

Exercise Sheet Music

Shifting I

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Youtube channel teachingviola

lower arm leads
elbow stays in place

elbow moves slightly
inputs still lower arm

inputs from elbow
turning outwards
hand follows arm,
thumb moves under
the neck of the viola

pick up
shift
active, calm hand
ready to play (\approx Octave/rame)

smooth and regular movements
thumb glides as part of the hand