## 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 by cellofun.eu **PART 1: STEPWISE SHIFTS** PART 1A: SHIFTS BETWEEN THUMB AND THIRD FINGER. EX 1A1: No other fingers 1A1 VARIANT: With thumb sounding on lower string also EX 1A2: With three fingers. Can do also with 31T finger pattern, especially in the higher positions 

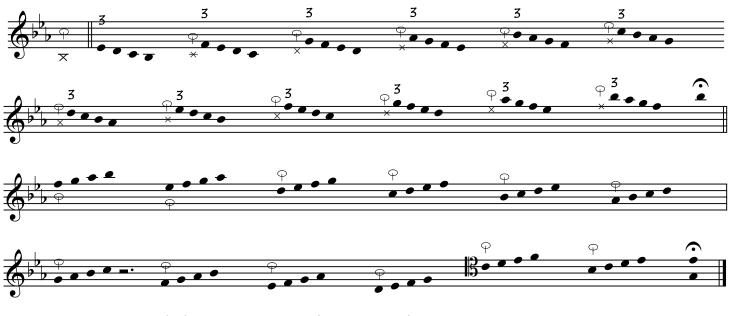
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## PART 1A (cont): STEPWISE SHIFTS BETWEEN THUMB AND THIRD FINGER

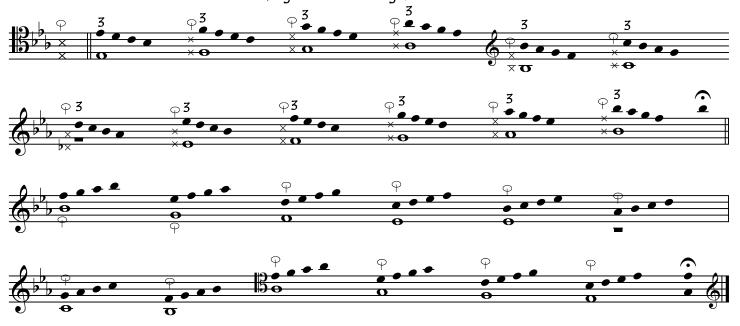
1A2 VARIANT: With thumb sounding on lower string also



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

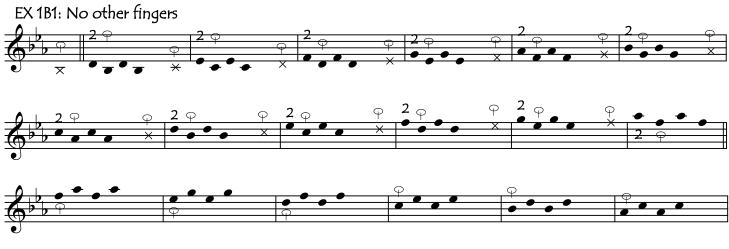


EX 1A3 VARIANT: With thumb sounding on lower string also



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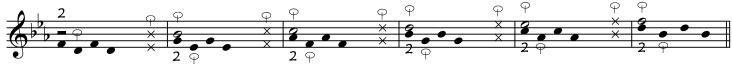
## PART 1B: STEPWISE SHIFTS BETWEEN THUMB AND SECOND FINGER





1B1 VARIANT: With thumb sounding on higher string also

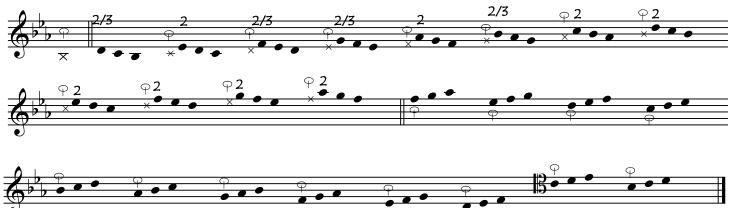








EX 1B2: With three fingers. Can use 3rd finger instead of 2nd in the lower extended positions



PART 1B (cont): STEPWISE SHIFTS BETWEEN THUMB AND SECOND FINGER EX 1B2 VARIANT: With thumb sounding on higher string also





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