

PRACTICING EXERCISES – OTAKAR ŠEVČÍK BOOKS – LEFT HAND TECHNIQUE – BASIC			
What is it	What to do	Book	How long
1. DROPPING / LIFTING FINGERS	1. Pressing finger firmly and relaxing thumb at the same time. 2. Releasing quickly finger touching the string as a 'harmonic'.	OP. 1 BOOK 1 1 / 2 / 3 / 4 / 5 / 8 / 9 / 19	→ 3 – 5 BARS → 1 LINE
2. FINGERS OVERLAPPING	1. Pressing on 4 still when playing 1 overlapping – change fingering in the copy (0 with 4 ascending). 2. Pressing on 1 still when playing 4 overlapping.	OP. 1 BOOK 1 12	→ ½ EXERCISE → 1 EXERCISE
3. SHIFTING	1. Moving finger sliding up slowly with glissando sound. 2. Moving finger sliding up with less glissando (medium shift speed). 3. Moving finger sliding up with no glissando (fast shift speed).	OP. 8 All numbers	
4. CHROMATIC SCALE	1. Sliding fingers quickly horizontally without lifting. 2. Sliding quickly without glissando sound. 3. Releasing bow pressure on the slide to avoid an accent.	OP. 1 BOOK 1 8 / 19	
5. DOUBLE-STOPS	1. Keeping both fingers pressing down simultaneously. 2. Thinking first about the lower (base) note in preparation – 'lower-before-higher note' principle.	OP. 9 1 through to 28	
6. HOLDING DOWN FINGERS	1. Keeping fingers holding down the notes for as long as possible – chords preparation.	OP. 1 BOOK 1 17 / 18 / 20 / 21	
7. CHORDS PREPARATION	1. Preparing all fingers pressing down before eventually a chord is played with the bow.	OP. 1 BOOK 1 17 / 18 / 27	
8. HARMONICS	1. Releasing finger pressure to touching lightly the string. 2. Sliding up harmonic finger with glissando sound. 3. Arriving at the note playing fingertip with a light touch.	OP. 1 BOOK 3 14	
TOTAL EXERCISES PRACTICE TIME FOR EACH POINT:			5 – 10 min.