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OLYMPIC CELLO WORKOUT PULSING EXERCISE

This exercise is also for *legato* as well for perfecting bow usage.

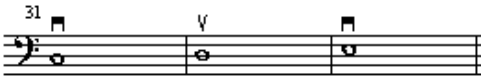
- Beautiful *legato* sound
- Bow usage

PREPARATION	DESCRIPTION
Metronome at **QUARTER NOTE**=*60* Pick any scale to use.	Start by playing 4 beats to a bow. Pulse the right hand playing the rhythms indicated. Do this correctly by never stopping the bow. As the string length shorten you will need to implement less emphatic pulsing by the right hand. Use whatever fingering you're most comfortable with.

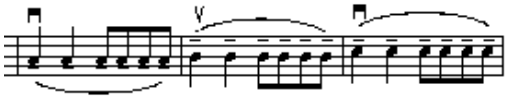
LEVEL 1

One octave of any scale.

think this:



but play:

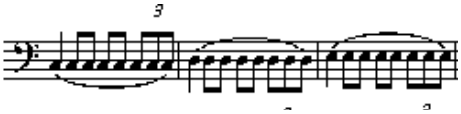


continue up scale in same manner

LEVEL 2

2 octaves

still thinking legato try these



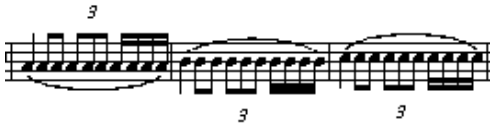
new rhythms:

continue up scale (2 octaves) in same manner

LEVEL 3

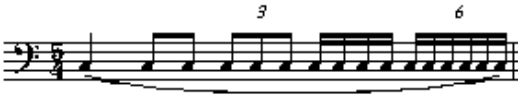
3 or more octaves

more complex rhythms:



Further Study:

still more difficult:



Try starting with faster "pulses" and ending each bow stroke with the slower divisions. Use this on any *legato* passage you might be working one. Subdivide each note into some pulsing rhythms that accelerate before the bow change.

NEXT LESSON ▸