

Bowing and Rhythmic Variations

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Preparatory Shifts for Foundation Keys

Practice these shifting exercises before each Foundation Key. Play with the top fingerings in first position, then repeat several times with bottom fingering shifts, with and without guide notes.

Key of C m. 2

2 3 1-1 1 - 1 2 3 2 1-1 0 1-1 1 - 1 0

m. 33-34

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

Key of D m. 3

2 3 2 - 2 2 - 2 1 2 1 - 1 1 - 1 0 2 1 - 1 1 - 1 0

m. 31

0 2 0 1-1 1-1 0 0 2 0 1-1 1-1 0 0 2 0 1-1 1-1 0 2 4 2 - 2 2 - 2

Key of E \flat m. 3

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

m. 37

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

Key of F m. 2

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

m. 37

2 4 2-2 3 3-3 2 2 4 2-2 3 3-3 2 0 2 0-1 1 1-1 0 1 2 1 - 1 1 - 1 2 4 2 - 2 2 - 2

Key of G m. 2

2 1-1 1 - 1 2 3 1 - 1 2 2 1-1 0 1-1 1 - 1 0

m. 14-15 3 2 1 - 1 2 2 1-1

m. 25-26 0 1-1 1 - 1 0

m. 33-34 1 3 1 - 1 1 - 1

m. 41-42 1 3 1 - 1 1 - 1

m. 49-50 2 3 2 1-1 1-1 2

m. 59 2 4 2 - 2 2 - 2

Preparatory Shifts for Remaining Keys

Practice these shifts before each key. Play first with the top fingering in the originating or fixed position, then repeat several times with the bottom fingering shifts, with and without the guide notes.

Key of D \flat /C \sharp m. 3

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

m. 25-26 1 4 1 - 1 3 3 - 3 1

m. 33-34 2 4 2 - 2 3 3 - 3 2

m. 41-42 2 4 2 - 2 3 3 - 3 2

m. 45 0 2 0 1-1 1 - 1 0

m. 49 1 3 1 - 1 2 2 - 2 1

Key of E

2 1-1 1-1 2 2 1-1 1-1 2 1 - 1 1 - 1 1 - 1 1 - 1 1 - 1 1 - 1

m. 3 2 3 2 1-1 1-1 2

m. 11 2 3 2 1-1 1-1 2

m. 26 1 3 1 - 1 1 - 1

m. 30 1 3 1 - 1 1 - 1

m. 37 1 3 1 - 1 1 - 1

m. 41 1 3 1 - 1 1 - 1

m. 45 1 3 1 - 1 1 - 1

m. 58 2 4 2 - 2 2 - 2

m. 60 2 4 2 - 2 2 - 2

Key of F \sharp

1 - 1 1 - 1 1 - 1 2 1 1 1 1 - 1 1 - 1 1 - 1 1 - 1 1 - 1 1 - 1 1 - 1

m. 2 1 2 1 - 1 1 - 1

m. 14-15 2 1 1 - 1 1 - 1

m. 25 1 3 1 1-2 2-2 1

m. 29 1 3 1 - 1 2 2 - 2 1

m. 33 1 4 1-1 3 3-3 1

m. 37 2 4 2-2 3 3-3 2

m. 41-42 0 2 0 1-1 1-1 0

m. 45-46 1 3 1 - 1 1 - 1

m. 59 2 4 2 - 2 2 - 2

Key of Ab/G# m. 2

m. 10 m. 14-15 m. 25-26 5

3 1-1 1-1 3 3 1-1 1-1 3 1 - 1 3 3 1-1 1 - 1 1 - 1

m. 33-34 m. 41-42 m. 49-50 m. 58 m. 59

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

Key of A m. 2

m. 14-15 m. 25-26 m. 33-34

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

m. 41-42 m. 49-50 m. 58 m. 59

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

Key of Bb m. 2

m. 3 m. 5-6 m. 18

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

m. 26 m. 30 m. 34 m. 38

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

m. 42 m. 46 m. 58 m. 59 m. 60

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

Key of B m. 2

m. 3 m. 5-6 m. 18

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

m. 26 m. 30 m. 34 m. 38

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

m. 42 m. 46 m. 58 m. 59 m. 60

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