

MOVING AND GROOVING!

Paul Rolland Shifting and Vibrato Actions for Your String Students

Presented by Aaron Jacobs

aaronjacobs@unm.edu | aaronjacobs.com | paulrollandsociety.org

RIGHT FROM THE START

- Shifting and vibrato concepts can be introduced early and practiced regularly
 - to avoid or dissolve excess tension
 - to create a foundation that the student can build on
 - to develop a more holistic concept of using the entire fingerboard from the start

GETTING THE STUDENT AND INSTRUMENT READY

- Ergonomic equipment
- Stance — feet and seat
- Relaxed, natural posture — head, neck, shoulders, back
- Flexible joints — shoulders, wrists, fingers, thumbs
- Touch points — X marks the spot
- Fingerboard geography — low, middle, and high positions

BABY STEPS

- Shifting Flexion and Extension
 The Shuttle
 Long, Silent Shifts
- Vibrato Manual assistance
 Rotary Variations, Part 1
 Shake a... stick – shaker – saltshaker
 Waving – “hello nose” – “hello toes”
 Tapping and Knocking

MOVING RIGHT ALONG

- Shifting The Octave Game
 Long, Free Shifts with the Bow
 Matching Harmonics
- Vibrato Rotary Variations, Part 2
 Intensity Vibrato
 Polish your hand – Polish the strings
 Tap and Hold

COMING INTO FOCUS

- Shifting Stepwise Shifts
 Release, Travel, Place
- Vibrato The Riarde Exercise
 Regulating (Timing) the Vibrato Movement

The Octave Game

Violin

Viola

Violoncello

Contrabass

This musical score is for a piece titled "The Octave Game" for a string quartet. It features four staves: Violin (treble clef), Viola (alto clef), Violoncello (bass clef), and Contrabass (bass clef). The time signature is 4/4. The music consists of a single melodic line in each part, with notes connected by slurs. Fingerings are indicated by numbers 0, 3, 4, and 0 above the notes. The piece is divided into two measures, each containing four measures of music.

Matching Harmonics for String Orchestra

Violin

Viola

Violoncello

Contrabass

This musical score is for a piece titled "Matching Harmonics for String Orchestra" for a string quartet. It features four staves: Violin (treble clef), Viola (alto clef), Violoncello (bass clef), and Contrabass (bass clef). The time signature is 4/4. The music consists of a single melodic line in each part, with notes connected by slurs. Fingerings are indicated by numbers 0, 3, 4, and 0 above the notes. The piece is divided into two measures, each containing four measures of music. The score includes a large 'V' at the beginning of each staff, indicating the starting position for the string players.

Cello and bass fingerings recommended by Leah Sweeney and Renata Soares Cáceres

Stepwise Shifts for String Orchestra

Violin

Viola

Violoncello

Contrabass

Vln.

Vla.

Vc.

Cb.

Continue shifting up to all notes of the E major scale.

This exercise may also be performed shifting up in half-steps (chromatic scale).

Release, Travel, Place

Violin

Viola

Violoncello

Contrabass

This example was prepared for demonstration purposes only. Not a good starting point for cello and bass due to the large shifts.

Inspired by Harvey Whistler's "Introducing the Positions" for violin and viola (two volumes available per instrument).