

Cello

1 Octave Scales

K. Springer

C Major

G Major

13

D Major

25

A Major

37

F Major

49

B-flat Major

61

E-flat Major

73

Cello

Schradiack Finger Exercises Phase 1

H. Schradiack
arr. Kaitlin Springer
Edited by Victor Fernandez

1

2

6

3

11

4

16

5

21

6

7

26

8

31

9

36

10

Shifting 101 for Cello

Before we can learn 2 octave scales, we need to learn how shifting works. On stringed instruments we can play notes all the way up the fingerboard, and these notes are divided into different **positions**. When we first learn a stringed instrument we learn **1st Position**. The D major scale starts on open D and walks its way up finger by finger in **1st Position**:



D-String----- A-String-----

Easy. Now imagine that we can play that same scale, but with different fingerings:



D-String-----

Our fingers climb the scale almost the same way, but we're going to stay on the same string-so we have to climb up into different **positions**. In this version of the scale, we are playing the A with our 1st finger instead of the open A-string. That is **4th Position**, which is the next position that we learn on cello.

So how do we get from **1st Position** to **4th Position**? While sitting in rest position, try running your hand up and down the fingerboard. You want your entire hand to move as one unit, including your thumb. Is your thumb moving with the rest of your hand as you travel up and down the fingerboard?

Now pretend you're about to play a D Major scale. Pluck open D, put your 1st finger down for E, 3rd finger down for F#, 4th finger down for G-and stop there. G to A is a **Whole Step**-meaning it would use the same spacing as your 1st finger to 3rd finger in first position. Aim your first finger with that large spacing in mind as you practice shifting from 1st position to 4th position. Once you're there, check the A that you're shifting on with your open A-they should sound the same. Repeat this several times until you can aim and place the 1st finger without thinking too much about it. By doing this, you are practicing **Shifting**. **Shifting** is the process of getting from one **Position** to another **Position**.

Time to practice **Shifting** so that we can add new scales and music to our repertoire!

Shifting Practice for Violins & Violas



Shifting Practice for Cellos

Two staves of music in bass clef, 4/4 time, with a key signature of one sharp (F#). The first staff contains the following notes and fingerings: G2 (0), A2 (1), B2 (3), C3 (4), D3 (1), E3 (4), F#3 (1), G3 (4). Above the staff, the following instructions are written: "Shift with 1st finger" above the D3 note, "Shift back to 1st Position" above the E3 note, "Shift back to 4th Position" above the F#3 note, and "1st Position" above the G3 note. The second staff starts with a measure rest labeled "7" and contains the following notes and fingerings: G3 (1), A3 (3), B3 (4), C4 (3), D4 (1), E4 (4), F#4 (1), G4 (4), followed by a double bar line. Above the first measure of the second staff, the text "4th Position-----" is written with a dashed line extending across the staff.

2 Octave G Major Scale

Two staves of music in bass clef, 4/4 time, with a key signature of one sharp (F#). The first staff contains the following notes and fingerings: G2 (0), A2 (1), B2 (3), C3 (4), D3 (1), E3 (4), F#3 (1), G3 (4), A3 (2), B3 (4), C4 (1), D4 (3). The second staff starts with a measure rest labeled "8" and contains the following notes and fingerings: E4 (4), D4 (3), C4 (1), B3 (4), A3 (3), G3 (1), F#3 (0), E3 (4), D3 (3), C3 (1), B2 (0), A2 (4), G2 (3), followed by a double bar line.

*As you practice shifting and playing in the higher positions, make sure your left arm is in a good position so that all four fingers stay over the fingerboard.

*Make sure your left thumb is included while you are shifting into the next position-the thumb always travels *with* the hand.

*Listen out for the beginnings of each of your notes. Are you having to adjust the pitch? Make it a mission to think of aiming for the pitch-the only way you will hit the bullseye every time is if you practice aiming for it!