

| PRACTICING SCALES – STARTING VIBRATO ‘SHAKE’ ON ONE FINGER | | | |
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| ON 2nd FINGER ON A (3rd POSITION) / ON EACH FINGER | Speed & Pulse | Bow Distribution | Bow Start |
| 1. CROTCHETS even shakes at measured speed – 4 CROTCHETS SOUND SLIKE: Normal / Semi-tone lower / Normal / Semi-tone lower - Play 4 crotchet beats on Down and Up bows without changing the hand position – only flattening lower the finger’s first joint on the 2 nd and 4 th beats producing even shakes. - Add gradually each point below in succession | 4 BEATS LONG BOWS – 4/4 Crotchet = 80 | WHOLE BOW | AT HEEL |
| 2. QUAVERS even shakes – 8 QUAVERS | | | |
| 2a. ADVANCED – TRIPLETS even shakes – 12 QUAVERS | | | |
| 3. SEMIQUAVERS even shakes – 16 SEMIQUAVERS | | | |
| 4. DEMISEMIQUAVERS even shakes – ‘NATURAL’ FLOW VIBRATO | | | |
| START BY CONTROLLING THE SHAKE SPEED & GRADUALLY LET THE SHAKE SPEED TO BE PRODUCED EVENLY BY THE HAND | | | |

| PRACTICING SCALES – VIBRATO SCALE | | | |
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| ON D MAJOR SCALE – ONE OCTAVE | Speed & Pulse | Bow Distribution | Bow Start |
| 1. CROTCHETS shakes SCALE – 4 CROTCHETS SOUND SLIKE: Normal / Semi-tone lower / Normal / Semi-tone lower - Play 4 crotchet beats on Down and Up bows on each scale note | 4 BEATS LONG BOWS – 4/4 Crotchet = 80 | WHOLE BOW | AT HEEL |
| 2. QUAVERS shakes SCALE – 8 QUAVERS | | | |
| 3. TRIPLETS shakes SCALE – 12 QUAVERS | | | |
| 4. SEMIQUAVERS shakes SCALE – 16 SEMIQUAVERS | | | |
| 5. DEMISEMIQUAVERS shakes SCALE – ‘NATURAL’ FLOW VIBRATO | | | |
| LET THE SHAKE SPEED TO BE PRODUCED EVENLY AND AUTOMATICALLY (SPONTANEOUSLY) BY THE HAND | | | |