

EXTENDED POSITION IN THE NECK REGION

EXERCISES FOR SPEED AND FLUIDITY: ALL FINGERS

- These exercises are to be played fast and slurred with long bows.
- We need to know always what notes we are playing. Open strings can be used to check our intonation.
- Play around freely with these patterns using different rhythms, time signatures, speeds, bowings and strings.
- We can vary the relative frequencies of the "resting" (non-extended) and "hard-work" (extended) positions according to our objectives of the moment (warm-up or weight-training).
- To avoid tension and rigidity, roll the hand between the top finger and the first finger and relax the first finger when not using it.

WE DON'T EVEN NEED THE NOTES WRITTEN OUT: JUST CHOOSE A DIFFERENT FINGER PATTERN EACH TIME, FOR EXAMPLE:

TRIPLETS:	1-M-4	1-4-M	M-1-4	M-4-1	4-M-1	4-1-M	(M = middle finger)	
SEMIQUAVERS:	1-2-1-4	1-4-1-2	1-2-4-2	1-4-2-4	2-1-4-1	2-1-2-4	2-4-2-1	2-4-1-4
	4-1-2-1	4-1-4-2	4-2-4-1	4-2-1-2				
	1-2-3-4	2-3-4-1	3-4-1-2	4-1-2-3	4-3-2-1	3-2-1-4	2-1-4-3	1-4-3-2
	1-3-2-4	2-4-3-2	3-1-4-2	4-2-1-3	4-2-3-1	3-1-2-4	2-4-1-3	1-3-4-2
SEXTUPLETS:	1-2-3-4-3-2	2-3-4-3-2-1	3-4-3-2-1-2	4-3-2-1-2-3	3-2-1-2-3-4	2-1-2-3-4-3	1-2-3-4-3-2	

EXERCISE 1: Triplet groups. EX 1A: 1-M-4 (M = middle finger)

EX 1B: 4-M-1

EX 1C: M-4-1

EX 1D: M-1-4

NECK POSITION: BASIC POSITION AND FLUIDITY EXERCISES: ALL FINGERS (cont.)

EX 1E: 4-M-1

EX 1F: 4-1-M

EXERCISE 2: NOW WITH GROUPS OF FOUR. EX 2A: Starting on first finger. EX 2A1: 1-2-3-4

Other possibilities: 1-2-1-4 1-4-1-2 1-2-4-2 1-4-2-4 1-4-3-2 1-3-4-2 and 1-3-2-4 etc

EX 2B: Starting on second finger. EX 2B1: 2-1-4-1

Other possibilities: 2-1-2-4 2-4-2-1 2-4-1-4 2-3-4-1 2-1-4-3 2-4-1-3 AND 2-4-3-1 etc

EX 2C: Starting on fourth finger. EX 2C1: 4-3-2-1

Other possibilities: 4-1-2-1 4-1-4-2 4-2-4-1 4-2-1-2 4-1-2-3 4-2-1-3 AND 4-2-3-1 etc

EXERCISE 3: SEXTUPLET GROUPINGS. EX 3A: Starting on first finger. EX 3A1: 1-2-3-4-3-2

Other possibilities: 2-3-4-3--2-1 3-4-3-2-1-2 4-3-2-1-2-3 3-2-1-2-3-4 2-1-2-3-4-3 etc