

Viola Gauntlet: Day 2 (Tuesday): Shifting

Key of the day: D major

Shifting in D major: guide-note shifts from 1st position up to 3rd, 5th and 7th, same-finger and new-finger shifts, one-finger scales and a three-octave scale with marked shift points. Every shift target is held over a drone of that note so you can hear whether you landed, and the day ends with a short melody that climbs to 7th position.

About 23 minutes with the video.

Every exercise starts with 2 bars of count-in clicks. Stretch items are marked: aim at them, don't force them.

1. Open-string long tones ~3.3 min

One unbroken tone per bow, in tune with the drone; closer to the bridge: slower bow, more weight

Stretch: 12-beat bows with no audible bow change

♩ = 60
8-beat bows

13

25

37

12-beat bows: son file, even pp

2. Drone intonation ~1.7 min

Each note rings with the drone - no beats; thirds low, leading note high

♩ = 66
listen for the beats to stop

11

17

interval ladder: hold the tonic, place each note against it

colour note

3. Fifths across strings ~1.8 min

One finger flat across two strings: a pure fifth means the hand frame is right

$\text{♩} = 60$
one finger flat across both strings - finger 1

finger 2 finger 3 finger 4 finger 1 finger 2

finger 4 finger 1 finger 2 finger 3 finger 4

mp mp mp mp mp mp mp mp mp mp

4. Guide-note shifts: 1st to 3rd ~2.1 min

Slide the OLD finger to the small note, then drop the new one; hold and check

$\text{♩} = 72$
sul C: same finger, 1st to 3rd *new finger: slide 2, drop 3* *sul G*

1 1 2 2 3 3 2 3 2 1 1

2 2 3 3 2 3 2 1 1 2 2 3 3 2 3 2 1 1

sul D *sul A*

5. Shifts to 4th and 5th position ~1.7 min

Bigger shifts, same method: light finger, steady arm, land and listen

$\text{♩} = 66$
sul G: 1st to 4th *1st to 5th* *sul D: 1st to 4th*

1 1 2 2 3 3 2 3 2 1 1 2 2 3 3 2 3 2 1 1

2 2 3 3 2 3 2 1 1 2 2 3 3 2 3 2 1 1

1st to 5th *sul A: 1st to 5th* *1st to 4th, 3 slides, 4 lands*

6. Shifts to 6th position ~1.3 min

Long slides on D and A: aim by ear, hold the target and match the drone

$\text{♩} = 60$
sul D: 1st to 6th *new finger*

2 2 3 3 2 3 2 1 1

new finger *3 1*

10 *sul A: 1st to 6th* *new finger*

7. Shifts to 7th position ~1.3 min

The longest slides of the day: D5 and F#5 on the D string, A5 and D6 on the A

Stretch: 7th position: D6 on the A string in tune on the first try

$\text{♩} = 60$ *sul D: 1st to 7th* *new finger*

10 *sul A: 1st to 7th* *new finger*

8. Same finger vs. new finger ~2.1 min

Climb 1st to 5th position and back: slide on one finger, then swap fingers

$\text{♩} = 80$ *sul D: same finger, 1 slides to 1*

7 *new finger: same note, 2 then 1*

13 *sul A: same finger*

18 *new finger: same note*

24

29



9. One-finger scales ~1.8 min

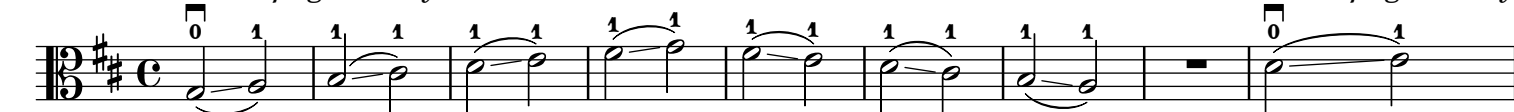
One finger slides a whole octave: the arm measures every distance

Stretch: the A-string octave on finger 1 (up to A5 in 7th position)

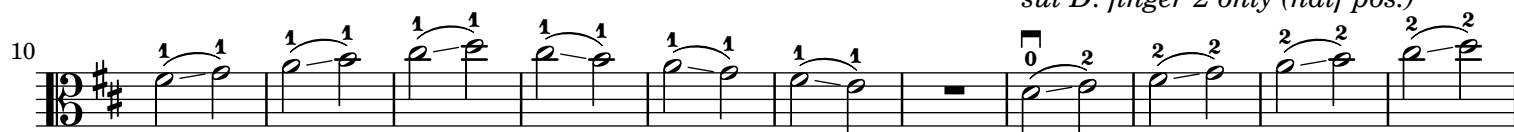
$\text{♩} = 72$

sul G: finger 1 only

sul D: finger 1 only



sul D: finger 2 only (half pos.)



sul A: finger 1 only



10. D major, 3 octaves: shift points ~1.5 min

Shift where marked (3 to 1 going up, 1 to 3 coming down); keep the slides quiet

Stretch: the top octave (7th position, up to D6) in 8-per-bow slurs

$\text{♩} = 72$

sul C - one note per bow, fingerings shown

sul G

sul D

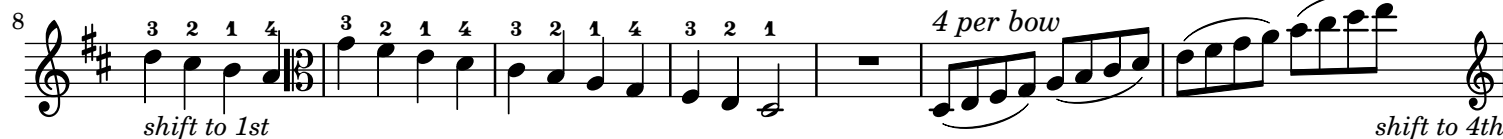
sul A



shift to 4th

shift to 7th

shift to 4th



shift to 1st

4 per bow

shift to 4th

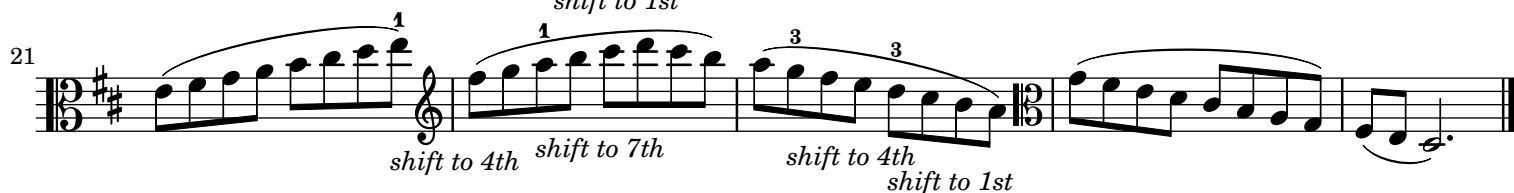


shift to 7th

shift to 4th

shift to 1st

8 per bow



shift to 4th

shift to 7th

shift to 4th

shift to 1st

11. Melody: climbing to 7th position ~2.6 min

Sing it on the viola: the shifts are part of the phrase, not gaps in it

Stretch: bars 13-14: the shift to 7th position and a full, in-tune D6

$\text{♩} = 66$

1st position

3rd pos.

5th pos.

7th pos.

again: more vibrato, longer lines

3rd pos.

5th pos.

7th pos.

mp *mf* *f* *mp* *p* *mp* *mf* *f* *mp* *p*