

Cello Hand/Left Hand

Freedom for the whole fingerboard—one plane

- Ski Jumps
- Knuckle Knocks
- “Slurpy”
- Hackensack, tennis ball, rolled up sock, bean bag

Flexible thumb

- “Koosh” ball
- Monkeys jumping on the bed
- Spider push ups
- Thumb taps
- Fiddlers Slide

Extensions

- Backward—“pick your nose!”
- Forward—move thumb—before and after rule

Harmonics

- Shifting—Winold exercise
- Tunes with harmonics

Vibrato

- Arm vibrato exercises
- Squishy lizard.com

Thumb Position

- Hitchhiking
- Turtle
- Skiing to the three harmonics
- 4th finger G M scale on D string

Scales

- One-finger
- Add a Note
- One String
- 24 note 3 octave scale—Galamian
- Universal Fingering