

DAILY FINGER AND BOWING EXERCISES
for the Third Position

EJERCICIOS DIARIOS PARA LOS DEDOS Y EL ARCO
en la tercera posición

First Exercise: G String and D String

Primer ejercicio: Cuerda Sol y cuerda Re



Use the same fingering for *all* the variations

Use los mismos dedos para todas las variaciones

Use this part of the bow:

Use esta parte del arco:



I Var.



Keep the first finger down - Mantenga el primer dedo abajo



Down bow quickly - Arca hacia abajo deprisa
Up bow slowly - Arca hacia arriba despacio

II Var.



III Var.



*) 1st Finger on both strings simultaneously

*) 1r Dedo en ambas cuerdas simultaneamente

Down bow quickly - *Arco hacia abajo deprisa*
 Up bow slowly - *Arco hacia arriba despacio*

IV Var.

Down bow slowly - *Arco hacia abajo despacio*
 Up bow quickly - *Arco hacia arriba deprisa*

V Var.

THIRD POSITION

First Exercise: D String and A String

TERCERA POSICIÓN

Primer ejercicio: Cuerda Re y cuerda La



Same fingering - *Los mismos dedos*

I Var.

Keep the first finger down - *Mantenga el primer dedo abajo*

*) 1st Finger on both strings simultaneously

*) 1r Dedo en ambas cuerdas simultaneamente

Down bow quickly - *Arco hacia abajo deprisa*
Up bow slowly - *Arco hacia arriba despacio*

II Var.  

Down bow quickly - *Arco hacia abajo deprisa*
Up bow slowly - *Arco hacia arriba despacio*

III Var.  *simile* 

Down bow quickly - *Arco hacia abajo deprisa*
Up bow slowly - *Arco hacia arriba despacio*

IV Var.  

Down bow slowly - *Arco hacia abajo despacio*
Up bow quickly - *Arco hacia arriba deprisa*

V Var.  

THIRD POSITION

First Exercise: A String and E String

TERCERA POSICIÓN

Primer ejercicio: Cuerda La y cuerda Mi



Same fingering - *Los mismos dedos*



Down bow quickly - *Arco hacia abajo deprisa*
Up bow slowly - *Arco hacia arriba despacio*



1st Finger on both strings simultaneously

1^o Dedo en ambas cuerdas simultaneamente

Down bow quickly - *Arco hacia abajo deprisa*
 Up bow slowly - *Arco hacia arriba despacio*

IV Var.



Down bow slowly - *Arco hacia abajo despacio*
 Up bow quickly - *Arco hacia arriba deprisa*

V Var.



THIRD POSITION

Second Exercise: G String and D String

TERCERA POSICIÓN

Segundo ejercicio: Cuerda Sol y cuerda Re



*) 4th Finger on both strings
 **) 1st Finger on both strings
 Use the same fingering for all these variations

*) 4to Dedo en ambas cuerdas
 **) 1r Dedo en ambas cuerdas
 Use los mismos dedos para todas las variaciones



I Var. *1 slowly 1 despacio* *3 quick 3 deprisa* *1 slowly 1 despacio* *3 quick 3 deprisa*

II Var.

III Var. *1 slowly 1 despacio* *3 quick 3 deprisa* *1 slowly 1 despacio* *3 quick 3 deprisa*



THIRD POSITION

Second Exercise: D String and A String

TERCERA POSICIÓN

Segundo ejercicio: Cuerda Re y cuerda La



Same fingering — *Los mismos dedos*

1 slowly / *1 despacio*

I Var.

*) 4th Finger on both strings
 **) 1st Finger on both strings

*) 4to Dedo en ambas cuerdas
 **) 1r Dedo en ambas cuerdas

II Var.

III Var.

1 slowly
1 despacio

1 slowly
1 despacio

3 quick
3 deprisa

3 quick
3 deprisa

IV Var.

Musical score for Variation IV, consisting of four staves of music in treble clef with a common time signature. The first staff begins with a treble clef and a common time signature. The music features a sequence of eighth notes with slurs, changing key signatures from one flat to one sharp, and ending with a double bar line and repeat sign.

V Var.

Musical score for Variation V, consisting of four staves of music in treble clef with a common time signature. The first staff includes performance markings: "slowly despacio" above the first two measures and "quick deprisa" below the last two measures. The music features a sequence of eighth notes with slurs, changing key signatures from one flat to one sharp, and ending with a double bar line and repeat sign.

THIRD POSITION

Second Exercise: A String and E String

TERCERA POSICIÓN

Segundo ejercicio: Cuerda La y cuerda Mi

1 2 2 3 3 4*) 1 1

2 2 3 3

1 1 1 1 1 1



Same fingering - *Los mismos dedos*

1 slowly
1 despacio

1 slowly
1 despacio

I Var.

3 quick
3 deprisa

3 quick
3 deprisa

*) 4th Finger on both strings
**) 1st Finger on both strings

*) 4to Dedo en ambas cuerdas
**) 1r Dedo en ambas cuerdas

II Var.

Musical notation for Variation II, consisting of four staves of music. The first staff begins with a treble clef and a common time signature (C). The music features a sequence of eighth-note chords, many of which are beamed together and have slurs above them. The key signature changes from one flat to one sharp, and then back to one flat. The piece concludes with a double bar line and repeat dots.

III Var.

Musical notation for Variation III, consisting of four staves of music. The first staff begins with a treble clef and a common time signature (C). Above the first two measures, the instruction "3 quick 3 deprisa" is written. Above the next two measures, the instruction "3 quick 3 deprisa" is written. Below the first two measures, the instruction "1 slowly 1 despacio" is written. Below the next two measures, the instruction "1 slowly 1 despacio" is written. The music features a sequence of eighth-note chords, many of which are beamed together and have slurs above them. The key signature changes from one flat to one sharp, and then back to one flat. The piece concludes with a double bar line and repeat dots.

IV Var.

Musical notation for Variation IV, consisting of four staves of music. The first staff begins with a treble clef and a common time signature. The music features a sequence of eighth notes with various accidentals (sharps, flats, naturals) and slurs. The second and third staves continue this melodic line with similar rhythmic and harmonic patterns. The fourth staff concludes the variation with a final cadence.

V Var.

Musical notation for Variation V, consisting of four staves of music. The first staff includes performance instructions: "slowly *despacio*" above the first two measures and "quiek *deprisa*" below the next two measures. The music follows a similar eighth-note pattern to Variation IV, with a mix of accidentals and slurs. The second and third staves continue the melodic development, and the fourth staff ends with a final cadence.

MARTELÉ

These exercises may be practiced in *short martelé* as well as in *grand martelé*.

Play the martelé with the point of the bow, in a vigorous, accented manner. Give the up-bow a strong additional accent.

L.A.

MARTELÉ

Estos ejercicios deben practicarse en corto martelé igual que en martelé grande.

Tóquese el martelé con la punta del arco, de un modo accentuado y vigoroso. Déle al arco hacia arriba un acento más fuerte.

L.A.

First Exercise: G String and D String

Primer ejercicio: Cuerda Sol y cuerda Re

SHORT MARTELÉ

MARTELÉ CORTO



GRAND MARTELÉ

MARTELÉ GRANDE



*) 3rd Finger on both strings
 **) Use same fingering

*) 3r Dedo en ambas cuerdas
 **) Use el mismo dedo

MARTELÉ

D String and A String

MARTELÉ

Cuerda Re y cuerda La

The musical score for the D String and A String section consists of a main melody and four variations. The main melody is written on a single staff in treble clef, 6/8 time, with a key signature of one flat. It features a triplet of eighth notes at the beginning and various fingerings (1, 2, 3, 4) and accents (v) throughout. The four variations (I Var. to IV Var.) are also written on a single staff in treble clef, 6/8 time, and feature different rhythmic patterns and fingerings.

MARTELÉ

A String and E String

MARTELÉ

Cuerda La y cuerda Mi

The musical score for the A String and E String section consists of a main melody and two variations. The main melody is written on a single staff in treble clef, 6/8 time, with a key signature of one flat. It features a triplet of eighth notes at the beginning and various fingerings (1, 2, 3, 4) and accents (v) throughout. The two variations (III Var. and IV Var.) are also written on a single staff in treble clef, 6/8 time, and feature different rhythmic patterns and fingerings.

*) 3rd Finger on both strings

*) 3r Dedo en ambas cuerdas



MARTELÉ

Second Exercise: G String and A String

MARTELÉ

Segundo ejercicio: Cuerda Sol y cuerda La



Same Fingering - los mismo dedo



*) 1st Finger on both strings

*) 1r Dedo en ambas cuerdas

MARTELÉ

D String and A String

MARTELÉ

Cuerda Re y cuerda La

1^a)

I Var. II Var.

III Var. IV Var.

MARTELÉ

A String and E String

MARTELÉ

Cuerda La y cuerda Mi

1

I Var. II Var.

III Var. IV Var.

*) 1st Finger on both strings

*) 1r Dedo en ambas cuerdas