

Shifting Down To Extended Position In The Neck Region

EXERCISES

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PART 1: ON FIRST FINGER. EX 1A: Preparatory Exercise: Not a whole-hand shift, just an extension

EX 1B: Wholetone interval down to extended first finger

EX 1C: Major third interval down to extended first finger

PART 2: SCALE/ARPEGGIO-TYPE SHIFTS. EX 2A: Down To Second Finger In Extended Position

EX 1B: Down To Fourth Finger In Extended Position

PART 3: ASSISTED SHIFTS. EX 3A: Preparatory Exercises: Not a shift, just an extension

Second and first fingers

Fourth and first fingers

EX 3B: Wholetone hand movement (semitone shift + extension ?) EX 3B1: Fourth and first fingers

EX 3B1 Turbo

Third and first fingers

Second and first fingers