

Synchronization Exercises

Ascending

V position

Musical staff in G major, 4/4 time. The notes are: 1 (down), 2 (up), rest, 1 (down), 2 (up), 3 (up), rest, 1 (down), 2 (up), 3 (up), 4 (down). Fingerings are indicated above the notes.

Musical staff in G major, 4/4 time. The notes are: 4 (up), 1 (down), 2 (up), 3 (up), 4 (down). Fingerings are indicated above the notes.

Musical staff in G major, 4/4 time. The notes are: 1 (down), 2 (up), 3 (up), 4 (down). Fingerings are indicated above the notes.

Variation:
repeat entire set without rests

Descending

Musical staff in G major, 4/4 time. The notes are: 4 (down), 3 (up), rest, 2 (up), 1 (down), 4 (down), 3 (up), 2 (up), 1 (down). Fingerings are indicated above the notes.

Musical staff in G major, 4/4 time. The notes are: 4 (up), 3 (down), 2 (up), 1 (down), 4 (down), 3 (up), 2 (up), 1 (down). Fingerings are indicated above the notes.

Musical staff in G major, 4/4 time. The notes are: 4 (up), 3 (down), 2 (up), 1 (down), 4 (down), 3 (up), 2 (up), 1 (down). Fingerings are indicated above the notes.

Variation:
repeat entire set without rests

2

Crossing Strings: Ascending

19

sim.

1 2 1 2 sim. ⑤ ④ ③ ② ① ⑦

Add another finger and repeat entire set:
1-2-3; 1-2-3-4

25

Add another finger and repeat entire set:
1-2-3; 1-2-3-4

28

Add another finger and repeat entire set:
1-2-3; 1-2-3-4

Crossing Strings: Descending

30

2 1 2 1 ⑤ ④ ③ ② ① ⑦

Add another finger and repeat entire set:
3-2-1; 4-3-2-1

36

Add another finger and repeat entire set:
3-2-1; 4-3-2-1

39

Add another finger and repeat entire set:
3-2-1; 4-3-2-1