

Fast: On One String And In One Position: ALL REGIONS

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EXERCISES: PART 1: THE ROLLING HAND (always consecutive fingers)

For working on the left hand, slur each bar. Repeat each cell until it is comfortable and fluent. Do in different positions, on different strings, and then, for coordination, with many different bowings.

FOUR-FINGER ROLLING PATTERNS (sextuplet rhythms): EXERCISE 1A

EX: 1B With different sextuplet subgrouping

EX 1C: Now do the above exercises with the extended-back first finger interspersed between each bar. The rolling motion is especially useful in the extended position patterns.

EX. 1D: Take any of the above bars and use the extn to move the pattern both up and down the fingerboard

and downwards

EX 1E upwards

EX 1E downwards

The same patterns can be used with any of the 12 bars at the top of the page

Now we can do the same sextuplet patterns in thumbposition. Here, the thumb acts as an anchor and the hand will probably roll much less. Do also in different positions and on different strings.



Start on 1st finger



Start on 2nd finger



Start on 3rd finger



Do also with the 6/8 rhythmic grouping



THREE-FINGER ROLLING PATTERNS (quadruplet rhythms).

Do also in different positions and on different strings

This section contains four staves of musical notation in bass clef, each showing a different quadruplet rolling pattern. The patterns are labeled with numbers 1, 2, 3, and 4. Each pattern consists of a sequence of notes with slanted stems, indicating a fast, continuous motion. The patterns are:

- Staff 1: Pattern 1, starting on a G note.
- Staff 2: Pattern 2, starting on an A note.
- Staff 3: Pattern 3, starting on a B note.
- Staff 4: Pattern 4, starting on a C note.

Each and every one of these figures can be migrated all over the fingerboard, both upwards and downwards, using simple snaking movements. In the higher regions we can also include the extended 3rd finger

This section shows how the patterns from the previous section can be migrated across the fingerboard. It consists of ten staves, alternating between bass and treble clefs. The patterns are labeled with numbers and 'etc up' or 'etc down' to indicate the direction of migration.

- Staff 1: Bass clef, Pattern 1, labeled 'etc up'.
- Staff 2: Treble clef, Pattern 1, labeled 'etc down'.
- Staff 3: Bass clef, Pattern 2, labeled 'etc down'.
- Staff 4: Treble clef, Pattern 2, labeled 'etc down'.
- Staff 5: Bass clef, Pattern 3, labeled 'etc down'.
- Staff 6: Treble clef, Pattern 3, labeled 'etc down'.
- Staff 7: Bass clef, Pattern 4, labeled 'etc down'.
- Staff 8: Treble clef, Pattern 4, labeled 'etc down'.
- Staff 9: Bass clef, Pattern 1, labeled 'etc up'.
- Staff 10: Treble clef, Pattern 1, labeled 'etc down'.