

PRACTICING EXERCISES – OTAKAR ŠEVČÍK BOOKS – LEFT HAND TECHNIQUE – ADVANCED			
What is it	What to do	Book	How long
1. SCALES & ARPEGGIOS ON ONE STRING	1. Focusing on shifting and intonation technically. 2. Focusing on articulation and sound fluidity.	OP. 1 BOOK 3 – 1 / 3	→ 3 – 5 BARS → 1 LINE
2. SCALES & ARPEGGIOS IN 3 OCTAVES	1. Focusing on shifting and intonation technically. 2. Focusing on articulation and sound fluidity.	OP. 1 BOOK 3 – 2 / 4 / 5 / 6 / 7	→ 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 – From 16 to 58 OP. 1 BOOK 3 – 9 / 10 / 11 / 12	
4. CHROMATIC SCALE	1. Sliding fingers quickly horizontally without lifting. 2. Sliding quickly without glissando sound.	OP. 1 BOOK 3 – 8	
5. DOUBLE-STOPS	1. Keeping both fingers pressing down. 2. Pressing down one finger (base note) in preparation before the other. 3. Thinking about preparation of every next interval – fingers pressing down ‘before’ the bow plays.	OP. 9 – 29 through 57 OP. 1 BOOK 4 – 1 through to 16	
6. G STRING EXERCISE	1. Focusing on shifting and sound - ‘sliding’ the finger without producing any glissando sound. 2. Shifting up and down with a sense of ‘one movement’ – one hand action (hand / forearm / upper arm ‘swinging’ in co-ordination).	OP. 1 BOOK 3 – 13	
7. CHORDS PREPARATION	1. Preparing all fingers pressing down before each double-stop is played with the bow. 2. Preparing all fingers pressing down & bow ready to play ‘in position’.	OP. 1 BOOK 4 – 17 / 18	
8. HARMONICS	1. Releasing finger pressure touching the string. 2. Sliding up with glissando sound. 3. Arriving at the note playing it with a light tip ‘touch’.	OP. 1 BOOK 4 – 21 / 22 / 23	
9. LEFT HAND PIZZICATO	1. Plucking quickly ‘away’ from fingerboard with the tip of the 4 th finger. 2. Moving quickly palm ‘away’ from the fingerboard simultaneously.	OP. 1 BOOK 4 – 19 / 20	
EXERCISES PRACTICE TIME FOR EACH POINT:			10 - 15 min.