

Exercise Sheet Music

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Youtube channel teachingviola

Shifting I

Handwritten sheet music for shifting exercises on the viola. The music consists of five staves of notes, each starting with a clef (F), a key signature (one sharp), and a common time signature. The tempo is indicated as = 60.

Annotations on the right side of the music:

- For the first two staves: "lower arm leads" and "elbow stays in place".
- For the third staff: "elbow moves slightly" and "inputs still lower arm".
- For the fourth staff: "Inputs from elbow turning outwards" and "hand follows arm, thumb moves under the neck of the viola".
- For the fifth staff: "preheat shift" and "active, calm hand".

Below the music, handwritten text reads: "smooth and regular movements" and "thumb glides as part of the hand".

smooth and regular movements
thumb glides as part of the hand