

Useful Exercises

Inspired by Janos Starker

1. Bow Distribution

Full bow. Relaxed, smooth changes

♩ = 60

(1 beat per bow)

(2 beats per bow)

(3)

(4)

Musical notation for Bow Distribution exercise, featuring various time signatures and bow counts. The exercise is divided into four lines of music. The first line shows a sequence of time signatures: 4/4, 3/4, 3/4, 4/4, and 6/4. The second line shows 6/4, 4/4, and 6/4. The third line shows 6/4. The fourth line shows 6/4, 4/4, 3/4, 4/4, and 3/4. Bow counts are indicated above the notes: (1 beat per bow), (2 beats per bow), (3), (4), (6), (8), (16), (8), (6), (4), (3), (2), and (1).

2. Position Shifting

Full bow. Relaxed, slow shifts

Sul D

Musical notation for Position Shifting exercise, Sul D, featuring a 13/4 time signature. The exercise is divided into two lines of music. The first line shows a sequence of notes with a bow count of (6) above the first note. The second line shows a sequence of notes with a bow count of (1) above the last note. The key signature is one sharp (F#).

Sul A

Musical notation for Position Shifting exercise, Sul A, featuring a 4/4 time signature. The exercise is divided into two lines of music. The first line shows a sequence of notes with a bow count of (6) above the first note. The second line shows a sequence of notes with a bow count of (1) above the last note. The key signature is three sharps (F#, C#, G#).

Continue in other keys and on other strings