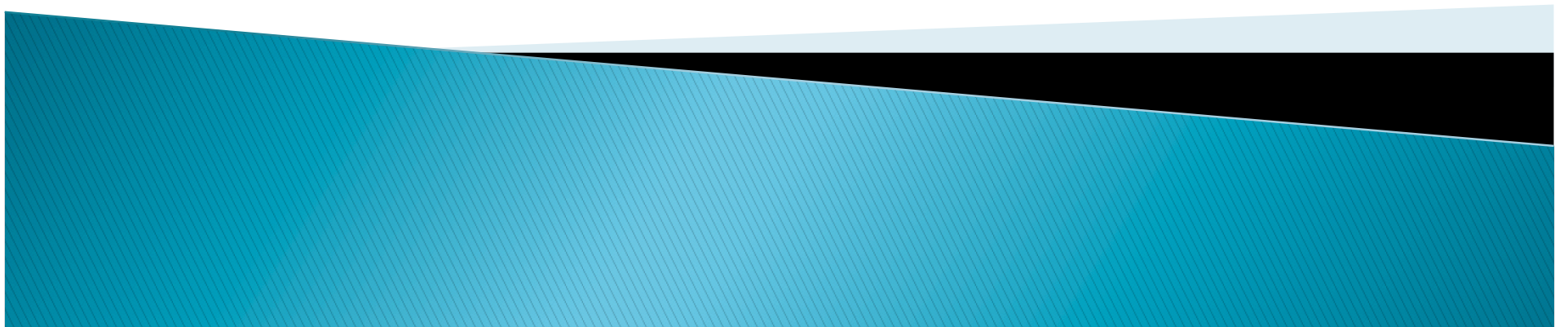
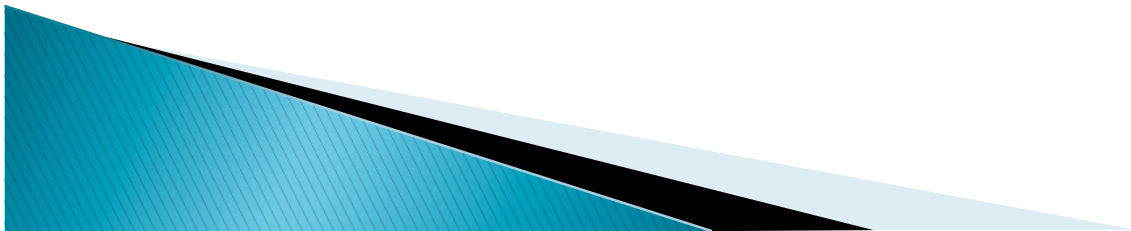


Early Shifting and Vibrato Exercises



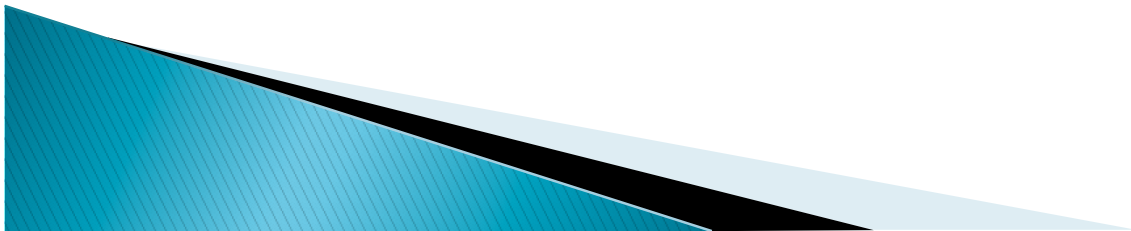
Pinky Plucks

- ▶ With left pinky finger, pluck E string 3x in 1st position, over high dot (elbow swings under), way high dot (thumb on crook of neck), back to high dot, 1st position
- ▶ Repeat on the A string, D string, and G string



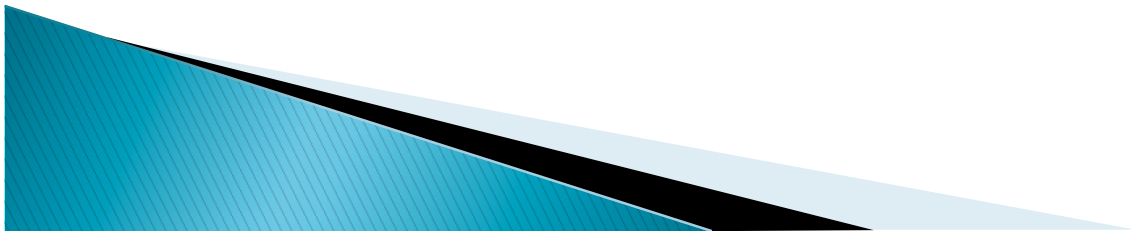
Air Violin

- ▶ Without the instrument or bow, make a bowing motion with your bow arm and a shifting motion with your violin arm
- ▶ First go the same speed
- ▶ Then move your bow arm slowly while moving your violin arm faster



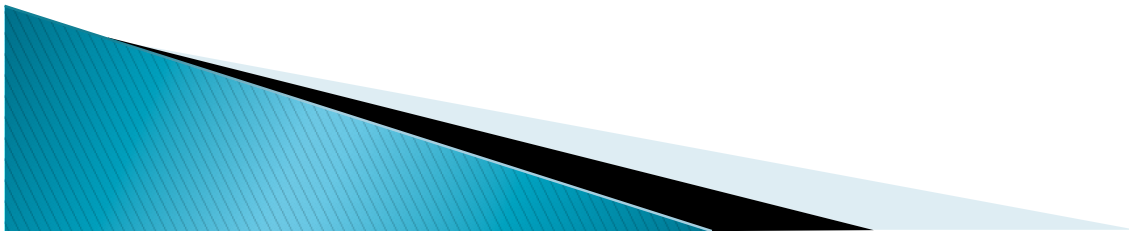
Sliding During Open Strings

- ▶ Play slow, whole bow whole notes with the bow on open strings
- ▶ While the bow is moving slowly, slide on “Magic X”
- ▶ Play Twinkle, and every time you play an open string, slide on “Magic X”



Long Silent Shifts

- ▶ Without the bow, slide all the way up the fingerboard
- ▶ Touch your nose
- ▶ Slide all the way back down to 1st position
- ▶ Ensure that the elbow swings back when returning to 1st position



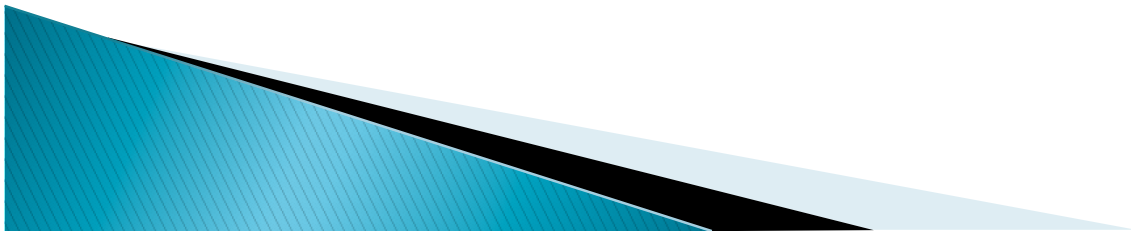
Ghosts – Harmonic Glissando

- ▶ 3rd finger harmonic glissando
- ▶ Down bow – slide up to the way high dot (swing arm under the violin on the way up)
- ▶ Up bow – Slide back down to 1st position (swing arm back on the way down)
- ▶ Be sure the wrist falls back in (looks straight) at about 3rd position



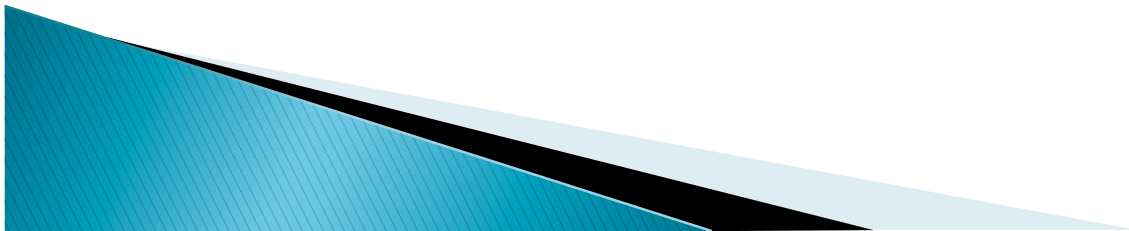
Octave Harmonics

- ▶ Swing left arm under to prepare for the octave harmonic
- ▶ Swing left arm to prepare for string level changes during whole notes
- ▶ E.g., A3 3A A harmonic harmonic A (repeat on all strings)



Third Position: 0-2

- ▶ Place hand in 3rd position with the heel of the hand touching the violin
- ▶ Swing the arm to change the left arm level when moving to the next string
- ▶ Listen for the “2” to ring, and match the intonation of the open string



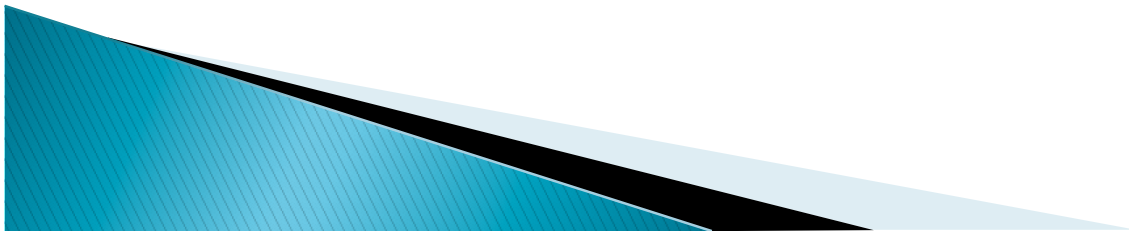
Vibrato – Tapping

- ▶ Tap the left hand over the high dot – in rest position and in playing position
- ▶ Slide on the “Magic X” – in rest position and playing position



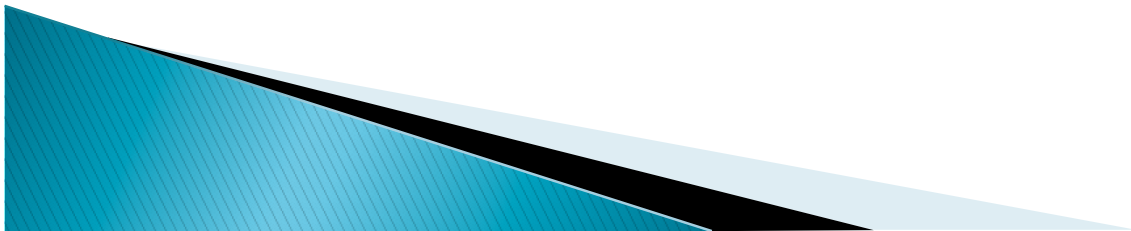
Tic-Tac Shake; Peg Knockers

- ▶ Start with forearm against a wall to isolate the wrist and knock on wall
- ▶ Then shake a Tic-Tac box back and forth (wrist motion) in a slow, even tempo
- ▶ With hand in 1st position, keep the arm still and knock on the peg box with wrist motion only



Knuckle Calisthenics

- ▶ Without the violin:
- ▶ Left index finger touching left thumb (“ok” sign), gently allow the first knuckle to collapse; repeat many times!



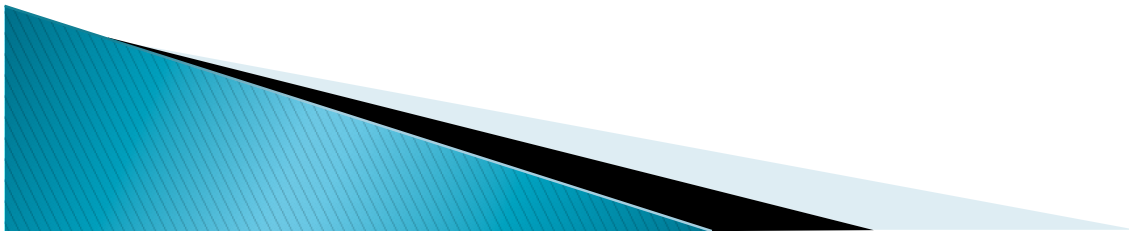
Polishing the String

- ▶ With violin in rest position, slide on “Magic X”; Lightly touch the A string with 3rd finger while sliding
- ▶ Gradually decrease the amplitude of the slide until the finger tip is in one place and the arm/hand/x is still sliding
- ▶ This usually looks like an arm vibrato
- ▶ Repeat on other fingers



Open String Slides

- ▶ Play Twinkle Twinkle Little Star (theme)
- ▶ On every open string, slide on “Magic X”
- ▶ Then try with scales and other pieces



Finger Wiggles

- ▶ Reinforces sound modeling for the student
- ▶ First ensure that the back of the hand is loose as the student vibrates
- ▶ Student leans their scroll against you; push on finger nail to establish pitch and wiggle the first knuckle
- ▶ Student then tries to match the vibrato on their own

