

Snake Movements: All Regions (but no use of thumb): EXERCISES

..... in the Neck Region keep the thumb floating freely (no contact with back of cello neck)

PART 1: SNAKERACES ON SAME STRING: EXERCISE 1A: Do also in other keys and with the minor scales

EXERCISE 1B: STEPWISE ACROSS ALL FOUR STRINGS: Do also in other keys and with the minor scales

VARIANTS FOR THE ABOVE EXERCISES

Turbo

PART 2: SNAKERACES ACROSS TWO STRINGS: Do with different bowings and rhythms as well as in different keys. 1 = first finger, M = middle finger, T = top finger. EX 2A1: 1 and T on top, M below

EX 2A2: 1 and T below, M on top

STEPWISE SNAKERACES TO NEIGHBOURING STRING

EX 2A3: 1 and M on top, T below

EX 2A3: 1 and M on top, T below

The exercise consists of two systems of four staves each. The first system starts with a bass clef (C2) and a treble clef (C4). The second system starts with a treble clef (C4) and a bass clef (C2). Each system contains two staves: the top staff uses a 1-finger snakecrawl (1-2-3-4-5-4-3-2-1) and the bottom staff uses a thumb snakecrawl (3-4-5-4-3-2-1). The second system includes a 3-finger snakecrawl (3-4-5-4-3-2-1) on the top staff and a 4-finger snakecrawl (4-5-4-3-2-1) on the bottom staff. The key signature changes from one flat to two flats between systems.

EX 2A4: M and T on top, 1 below

EX 2A4: M and T on top, 1 below

The exercise consists of two systems of four staves each. The first system starts with a bass clef (C2) and a treble clef (C4). The second system starts with a treble clef (C4) and a bass clef (C2). Each system contains two staves: the top staff uses a middle finger snakecrawl (1-2-3-4-5-4-3-2-1) and the bottom staff uses a thumb snakecrawl (1-2-3-4-5-4-3-2-1). The second system includes a 3-finger snakecrawl (3-4-5-4-3-2-1) on the top staff and a 4-finger snakecrawl (4-5-4-3-2-1) on the bottom staff. The key signature changes from one flat to two flats between systems.

EX 2A5: M and T below, 1 on top

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The exercise consists of two systems of four staves each. The first system starts with a bass clef (C2) and a treble clef (C4). The second system starts with a treble clef (C4) and a bass clef (C2). Each system contains two staves: the top staff uses a thumb snakecrawl (1-2-3-4-5-4-3-2-1) and the bottom staff uses a middle finger snakecrawl (1-2-3-4-5-4-3-2-1). The second system includes a 3-finger snakecrawl (3-4-5-4-3-2-1) on the top staff and a 4-finger snakecrawl (4-5-4-3-2-1) on the bottom staff. The key signature changes from one flat to two flats between systems.

EX 2B: START ON HIGHER STRING WITH CONTRACTION TO LOWER STRING

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The exercise consists of two systems of four staves each. The first system starts with a bass clef (C2) and a treble clef (C4). The second system starts with a treble clef (C4) and a bass clef (C2). Each system contains two staves: the top staff uses a 1-finger snakecrawl (1-2-3-4-5-4-3-2-1) and the bottom staff uses a thumb snakecrawl (1-2-3-4-5-4-3-2-1). The second system includes a 3-finger snakecrawl (3-4-5-4-3-2-1) on the top staff and a 4-finger snakecrawl (4-5-4-3-2-1) on the bottom staff. The key signature changes from one flat to two flats between systems.

STEPWISE SNAKERACES TO NEIGHBOURING STRING (cont)

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SAME BUT TURBO (contraction with each change of string)

SUPER TURBO

EX 2C: START ON LOWER STRING. CONTRACT TO HIGHER STRING

SAME BUT TURBO (contraction with each change of string)

SUPER TURBO

EXERCISE 3: ARPEGGIOS OVER THREE STRINGS: Contraction also between 4th and 2nd fingers

SNAKING ACROSS ALL STRINGS (cont.)

EX 4: ACROSS ALL FOUR STRINGS

EX 4A: ZIG-ZAG SNAKERACES: Diminished seventh arpeggios. EX 4A1: Start on fourth finger

EX 4A2: Start on first finger

EX 4B: SNAKERACE OLYMPICS: EX 4B1: Contract up to lower string and down to higher string

EX 4B2: Contract up to higher string and down to lower string