

# Finger Action/Shoulder Swing Exercises

## *Building Finger Strength and Independence*

Do the following exercises without the bow. Focus on lifting and dropping the finger from the base joint. Make sure the left shoulder is relaxed so that the elbow can gently swing to accommodate string changes. Repeat each exercise several time

### **Building Strong Finger Action**

*From Gaylord Yost Studies in Finger Action and Position Playing*

#### *1st finger workout*

Hold down 1 ..... 2 ..... 2.....

2..... 2..... 2..... 2.....

#### *2nd finger workout*

1..... 1.....

1..... 1..... 1..... 1.....

#### *3rd finger workout*

2 ..... 2 .....

2 ..... 2 ..... 2 ..... 2 .....

#### *4th finger workout*

2 ..... 2 .....

2 ..... 2 .....