

LEFT HAND FINGER INDEPENDENCE EXERCISES

"FINGER-TWISTERS"

Begin by playing these exercises slowly, evenly, and with beautiful tone and intonation. Repeat each pattern continuously. In the beginning, use as many bows as necessary: one note per bow, then later two, four, and ultimately 8 and 16. Use your metronome to establish the maximum speed at which you can play the patterns, your "ceiling". Then every day gradually increase the speed as your facility increases. Do not push the tempo too soon; you always want to be *just* pushing your "ceiling". Aim to play the patterns with minimum tension, and high, relaxed, strong finger lifts and drops.

1-4-3-4	1-4-2-4
1-3-2-3	2-4-3-4
1-3-4-2	1-2-4-3

DOUBLE-STOPS

As with the exercises above, begin by playing these exercises slowly, evenly, and with good tone and intonation, using as many bows as necessary. Again, the goals are beautiful tone and intonation, and relaxed, independent finger lifts and drops.

A string: 3-4 D string: 1-2	A string: 2-4 D string: 1-3
A string: 2-3-4-3 D string: 1	A string: 1 D string: 2-3-4-3
A string: 1-3-4-3 D string: 2	A string: 2 D string: 1-3-4-3
A string: 1-2-4-2 D string: 3	A string: 3 D string: 1-2-4-2
A string: 1-2-3-2 D string: 4	A string: 4 D string: 1-2-3-2