

Shifting In Thumbposition: Assisted Shifts Down To and Up From The Thumb: EXERCISES

Do on any string, in any key, starting on any note and with any rhythm !!
If the lower positions are too strained, avoid them by starting (and finishing) higher.
Repeat each "cell" (bar, figure) until comfortable, then shift to next position.

The notes with the "x" noteheads are silent "intermediate" notes.

Shifting down to the thumb, we can, if we want, use the higher finger as the intermediate note

PART 1: STEPWISE SHIFTS

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PART 1A: SHIFTS BETWEEN THUMB AND THIRD FINGER. EX 1A1: No other fingers

Musical notation for EX 1A1: No other fingers. It consists of four staves of music in G major (one sharp). The first two staves show descending and ascending triplet patterns with 'x' marks on intermediate notes. The last two staves show stepwise shifts between thumb and third finger positions.

1A1 VARIANT: With thumb sounding on lower string also

Musical notation for 1A1 VARIANT: With thumb sounding on lower string also. It consists of four staves of music in G major. The first two staves show descending and ascending triplet patterns with 'x' marks on intermediate notes, including a lower string note. The last two staves show stepwise shifts between thumb and third finger positions, also including a lower string note.

EX 1A2: With three fingers. Can do also with 31T finger pattern, especially in the higher positions

Musical notation for EX 1A2: With three fingers. It consists of three staves of music in G major. The first two staves show descending and ascending triplet patterns with 'x' marks on intermediate notes. The last staff shows stepwise shifts between thumb and third finger positions.

PART 1A (cont): STEPWISE SHIFTS BETWEEN THUMB AND THIRD FINGER

1A2 VARIANT: With thumb sounding on lower string also

Musical notation for exercise 1A2 variant. It consists of three staves. The first staff is in bass clef (Cello) and the second is in treble clef (Violin). Both are in the key of B-flat major. The exercise features a series of ascending and descending eighth-note triplets. The first four measures of each staff show a triplet of notes with a circled '3' above them, and an 'x' on the lower string (thumb position) below the notes. The final measure of each staff shows a triplet of notes with a circled '3' above them, and a circled '3' below the notes, indicating the thumb is sounding on the lower string.

EX 1A3: All fingers. Can also use the finger pattern 312T (T=thumb), especially in the higher positions

Musical notation for exercise EX 1A3. It consists of four staves. The first staff is in bass clef (Cello) and the second is in treble clef (Violin). Both are in the key of B-flat major. The exercise features a series of ascending and descending eighth-note triplets. The first four measures of each staff show a triplet of notes with a circled '3' above them, and an 'x' on the lower string (thumb position) below the notes. The final measure of each staff shows a triplet of notes with a circled '3' above them, and a circled '3' below the notes, indicating the thumb is sounding on the lower string.

EX 1A3 VARIANT: With thumb sounding on lower string also

Musical notation for exercise EX 1A3 variant. It consists of four staves. The first staff is in bass clef (Cello) and the second is in treble clef (Violin). Both are in the key of B-flat major. The exercise features a series of ascending and descending eighth-note triplets. The first four measures of each staff show a triplet of notes with a circled '3' above them, and an 'x' on the lower string (thumb position) below the notes. The final measure of each staff shows a triplet of notes with a circled '3' above them, and a circled '3' below the notes, indicating the thumb is sounding on the lower string.

PART 1B: STEPWISE SHIFTS BETWEEN THUMB AND SECOND FINGER

EX 1B1: No other fingers

1B1 VARIANT: With thumb sounding on higher string also

EX 1B2: With three fingers. Can use 3rd finger instead of 2nd in the lower extended positions

PART 1B (cont): STEPWISE SHIFTS BETWEEN THUMB AND SECOND FINGER

EX 1B2 VARIANT: With thumb sounding on higher string also

EX 1B2 VARIANT: With thumb sounding on higher string also

EX 1B3: Three fingers with 2nd and 3rd fingers

EX 1B3: Three fingers with 2nd and 3rd fingers

EX 1B3 VARIANT: With thumb sounding on higher string also

EX 1B3 VARIANT: With thumb sounding on higher string also

EX 1B4: All fingers. We can also use the 213T finger order

EX 1B4: All fingers. We can also use the 213T finger order

PART 1C: SHIFTING BETWEEN THUMB AND FIRST FINGER

EX 1C1: No other fingers

EX 1C1 VARIANT: With thumb sounding on lower string also

EX 1C2: Three fingers with middle finger. Can use 3rd finger instead of 2nd in extensions in lower positions

EX 1C3: Three fingers with third finger.

VARIANT OF EX 1C3 : With thumb sounding on lower string also

EX 1C4: All fingers

VARIANT OF EX 1C4: With thumb sounding on lower string also