

'Geminiani Hand' Independence Exercises

This adaptation
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Silent exercises, no bow. The whole notes are held down firmly. Articulate the moving 8th notes forcibly, but avoiding pain. Each measure 4 times. As a challenge, play with extended 1st and/or 4th fingers. **DO NOT overdo this!** These exercises are based on the hand frames first described by the great Italian violinist Francesco Geminiani (1687-1762). Many versions of this exist, by Cossmann, Flesch, Dounis, Starker, etc...

A

4
3
2
1 0

5

9

13

B

16
1
2
3
4 0

20

24

28