

**GGBC Left Hand Workshop**  
**Donovan Stokes**

Stance and Bass Balance

Light shifting – (with bow)

- 1 8va all strings
- 2 8va all strings
- 3 8va all strings
- 4 8va all strings

Left hand pizzicato (*Lifting and dropping, Move from base joints*)

4,3,2, 16ths, triplets, 16ths (3 tempi)

quarter = \_\_\_\_\_ to \_\_\_\_\_ to \_\_\_\_\_ (3 speeds)

Chromatic scale—(fingers close to string, constant arm weight)

light pressure- quick release

light shifting (silent shift)

Quarter, Eights, triplet, sixteenth, etc.

Quarter = \_\_\_\_\_ .

Bumblebee finger exercise: (note: lift finger after use)

Chromatic hand position

Semi-Chromatic hand position

Diatonic hand position

14 + 1 + 1 2 1 + 1 + 1 3 1

16 + 2 + 2 3 2 + 1 2 3 2 1

**All fingers, all combinations**

Trills, all finger combinations:

quarter= 60

(1 per beat, then 2, then 3 etc.)

Finger vibrato: (lift fingers)

Vibrato:

(Note: backward motion, flexible fingers, release the string)

quarter= 60

1 per beat, then 2, then 3 etc.)

Web stretching/sliding fingers:

One finger stable, another finger stretching

Pivoting

Eureka Exercise (could change fingering to incorporate 4<sup>th</sup> finger)

+1+1 21212323 +1+1 21212323 3232 1212 1+1+ 323212121+1+

III II III III

*A harmonic minor*

5 1 2 1 2 +1+1 2121 2323 12123232 2323 2121 3232 12121+1+ 21 21

III II I II III

9