

Fingerings to Avoid Extensions

SHIFTING MORE OFTEN TO AVOID EXTENSIONS

EXERCISES IN ALL REGIONS

- do at different speeds and with different bowings and rhythms -

EXERCISE 1: SCALIC ON ONE STRING

Exercise 1: Scalic on one string. The notation shows seven staves of music in bass clef with a key signature of one flat. The exercises are scalar runs with various fingerings indicated by numbers 1-4. Some staves include treble clef clefs for specific sections.

do also in different keys but always applying the same principle of "more shifts for less extensions", for example

Additional exercises in the same key signature. The notation shows five staves of music in bass clef with a key signature of one flat. The exercises are scalar runs with various fingerings indicated by numbers 1-4. Some staves include treble clef clefs for specific sections.

traditional fingering: 4 shifts and 6 extensions

small-hand fingering: 6 shifts and 2 extensions

small-hand fingering alternative: 6 shifts and no extensions

EXERCISE 3: ARPEGGIO REFINERING TO AVOID SHIFTS TO EXTENDED FIRST FINGER

these exercises can be transposed all over the fingerboard

SHIFTING IN EXTENSION

SAME NOTES BUT NOW WITH USE OF THUMB TO ELIMINATE EXTENSIONS

the worst! 6 extns + 2 shifts on 1 extd

better: 6 extns but 0 shifts on 1 extd

even better: only 4 extensions and 0 shifts on 1 extd

the best: only 1 extension and 0 shifts on 1 extd

up on 1 extd = OK

down on 1 extd or on 4th finger?