

# Simple Contractions Between Any Two Neighbouring Positions: All Regions: EXERCISES

EX 1: Contract on each pair of strings. Can be played in different keys.

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EX 1A: TONAL EXERCISES: Contract up to higher string and down to lower string  
C and G strings

Two staves of musical notation for the C and G strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions III, III, III, IV. The second staff is in bass clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions IV, IV, IV, III, IV, III, IV, III, IV, III, IV etc.

G and D strings

Two staves of musical notation for the G and D strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions III, II, III, II. The second staff is in bass clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions III, III, III, III etc.

D and A strings

Three staves of musical notation for the D and A strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions II, II, II, II. The second staff is in treble clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions I, I, I, I. The third staff is in treble clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions II, II, II, II.

EX 1B: Contract up to lower string and down to higher string

On G and C strings

Two staves of musical notation for the G and C strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions IV, IV, IV, III. The second staff is in bass clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions III, IV, III, IV, III, IV, III, IV etc.

On D and G strings

Two staves of musical notation for the D and G strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions II, II, II, II. The second staff is in bass clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions III, III, III, III etc.

On A and D strings

Three staves of musical notation for the A and D strings. The first staff is in bass clef and contains four measures of music with fingerings 1, 4, 1, 4 and positions I, II, I, II. The second staff is in treble clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions I, I, I, I. The third staff is in treble clef and contains four measures of music with fingerings 3, 1, 3, 1 and positions II, II, II, II.

ALL POSSIBLE CONTRACTIONS STARTING FROM ANY ONE POSITION

Chromatic Exercises: Can be moved through all the different positions (keys) and played on any string pair

A: Contract up to higher string and down to lower string.

EX A1: Semitone contraction (to whole tone distance between bottom and top fingers)

Neck Region                      1st inversion major                      1st inversion minor

Intermediate Region

Thumb Region (thumb always still)

EX A2: Wholetone contraction (to semitone distance between bottom and top fingers)

Diminished seventh

alternative fingerings for Neck Region

We can move these hand configurations chromatically upwards

etc

or downwards (starting high)

thumb still      thumb still      thumb still      thumb still      etc

B: Contract up to lower string and back down to higher string.

1. Semitone contraction (to whole tone distance between bottom and top fingers)

2. Wholetone contraction (to semitone distance between bottom and top fingers)

Contractions between second and fourth fingers.

Play on different string pairs and move through all the neck positions.