

Table of Contents

Chapter One YOUNG VIOLINISTS IN ACTION	6
Chapter Two PRINCIPLES OF MOVEMENT IN STRING PLAYING	7
Chapter Three RHYTHM TRAINING	8
Chapter Four ESTABLISHING THE CELLO HOLD	9
Chapter Five LEARNING TO HOLD THE BOW	22
Chapter Six PLAYING AT THE MIDDLE WITH SHORT STROKES.....	31
Chapter Seven ESTABLISHING LEFT HAND AND FINGER PLACEMENT IN FIRST POSITION	36
Chapter Eight PRINCIPLES OF LEFT HAND AND FINGER ACTION	43
Chapter Nine EXTENDING THE BOW STROKE.....	49
Chapter Ten DEVELOPING FINGER MOVEMENT	57
Chapter Eleven BASIC SHIFTING MOVEMENTS	65
Chapter Twelve BOUNCING THE BOW	73
Chapter Thirteen MARTELÉ AND STACCATO	78
Chapter Fourteen DEVELOPING FLEXIBILITY.....	81
Chapter Fifteen FIRST STEPS IN VIBRATO TEACHING	86
Chapter Sixteen SUSTAINED STROKES, DÉTACHÉ, RELATED BOWINGS	91
Chapter Seventeen REMEDIAL TEACHING.....	93
Author Biographies	94



This book correlates directly to *The Teaching of Action in String Playing*.
Look for this icon throughout to locate the correlating page in *ToAiSP*.

Chapter Two

PART ONE: CONTROL AND REGULATION OF VOLUNTARY MOVEMENT



No commentary specific to the cello is necessary.

PART TWO: PRINCIPLES OF MOVEMENT IN STRING PLAYING



INTRODUCTION

The foundational principles of movement presented in this chapter apply to all string instruments and thus require no adaptations for the cello. The authors felt it would be beneficial, though, to include photographs of *unilateral movement* and *bilateral movement* (ToAiSP, p. 34) from a cellist's perspective.

Unilateral Movement

In unilateral movement, the bow arm and body move in the same, or parallel, motion. The body weight shifts simultaneously from the center to the right sitz bone as the bow pulls a down-bow to the right.

Centered on Sitz Bones



Weight Transferred to the Right



Figure 1. Unilateral movement in a whole bow stroke

Bilateral Movement

In bilateral movement, the bow arm and body move in opposite, or contrary, motion. The body weight shifts simultaneously from the center to the left sitz bone as the right arm pulls a down-bow to the right.

Centered on Sitz Bones



Weight Transferred to the Left



Figure 2. Bilateral movement in a whole bow stroke