

Shifting Essentials

A tactile approach to finding upper positions on the violin/viola
Rachelle Puccini -Eastman Strings

- ▶ Beginning stages
- ▶ Next steps (pre-shifting)
- ▶ Ready for Shifting
- ▶ Finding 3rd: the process and feeling
- ▶ Introduction to D major 3rd position
- ▶ 3rd position shifting exercises
- ▶ 3rd position reading exercises
- ▶ 5th position: process and feeling
- ▶ G major 3 8va introduction
- ▶ 5th position shifting and reading exercises
- ▶ Teaching order of positions
- ▶ Old finger vs. New finger shifts
- ▶ Using 8va to find your way
- ▶ Advanced Scales
- ▶ Extensions
- ▶ Possible Problems/ Questions

Beginners:

- ▶ The idea that we move!
- ▶ Explanation of harmonics
- ▶ Ants or Eggs song with left hand pizzicato
- ▶ Look for mobility of the left hand and arm, while reinforcing set up fundamentals.

Pre-Shifting

- ▶ Incorporate harmonics into your repertoire
- ▶ Get those thumbs moving, check for tension
- ▶ Glissando fun! (they're gonna love this :))
- ▶ Elbow comes around
- ▶ Throughout all of the games; check to make sure the hand moves as a unit, as well as tension free.
- ▶ Discuss "high notes" - Can they identify, and read?

Ready for Shifting

- ▶ Discuss what the positions mean- 1st finger where 3rd finger "lives" etc for violin/ violas
- ▶ Begin "shwooping" exercises
- ▶ The importance of feeling and hearing the journey to understand where we are. Allow "messy" shifting in the beginning and explain why.

Feeling 3rd position

Feeling 5th position

Teaching order of Positions

- ▶ 1st position
- ▶ 3rd position
- ▶ 5th position (reading is the same as 1st)
- ▶ 2nd position (tactually most challenging)
 - ▶ Introduce with C major scales and arpeggios
- ▶ 4th position (second most tactually challenging)
 - ▶ Introduce with E major scale starting on A string
- ▶ 6th position and beyond
 - ▶ Can be first introduced as a way to get students to play advanced scales with the same fingerings. (All State requirements etc.)

