

# Finger "Pressure" exercises.

The word "Pressure," is almost always a bad word when it comes to the violin.

Try to avoid its use whenever possible. Violin great, Yehudi Menuhin, went so far as to call the falling action of the left hand a "strengthening of the arches."

Most beginning players use far too much unnecessary pressure on the fingerboard.

There are some exercises on the next few pages that will help us discover an appropriate sense of touch. This page can be part of a quick, daily warm-up.

The image displays four staves of musical notation, each representing a different finger: 4th, 3rd, 2nd, and 1st. Each staff is in 4/4 time and contains four measures of music. The notation is as follows:

- 4th finger:** The first measure has a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It starts with a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The second measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The third measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The fourth measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter).
- 3rd finger:** The first measure has a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It starts with a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The second measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The third measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The fourth measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter).
- 2nd finger:** The first measure has a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It starts with a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The second measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The third measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The fourth measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter).
- 1st finger:** The first measure has a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. It starts with a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The second measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The third measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter). The fourth measure has a double bar line. The notes are G4 (quarter), A4 (quarter), B4 (quarter), and C5 (quarter).

## Instructions:

We'll practice this exercise two ways.

1) Allow your finger to fall to the string in a hammer-like fashion.

Hints:

The motion is initiated from the basal joint of your hand (knuckle).

The shape of the finger will be round, arched.

The finger will fall just slightly left of center on the violin string.

**After landing, the finger will rebound, spring-like, to a natural harmonic.**

There is a harmonic under first finger (speaks 3-octaves above G), however, it's extremely temperamental. Be content with a squeak from that finger.

2) Instead of rebounding to a harmonic, rebound to a less-than-heavy feeling in the fingertip.

We only need enough weight to stop the string and make a beautiful, focused sound.