

# Exercises for Beginning Vibrato ~ Kim Watkins

This first exercise helps relax the left thumb and wrist.

Start on your second string (A for violin – D for Viola)

~ Repeat each measure at least twice.

#1 Shifting

~ Make sure your thumb stays relaxed ~ DO NOT BEND OR GRIP with THUMB!

~ After you feel comfortable, try the exercise on each string.

## #2 EGG SHAKER

~ Place wide end in left palm, the pointed end on the fingerpad, start with the 2<sup>nd</sup> finger (you will have to move or slant the egg slightly so the egg will stay in your hand.)

~ Each rhythm needs to be precise, very rhythmic and count out loud.

## #3 ON THE INSTRUMENT

~ Place heel of left hand on shoulder of instrument

~ Start with 2<sup>nd</sup> finger – around 3<sup>rd</sup> or 4<sup>th</sup> position – wherever the fingers stay curved

~ Make sure you're on top of your fingerpad and rock back & forth

~ Start with eighth notes ~ once you can keep rhythm & rocking motion even, then go onto 3<sup>rd</sup>, 4<sup>th</sup> (keep 3<sup>rd</sup> down) & 1<sup>st</sup> finger

~ Once you can start with 1<sup>st</sup> finger and progress through 4<sup>th</sup> finger and then back down to 1<sup>st</sup> finger, go on to the next rhythm

\* Start with 1<sup>st</sup> and do whole 4 measures then NEXT finger