

Cello Standards: String Presses

OBJECTIVES:

- round fingers – like holding a cup – hand forms a relaxed c-shape
- do not allow for fingers to collapse – keep fingers round
- finger should be as relaxed as possible, yet with good structure
- use only necessary muscle motion – fingers are engaged, not tense
- also use weight of the palm, arm, and elbow to press the string to the fingerboard
- thumb is placed under the second finger on the center of the neck
- thumb stays relaxed and does not push back on the neck when the strings are pressed down
- fingers hover ½ inch above string
- fingers push down (similar to a one-handed clap) from the big knuckles
- relax fingers back to hover position
- from the elbow to the knuckles draws a straight line – wrist is flat
- elbow acts like crane
- elbow should feel like it is suspended by a string
- elbow changes levels from A to C string

Experiment with Left Hand Finger Pressure on String

- keep left hand relaxed during exercise
- finger only lightly touches the string
- press string ¼ way down
- press string half way down
- press string ¾ way down
- string barely touches to the fingerboard
- push down as hard as you can against the fingerboard

Which amount of pressure gives you the best quality of sound and resonance?

Finger Pattern Warm-ups, Strengthening Exercises, and Coordination

0=open position

1=index finger

2=middle finger

3=ring finger

4=pinky finger

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|----|----------------|----------|-------------|-----------|------------|
| 1) | Single finger: | 0 + 1 | 0 + 2 | 0 + 3 | 0 + 4 |
| 2) | | 0 + 1 | 0 + [12] | 0 + [123] | 0 + [1234] |
| 3) | | 0 + 1 | 1 + 2 | 1 + [23] | 1 + [234] |
| 4) | | [12] + 3 | [12] + [34] | [123] + 4 | |

5) Chromatic 1234 – 123 – 12 – 1 4 – 3 – 2 – 1

6) Chromatic 1 + 12 + 123 + 1234 1+2+3+4