

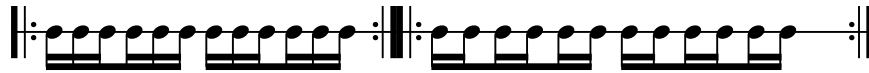
Fast: On One String And In One Position (All Regions)

EXERCISES: PART 1: CYCLING: THE ROLLING HAND

by cellofun.eu

do in different positions, on different strings and with many different bowings

1: FOUR-FINGER ROLLING PATTERNS (sextuplet rhythms)



Neck Region Patterns: 123 432 234 321 212 343 321 234 343 212 432 123
in extended and non-extended positions

for example:



now do all of the above exercises with the extended-back first finger

Thumbposition Patterns: T12 321 123 21T 1T1 232 232 1T1 21T 123 321 T12
(with all different finger spacings)

2: THREE-FINGER ROLLING PATTERNS (quadruplet rhythms)



Now do the same but with extended first finger:



Do these also in the Intermediate Region and in Thumbposition