

Round fingers (curve the curve)



basic

STEP 1 STEP 2

1. pizz.
2. arco



WHEN you put your fingers down on the fingerboard, make sure that they are not stretched out, but curved, as if you were holding a glass (or like an owl sitting on a branch).

To check if your fingers are curved enough, play step 2. Make sure your thumb is not squeezing the neck, but loosely resting on it.

explore more

1.

2.

3.



4.

Shifting by contracting (like the caterpillar)



basic

1 2 4 1 2 4 1 2 4 2

1. pizz.
2. arco

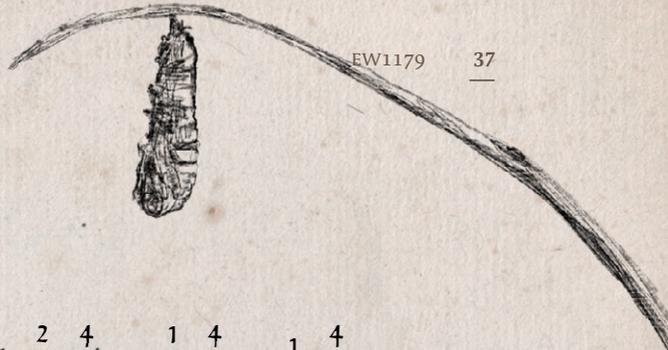
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THIS is the famous crawling technique that is so typical for the viol. It can be used to scare away any cello player standing by.

But it is also a great technique for shifting!

- ☛ The moment you put your fourth finger down, shift the weight of your hand towards it.
- ☛ Now you can easily release the other fingers & your thumb and let them slide all the way down to your fourth finger.
- ☛ Put your first finger back down, lift your fourth finger and let your hand open again.
- ☛ Go back in the same way.



explore more

1.

2.

3.

4.

