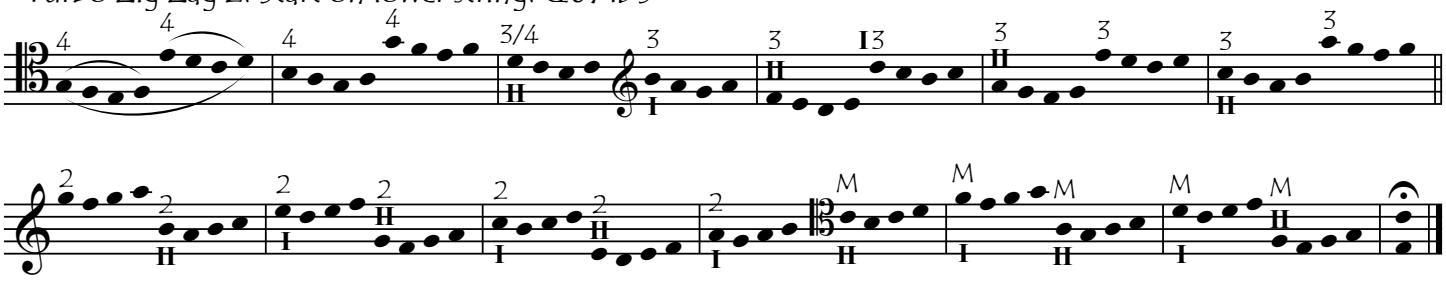
EXCS A3C: Turbo Zig Zag 1: Start on higher string: QUADS



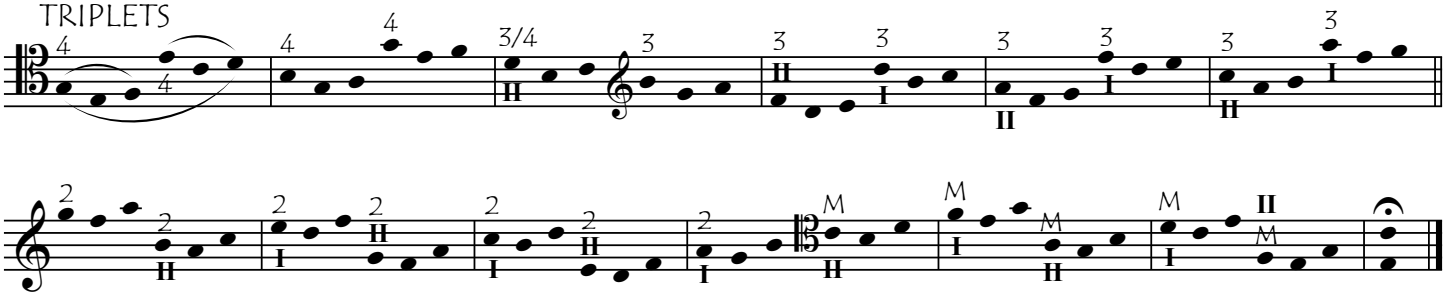
TRIPLETS



Turbo Zig Zag 2: Start on lower string: QUADS



TRIPLETS



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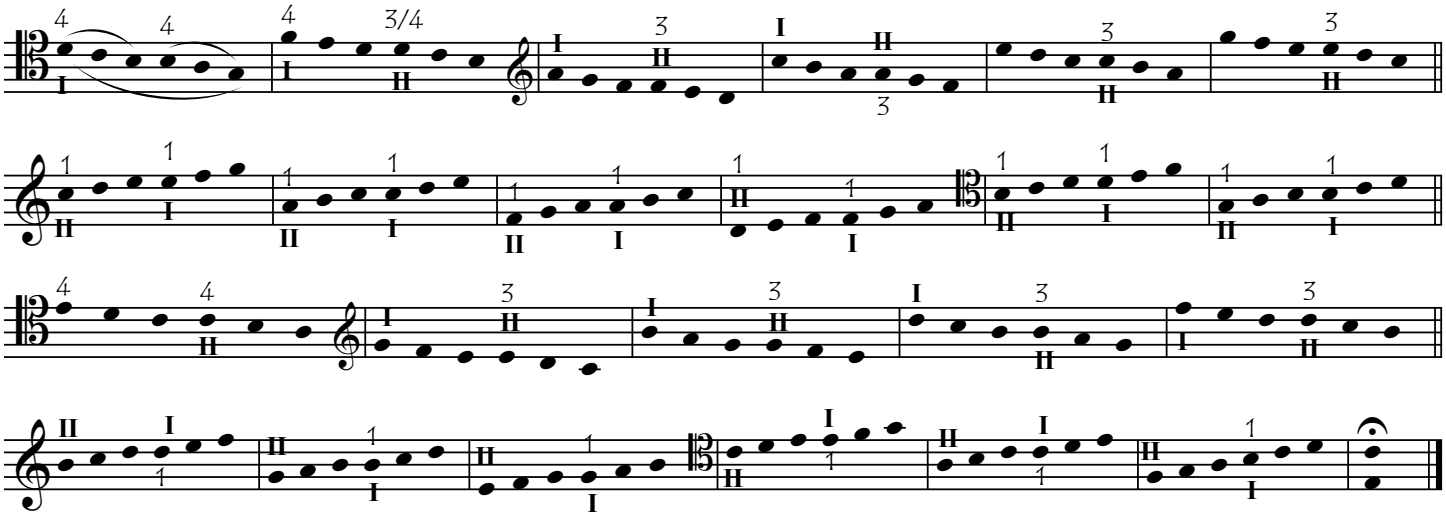
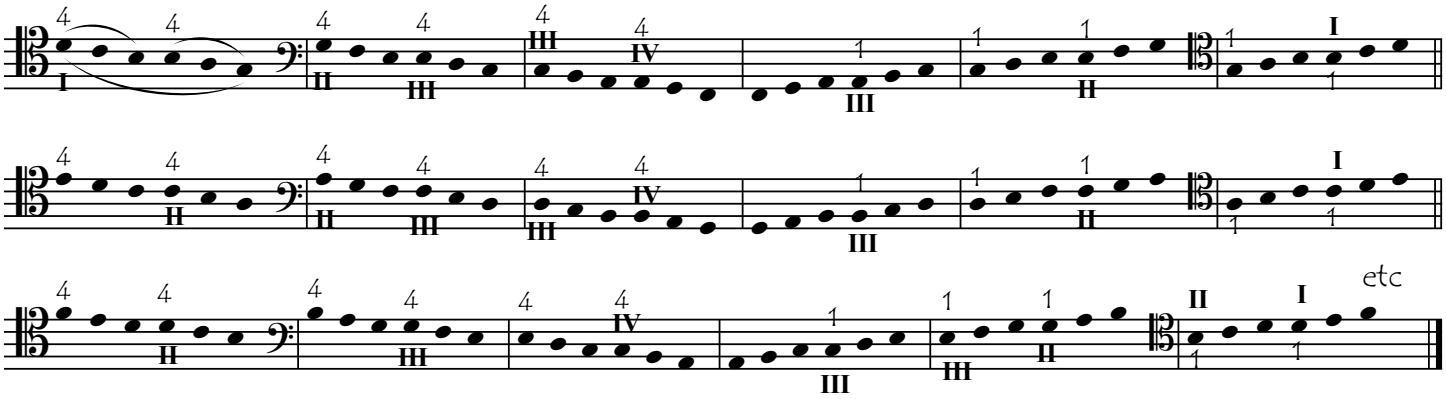
PART B: HAND ALWAYS SHIFTS A THIRD: EXCS B1: Shift between first and top finger.

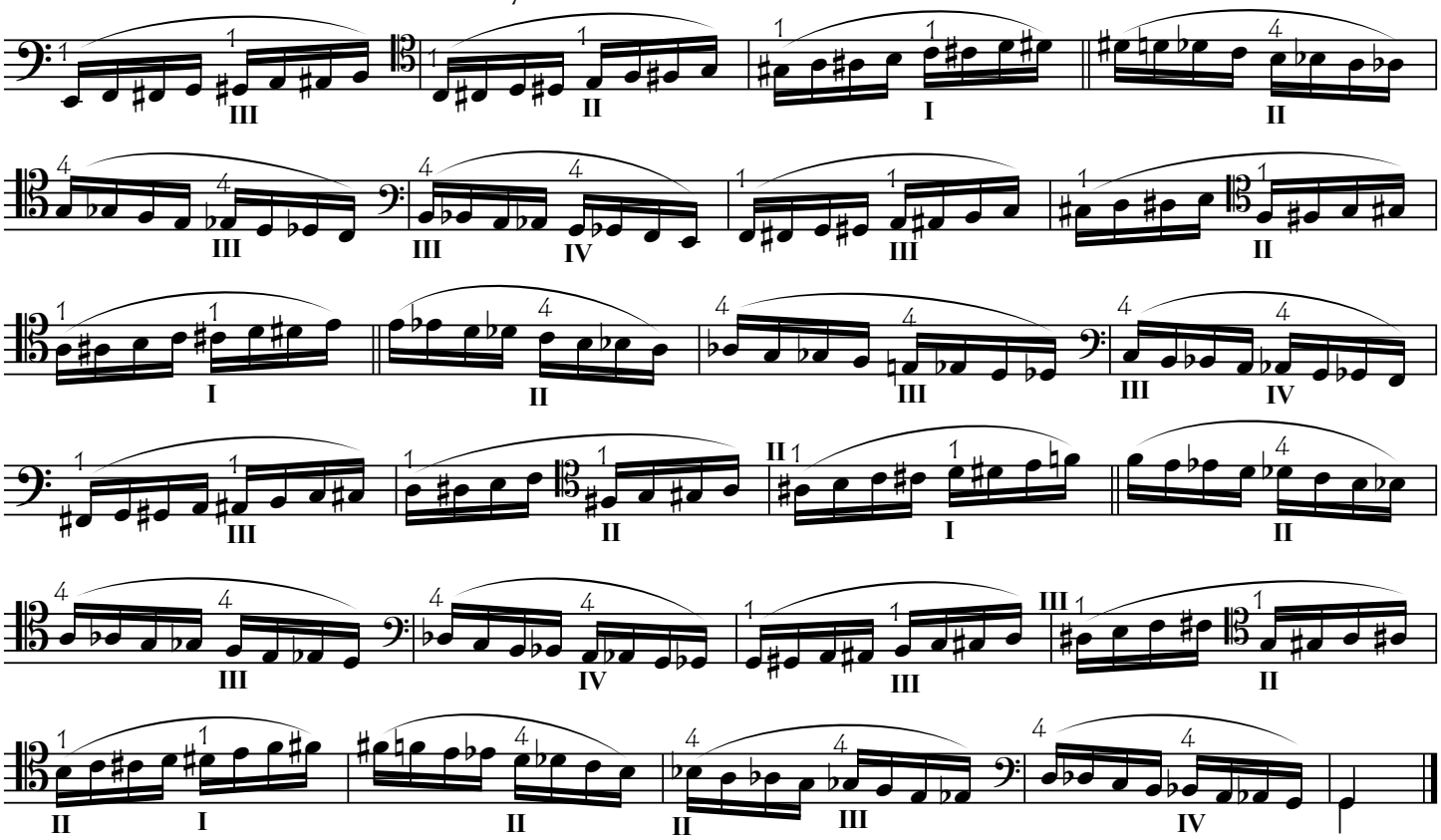
EXB1A: Tonal: String Pairs: Shift up to lower string and down to higher string



EX B1B: Tonal: All Strings



EXERCISE B1C: Chromatic: Hand always shifts minor third distance: NO EXTNS



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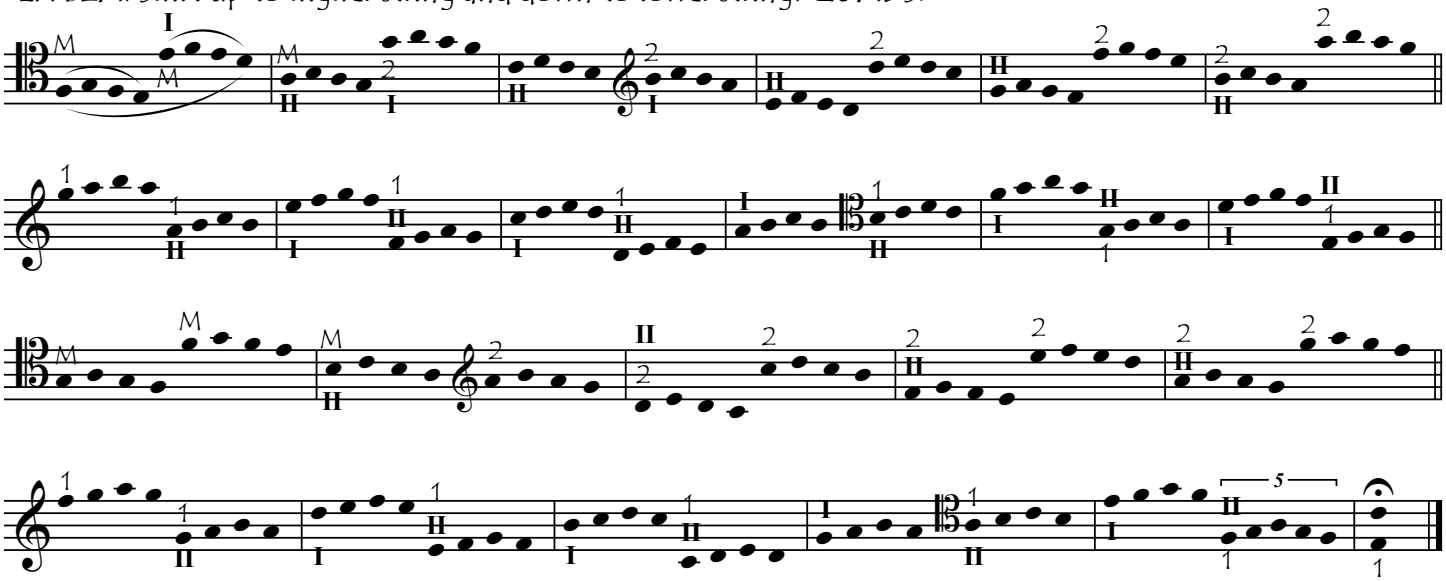
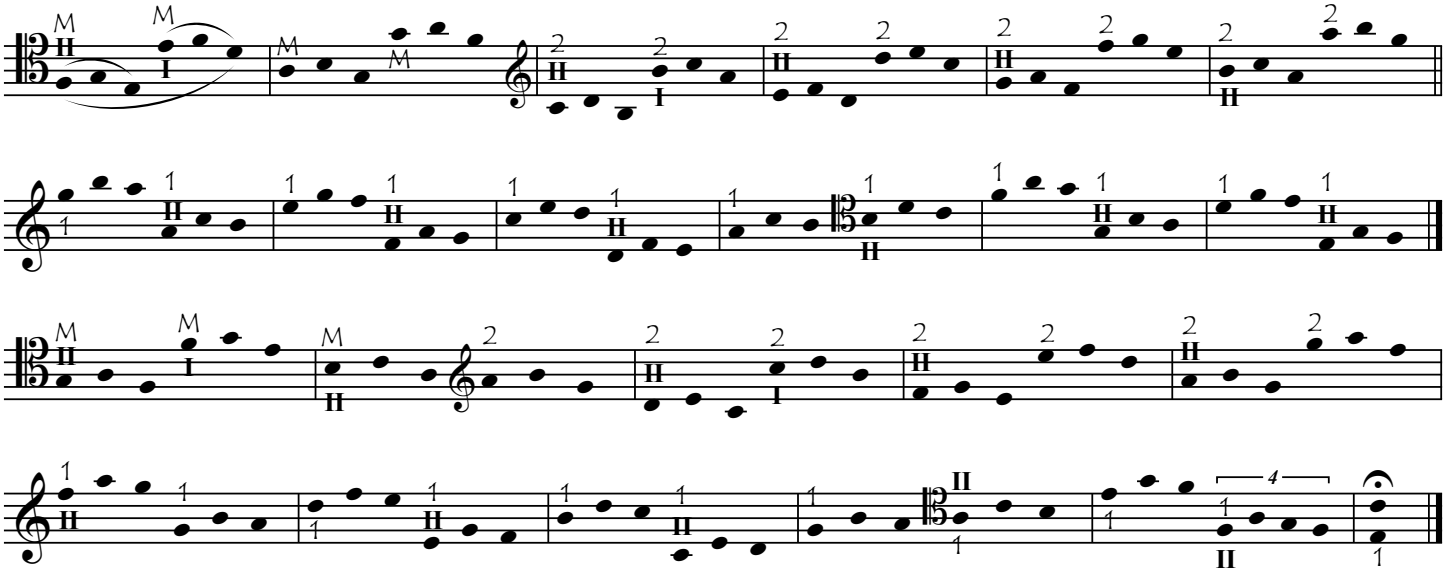
EXERCISE B: Hand shifts thirds (cont.). EX B2: SHIFTS BETWEEN FIRST AND MIDDLE FINGER

EX B2A: Shift up to higher string and down to lower string: QUADS.

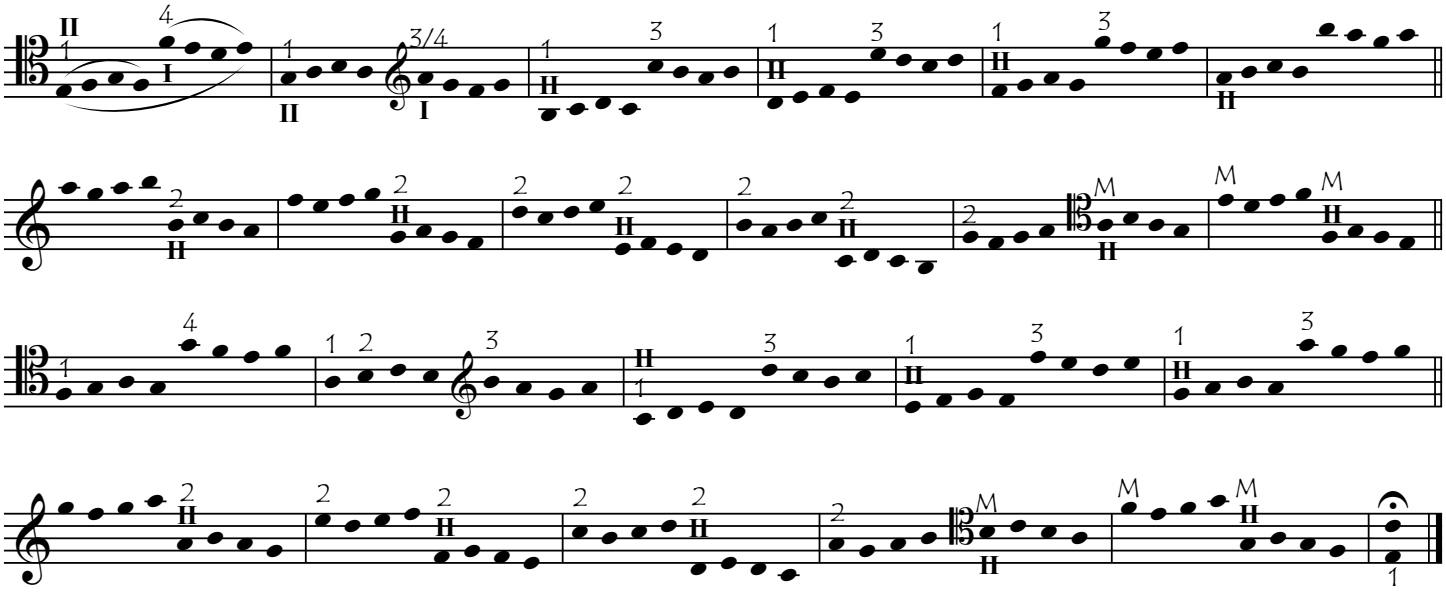


TRIPLETS



EX B2B Hand shifts thirds BETWEEN MIDDLE AND TOP FINGER

EX B2B1: Shift up to higher string and down to lower string: QUADS



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TRIPLETS

EX B2B2: SHIFT UP TO LOWER STRING AND DOWN TO HIGHER STRING: QUADS

TRIPLETS

EXERCISE B2B3: TURBO ZIG ZAG: 1: START LOWER STRING: QUADS

TRIPLETS

TURBO ZIG ZAG: 2: START HIGHER STRING: QUADS

TRIPLETS

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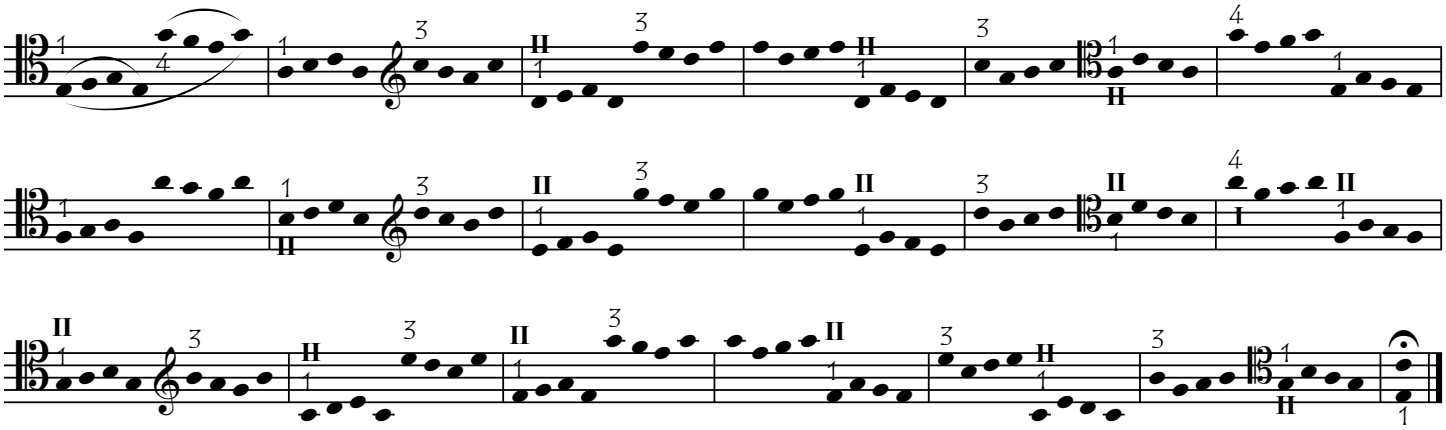
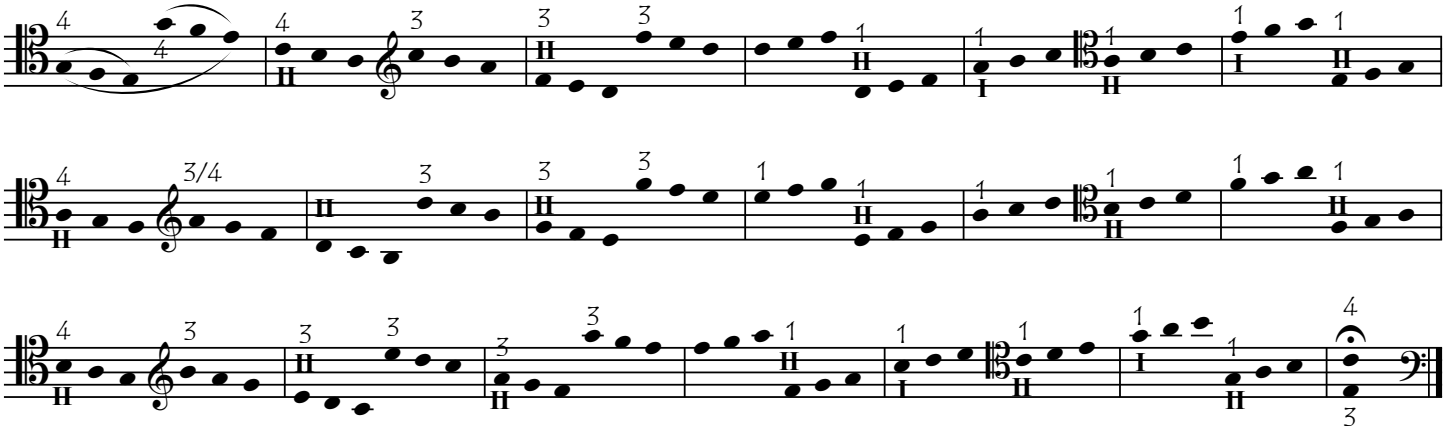
PART C: HAND SHIFTS FOURTH:

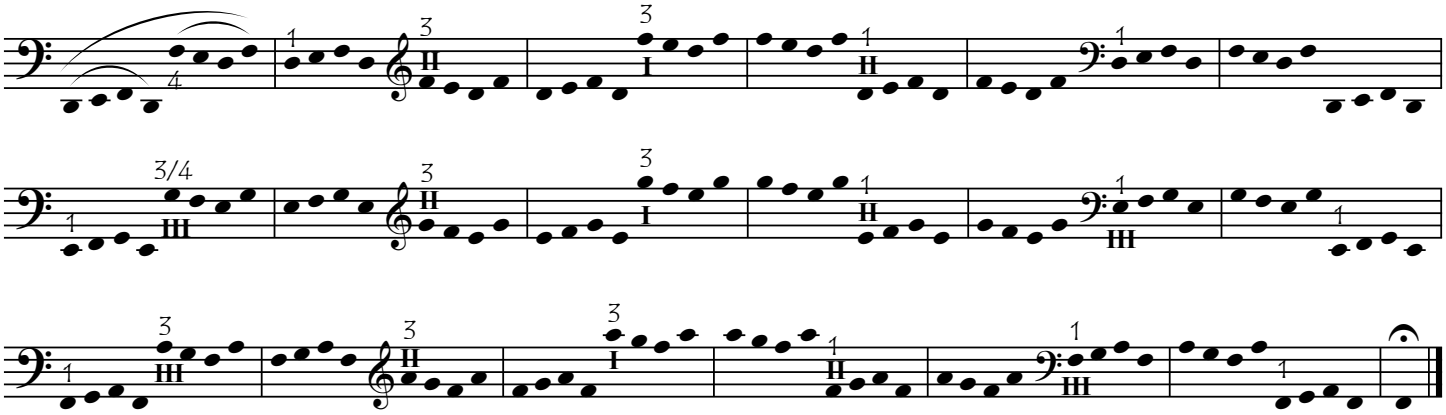
EXCS C1: SHIFTS BETWEEN FIRST AND TOP FINGER. C1A: Any pair of strings.
Shift up to higher string and down to lower string: QUADS



TRIPLETS



C1B: Across all strings. EX 1B1: QUADS



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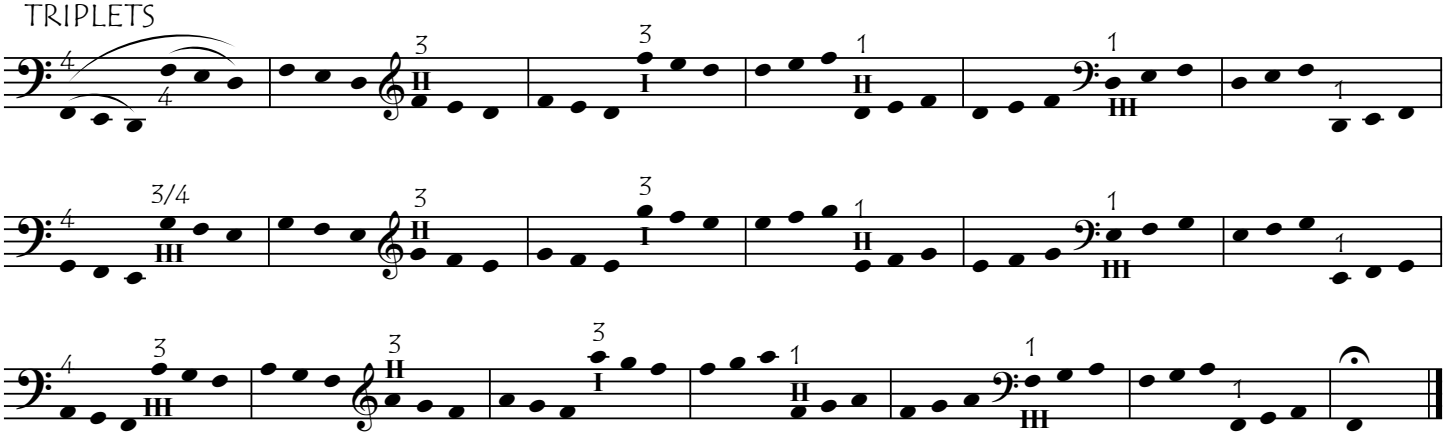

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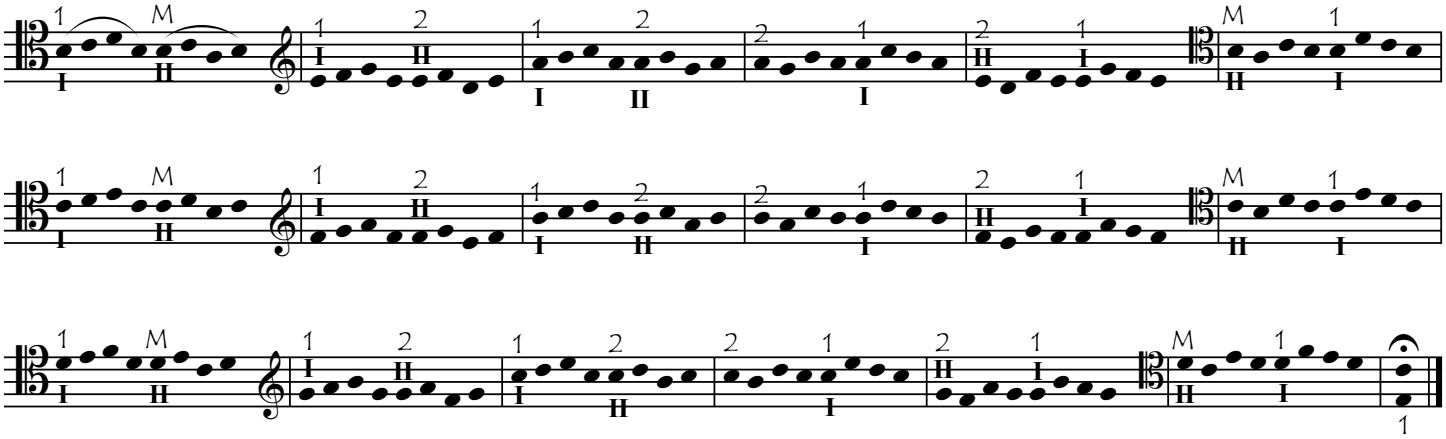
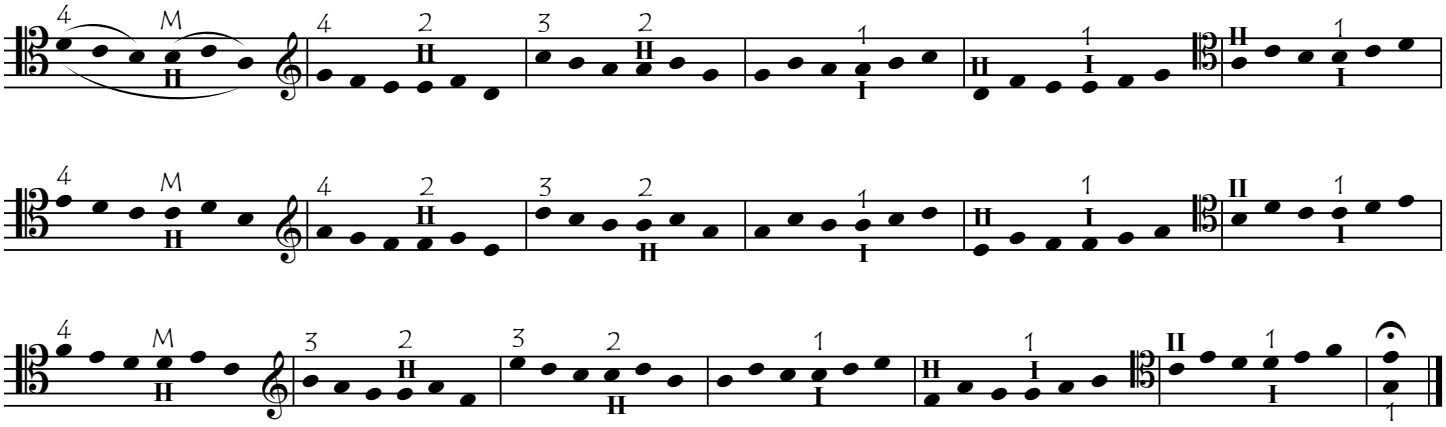
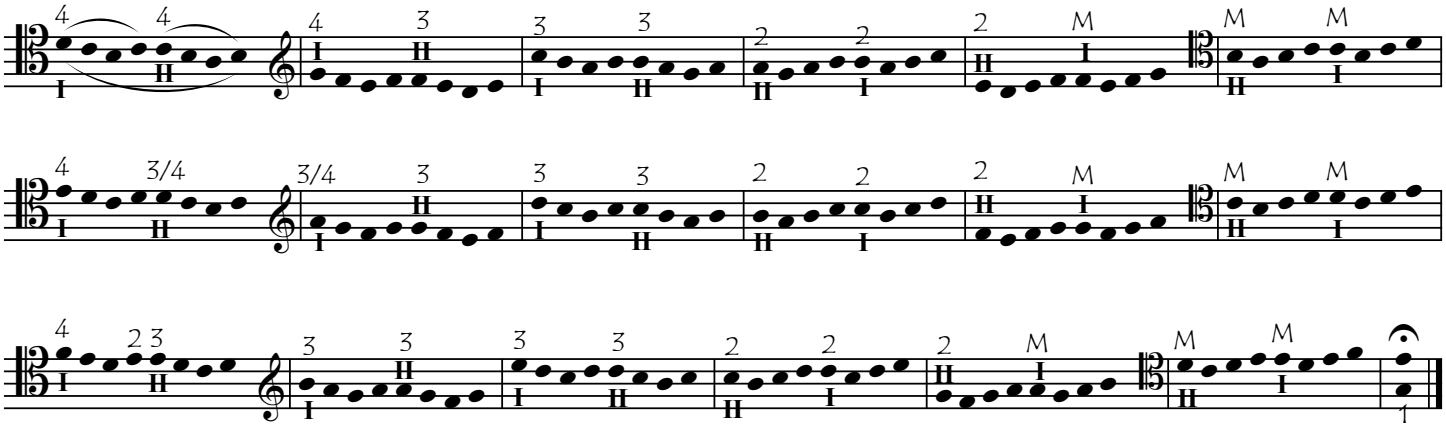
Hand shifts fourth (cont). EX C2: BETWEEN FIRST AND MIDDLE FINGER (M). C2A: Any pair of strings



TRIPLETS



EXCS C3: SHIFTS BETWEEN MIDDLE AND TOP FINGER. 3A: QUADS



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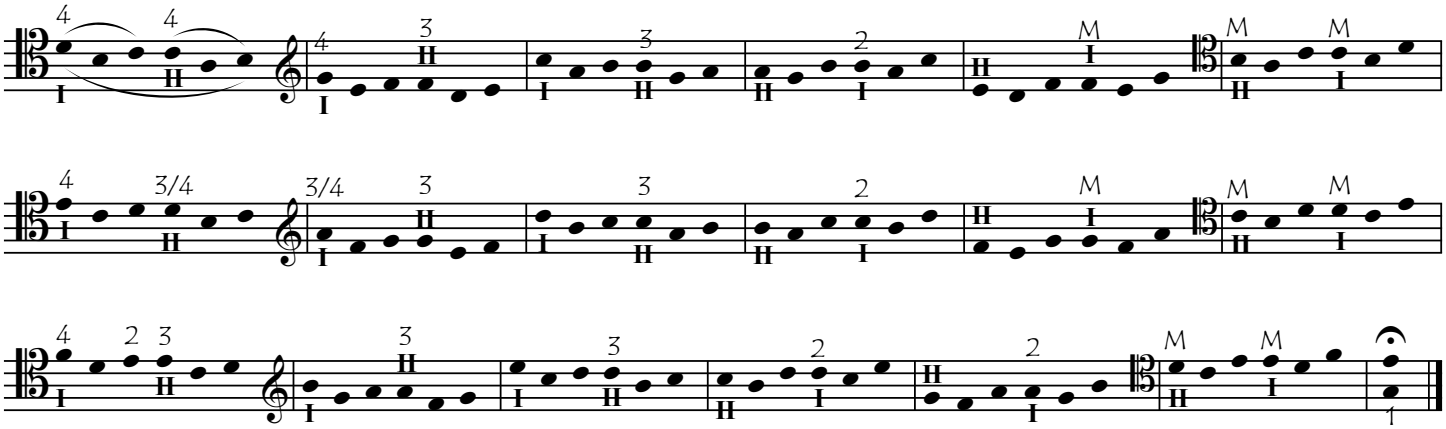

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