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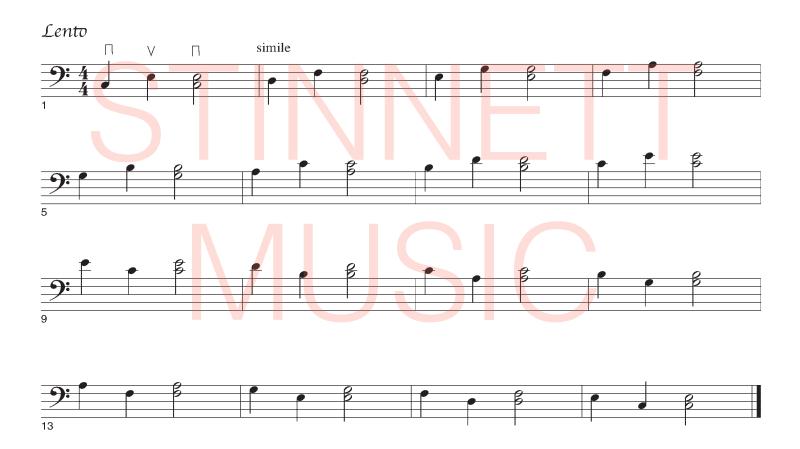
Chapter 1

Stamina

The left hand must become strong. Holding down two notes at once takes a lot of strength in your hands. These double stop exercises may be quite taxing for a while. Have patience and keep at it. With persistent and consistent practice, you will develop the strength needed to play these effortlessly.

Start by retaking the bow for the beginning of each measure. This is indicated by the word simile. The retake will give you a little break, and you will appreciate it. Later on you can try not retaking the bow and play as the bowing comes naturally, with no breaks.

No. 1 - Double Stops - 3rds, Key of C



The following bowing exercises are quite challenging. As with many things, slow and sustained is harder than fast. Try to "save the bow" and do not run out of bow at the end of each stroke. Learning to save the bow is a big step in your development.

No. 13 - Save the Bow, C major scale



Add this bowing exercise to all your scale practice, in all keys.

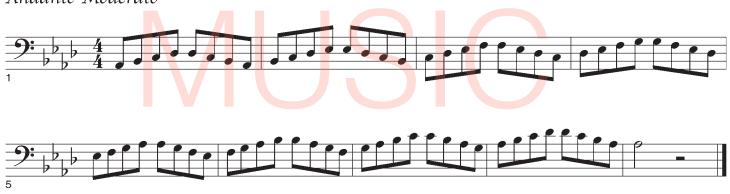
No. 18 - Pattern 12344321, Key of Eb

Andante Moderato



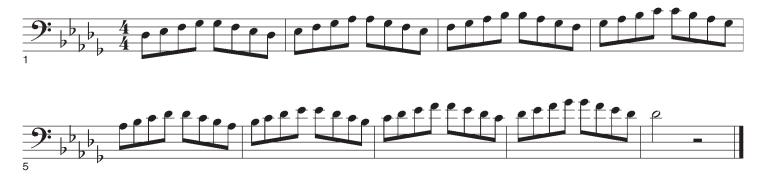
No. 19 - Pattern 12344321, Key of Ab

Andante Moderato



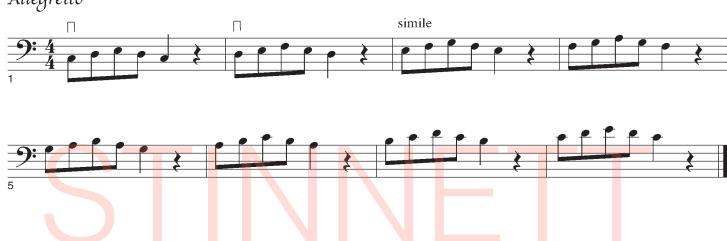
No. 20 - Pattern 12344321, Key of Db

Andante Moderato



No. 27 - Pattern 12321, Key of C

Allegretto



No. 28 - Pattern 12344321, Key of F

Allegretto

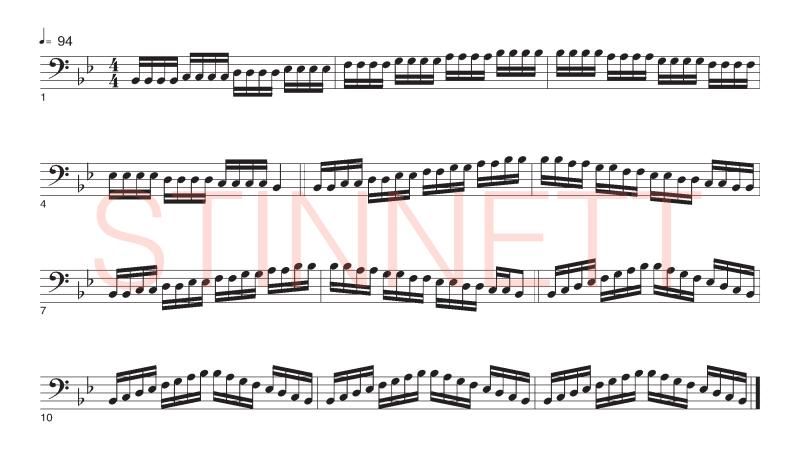


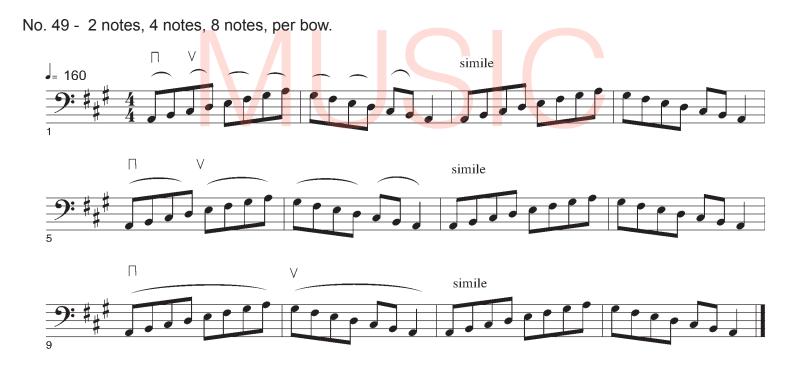
No. 29 - Pattern 12344321, Key of Bb

Allegretto



No. 48 - 4 attacks, 2 attacks, 1 attack, per note.





This next etude is slow and expressive. It requires bowings to facilitate the phrasing and flow. Add your own bowings. If you listen to great players like Gary Karr, you will begin to hear and feel how specific bowing patterns create the desired sound and phrasing, and shape your music. To develop your own sense of phrasing, it is vital that you listen to master players.

No. 62 - Etude



Learning to play in thumb position is a big undertaking. This is just an introduction. Thumb position will be covered in depth in book 3. It is fun to jump into the higher register of the bass. It is also difficult for most students. Like anything else, with consistent practice it will become easy.

The exercises below will help you gain strength and help your hands learn the basic shapes used while playing in thumb position. The fingering indication for playing with your thumb is a plus sign, +.

- Play on the tips of your fingers. Keep all of your fingers curved no collapsing fingers at the joints.
- Keep your left arm off of the bass. Do not rest it on the body of the bass.
- Keep your arm above your hand. (lift the elbow) The weight of the arm helps hold the notes down.
- The arm and the wrist should be curved. Do not collapse the wrist at the joint.

Play the exercises below with a long and smooth sound.

No. 66 - Thumb Position - Shapes whole-step, whole-step



No. 67 - Thumb Position - Shapes whole-step, half-step



No. 68 - Thumb Position - Shapes half-step, whole-step



No. 74 - Etude

