

Thumb Position: Most Basic Positional Exercises: NO SHIFTS (only crawls)

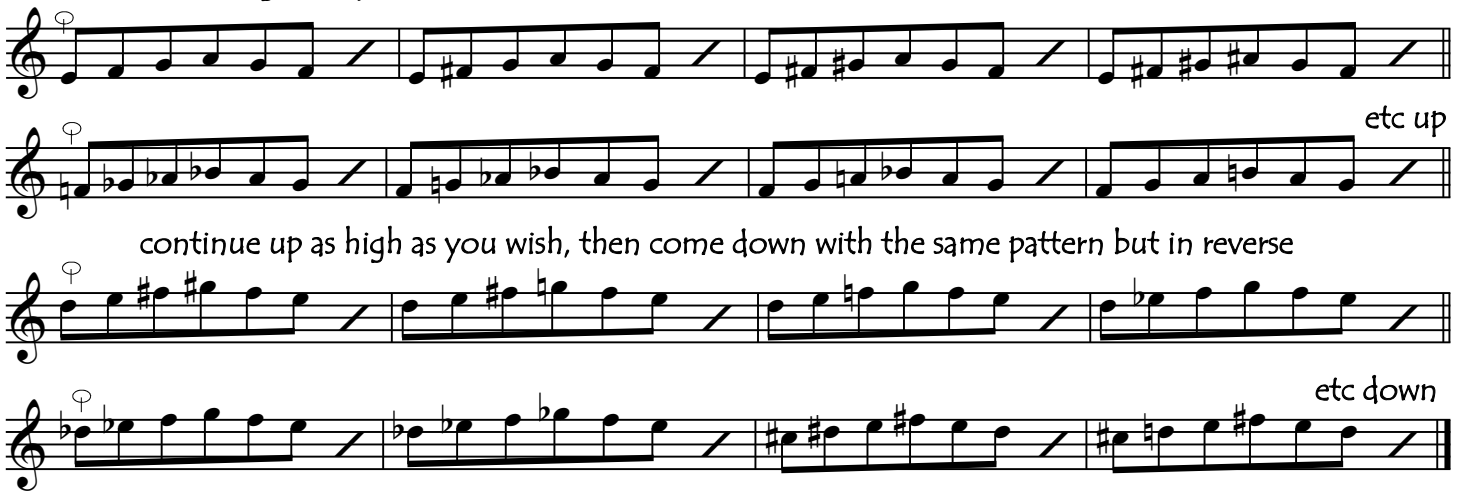
Use long slurred bows and do on other strings also. Relax the thumb pressure when not in use.

We shouldn't need to read the notes because the patterns repeat, but we do need to know always which notes we are playing.

These exercises are written out going from the lower positions to the higher ones. It might however be more ergonomic (less strained) to do them in reverse order, starting high and working downwards.

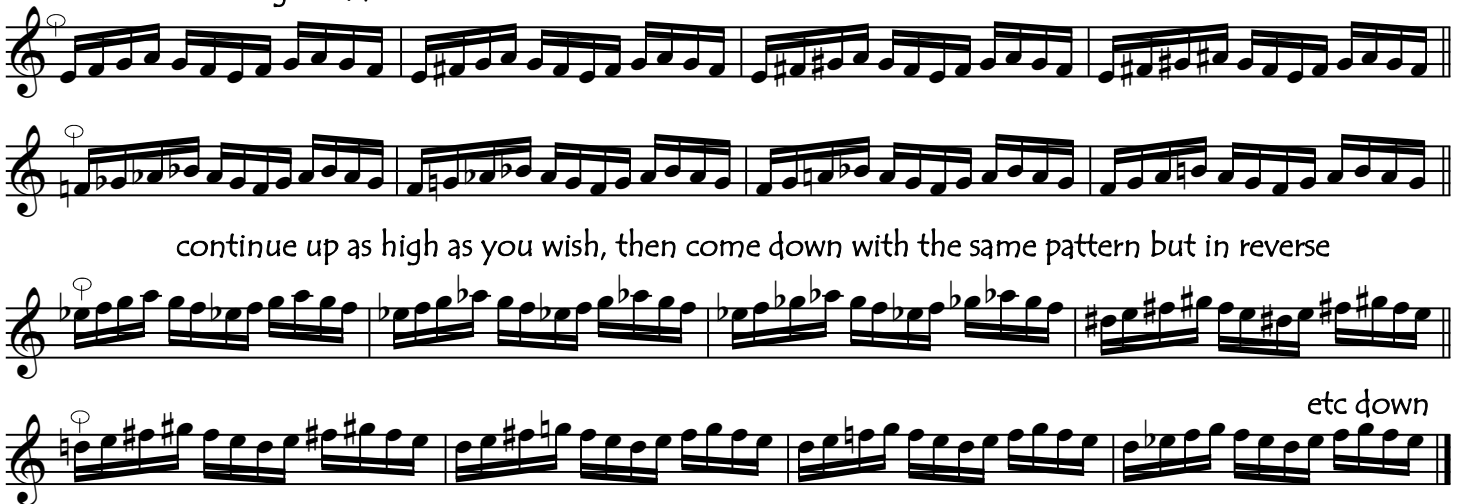
EXERCISE 1: Rolling Sextuplets

Originally by Paul Tortelier. Modified by cellofun.eu



we can start also on other fingers (not the thumb): 12321T 1T1232 2321T1 21T123 321T12

EXERCISE 2: Rolling Quads



we can also start these rolling semiquaver quadruplets on the first, second or third fingers.

EXERCISE 3: Non-Rolling Quads (not as comfortable as the rolling ones)

Ex 3.1: T 1 2 3



EX 3. (cont)



continue up as high as you wish, then come down with the same pattern but in reverse



We don't need to always start on the thumb. Here are 24 different possible quadruplet finger patterns for this exercise :

(T = Thumb)

T123 (and 123T, 23T1, 3T12)

T132 (and 132T, 32T1, 2T13)

T213 (and 213T, 13T2, 3T21)

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T312 (and 312T, 12T3, 2T31)

T321 (and 321T, 21T3, 1T32)