

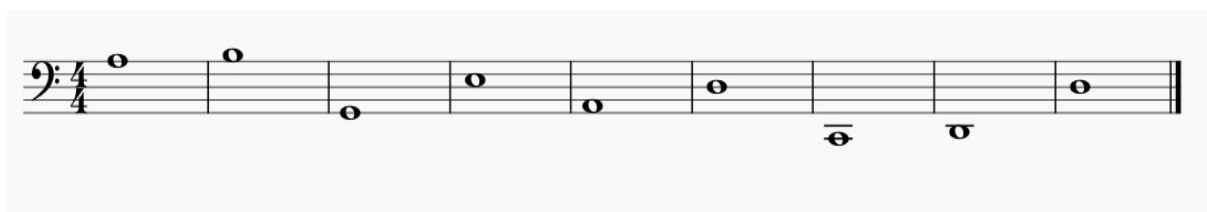


CELLO DISCOVERY

First Finger Worksheet

Let's have some fun working out some of the names of our open string and first finger notes.

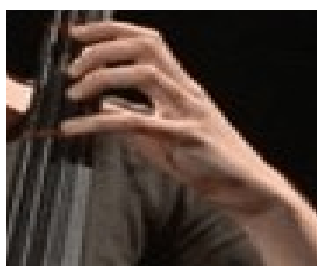
Can you write the name of the note underneath each note? Remember you can use your fact sheet to help you get started.



Now, let's get ready to play the notes from the exercise above. First we need to set up our left hand fingers. Here are some of Mrs Horváth's top tips for left hand success:

LEFT HAND CHAMPIONS

- Shake out your left hand and let your fingers be nice and relaxed (sleeping hand)
- Now let's reach out and pick up a can of our favourite drink (you can be very creative and make up your own healthy drink in a can. Mrs Horváth's is pineapple and mango smoothie with chocolate sprinkles! I'm sure yours will be healthier!)
- Look at your left hand fingers holding the can gently, hopefully they are nice and curved and not too 'squeezy'.
- Now, let's bring our thumb round the back of the cello neck (your cello should have a little sticker to show you where the thumb lives)
- Your left hand fingers should still be holding the can, nice and rounded like little hills.
- Now practice pressing your first finger (pointing finger) down and up on the string (remember to use your top stripe to help you place it in the right position)

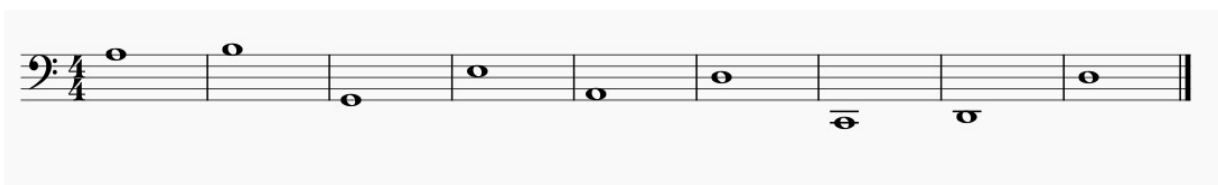


Well done! So now our left hand is all set up nicely, let's get ready to play the exercise. We are going to play it TWO different ways; first **PIZZICATO** (plucking) and then **ARCO** (with the bow).

PIZZICATO

First let's play the notes **PIZZICATO** ('plucking'). (Remember all the notes above are called '**SEMIBREVES**' (ta-a-a-a) which last for 4 beats. So remember to count to four for each note you play. And let's do a few quick checks to set up our 'pizzicato' position:

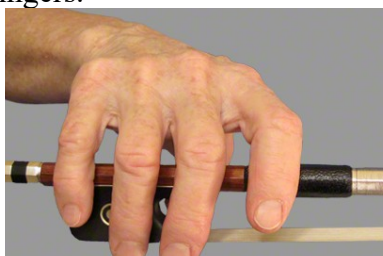
- i) Give someone a 'thumbs up' with your right hand, and then a 'thumbs down'.
- ii) Stick your thumb pad onto the right hand side edge of the fingerboard, a few cm before the end.
- iii) Check your right elbow is nice and relaxed, maybe do a few 'chicken rocks' with your elbow (your 'chicken wing').
- iv) Now you are ready to pluck the notes. Good Luck!



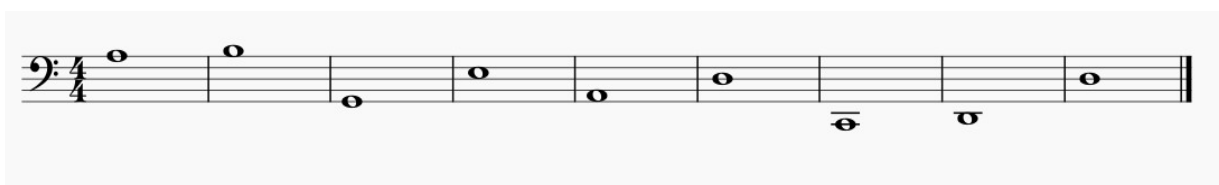
ARCO

Now, let's get ready to play the same notes **ARCO** (with the bow.) First, can you remember your bow hold checks?

- i) Shake your right hand and then let it relax
- ii) Make your 'bunny rabbit' with your right hand fingers
- iii) Give the rabbits ears a wiggle, open and close the mouth, nod the head
- iv) Now put your thumb on the bow (where you have been holding it in your lesson) and slowly add your other fingers.



- v) Are your fingers nice and spaced out (there should be space for a raspberry in between each finger.)



- vi) Give your bow a little wobble by using your rabbit's ears to wiggle it up and down, like it was made of jelly. ('Jelly Bow')
- vii) Now you are ready to play the notes with the bow. Remember to keep your bow in the 'sweet spot' (halfway between the fingerboard and the bridge) and only use the first half of the bow to help keep your bow in a straight line.