Introduction to Shifting

Positions: The index finger indicates what position you are currently in:

Ex. - 1st position – 1st finger in the 1st finger home
- 2nd position – 1st finger in the 2nd finger home...etc

When shifting, always keep your thumb loose and across from your index finger. If you apply pressure with your thumb and index finger, it will cause pressure and make shifting more difficult.

3 S's of shifting:

1. **Speed** – you should always shift with a slow speed. Going too quickly can cause you to overshoot your note.
2. **Springboard** – When on the specific note, apply more pressure with the finger...while in the process of shifting, release pressure and allow finger to glide over string. When you reach your intended note (or position) re-apply pressure.
3. **Simultaneous** - When shifting during a bow change, make sure that the bow change and shift happen at the same time (otherwise you will hear the move)

Shifting Exercises: (try on each string)

2nd position: 1 - 2 2 - 1
(1st pos.)

3rd position: 1 - 3 3 - 1
(1st pos.)

4th position: 1 - 4 4 - 1
(1st pos.)

1 - 1 1 - 1
(shift)

1 - 1 1 - 1
(shift)