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OLYMPIC CELLO WORKOUT COORDINATION

I've been looking for a way to constantly challenge coordination of L and R hands. It seems the only way to constantly throw myself "curves" in terms of bowings, rhythms and L hand patterns.

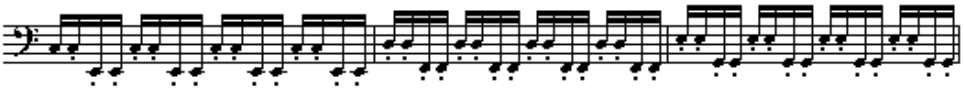
- Coordination between left and right hands
- Endurance

PREPARATION	DESCRIPTION
Metronome variable. Any scale: use 3rds, 6ths or octaves.	Play this exercise loudly (*fortissimo*) and off the string. When executing the different bowings play on the string but still loud.

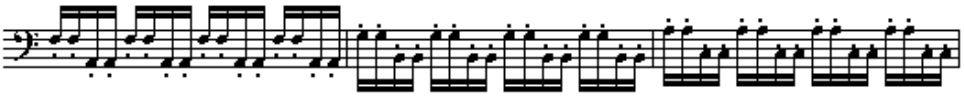
LEVEL 1

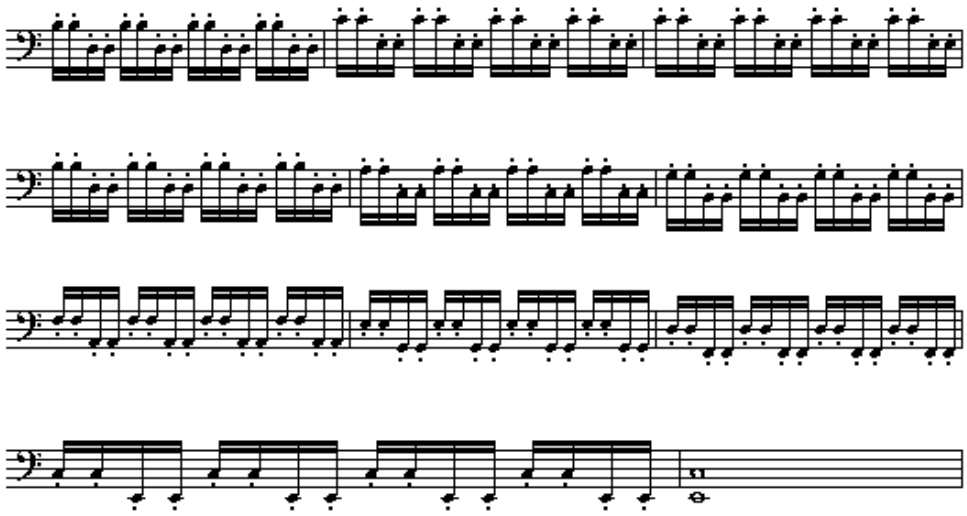
Quarter note =70-80

1-2 octaves, use only 6ths. Play both off and on the string, always loud.



Pattern 1:

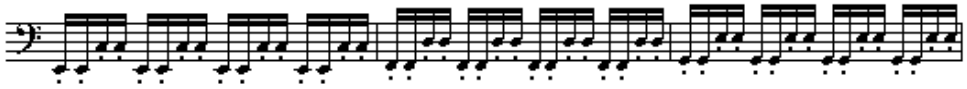




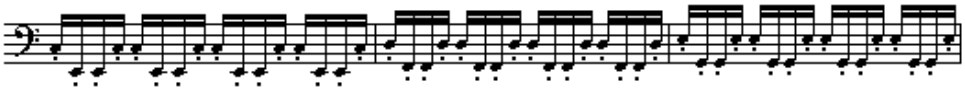
pattern 1, four beats per position

Do the same exercise (same scale, interval, number of octaves) using the following patterns:

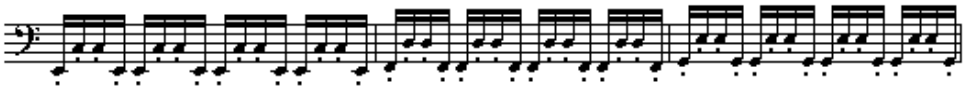
Pattern 2:



Pattern 3:



Pattern 4:



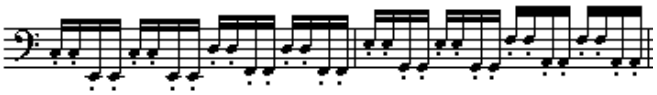
LEVEL 2

Quarter note=90-100

range: 2 octaves

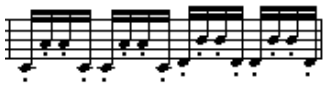
add 3rds or octaves

At Level 2 the exercise moves faster, you will spend two beats on each interval instead of 4. First play all of Leve 1 at this new tempo and then try this faster moving version. .



example: pattern 1

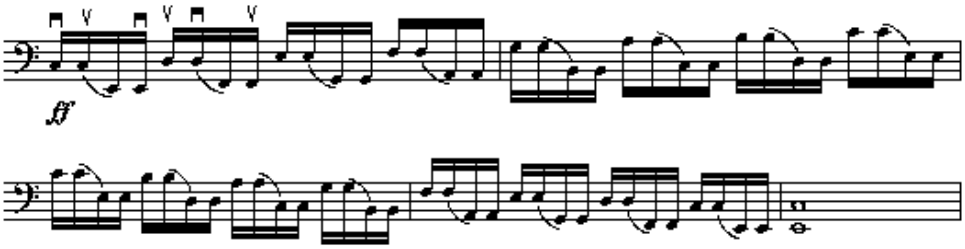
Do this on all four patterns



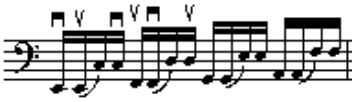
example: pattern 4, 2 beats per position

Try the following different bowings but start at a slower tempo, Quarter note=60-70

Although it's printed here moving 1 beat per position continue playing 2 beats per position for Level 2.

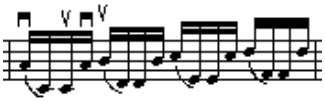


Continue up scale (two octaves) using this bowing. Remember to start at a slower tempo and to play these exercises on the string, not off.

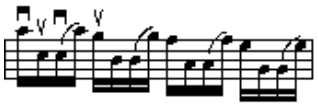


pattern 2 with bowing

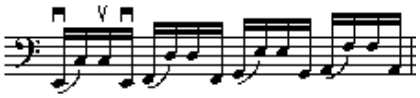
Patterns 3 & 4 are shown here with 2 different bowing possibilities. There are others for Patterns 1 & 2, can you figure them out?



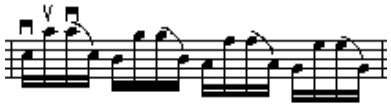
pattern 3 with bowing



pattern 3 with another bowing, shown here descending



pattern 4

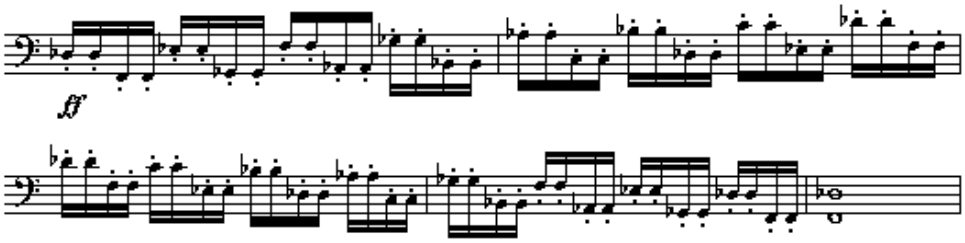


pattern 4, alternative bowing, descending

LEVEL 3

Half note=60-70

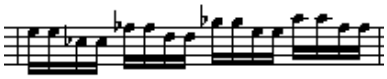
Play all of the above patterns at this faster tempo and now play one beat per position. Try different scales.



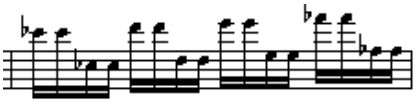
pattern 1 in Db major

Different intervals:

Try all the patterns in a new key, with different intervals.



pattern 1, in 3rds, in Eb major



pattern 1, octaves, Eb major

Remember to play loudly. Playing loudly will demand that you have the left hand patterns worked out as well as the bowings and the string x-ings.

Work up the bowings introduced in Level 2 to the Level 3 tempo playing on the string. Try to add 4ths (careful to play augmented 4th when demanded by scale.)

Notes: Time your shifts precisely. This is a tiring exercise. Playing this loud is difficult to keep up so take breaks to collect yourself and rest your arms/fingers.