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Fast: On One String And In One Position

EXERCISES: PART 1: THE ROLLING HAND (always consecutive fingers)

For working on the left hand, slur each bar. Repeat each cell until it is comfortable and fluent. Do in different positions, on different strings, and then, for coordination, with many different bowings.

FOUR-FINGER ROLLING PATTERNS (sextuplet rhythms): EXERCISE 1A



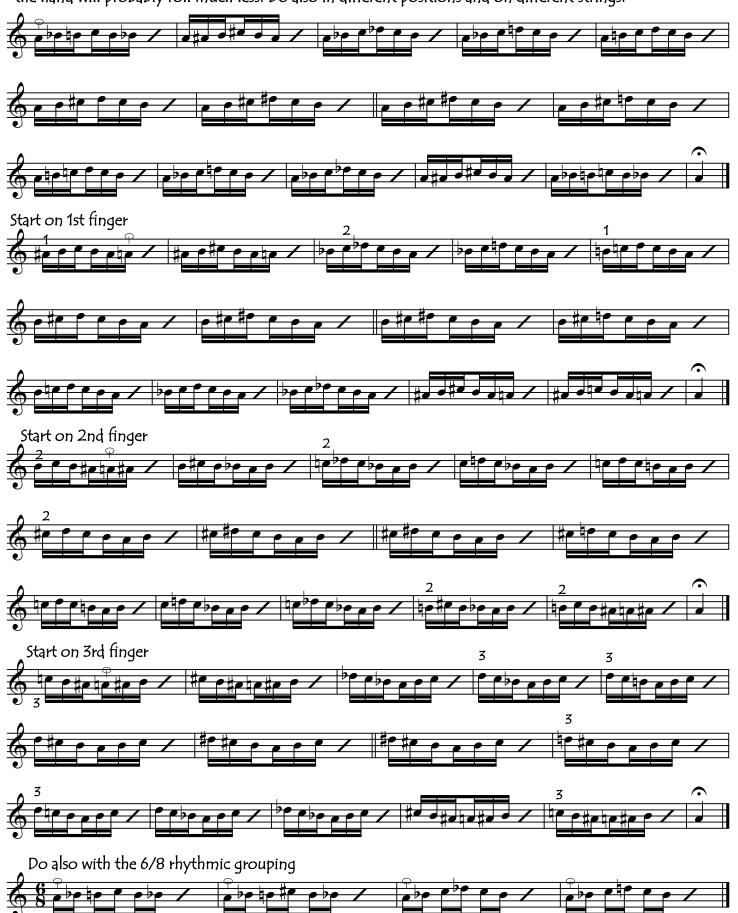
EX 1C: Now do the above exercises with the extended-back first finger version interspersed between each bar. The rolling motion is especially useful in the extended position patterns.

EX. 1D: Take any of the above bars and use the extn to move the pattern both up and down the fingerboard



The same patterns can be used with any of the 12 bars at the top of the page copyright: cellofun.eu

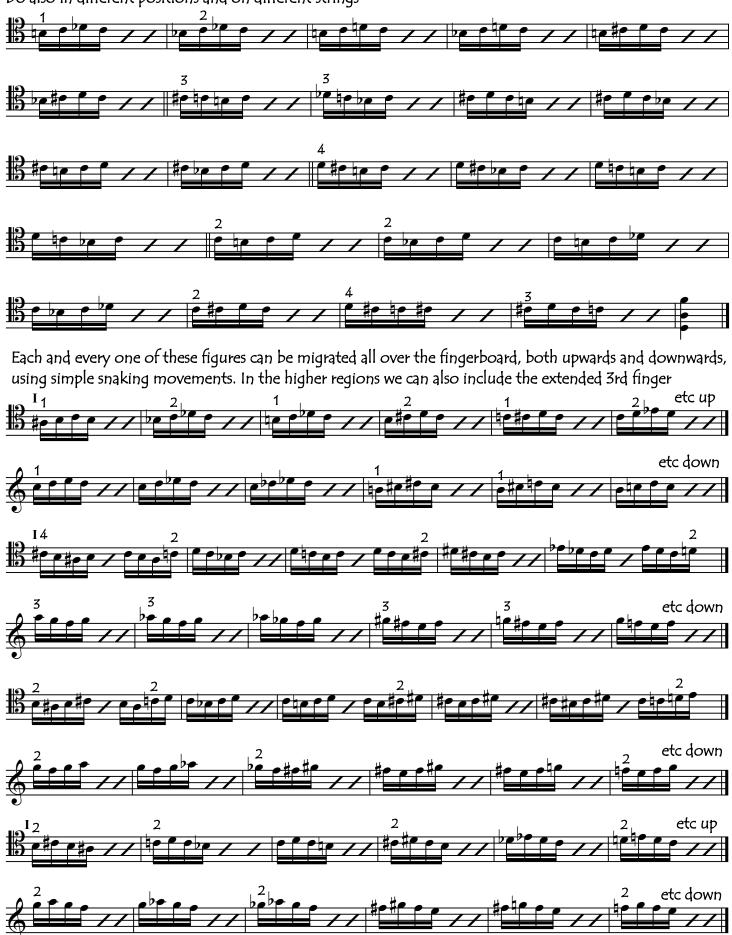
Now we can do the same sextuplet patterns in thumbposition. Here, the thumb acts as an anchor and the hand will probably roll much less. Do also in different positions and on different strings.



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THREE-FINGER ROLLING PATTERNS (quadruplet rhythms).

Do also in different positions and on different strings



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