

STACKING THE BONES - 4 PLAYS THE SCALE

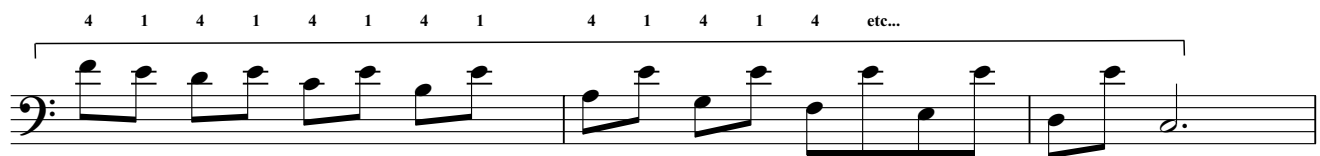
In this exercise, you are studying many things at once: closing, replacing without buzzing, flexible 4th, and stacking the bones. And more.

Finger 4 plays the scale, with the thumb playing an E between every note.

“Stacking the bones” is the way I refer to the position of the two bones in your lower arm. The rotation of these helps us position our hands correctly. As you play this, notice that the bones go from nearly vertical (stacked) when you’re playing close, to horizontal as you play the 10th interval. Begin with 4 and 1 fairly far apart in vertical distance; you’ll see as they land further apart interval-wise that 4 places a little higher up the strings each time till the end when you’ll have 4 and 1 on the same horizontal plane. That’s your arm bones at work, and you can do this exercise watching them unstack and restack.

4 should touch the palm every time, and thumb should touch the 2nd finger every time. All notes are connected in each line with a gentle lift at the half notes before you begin again. Listen for any buzzing which comes from inaccurate placing. Lifting your elbow a smidge can help, and watch the bones. Remember that you want to avoid the trezoid shape with 4 and 1, and instead have a rounded shape with your hand evenly balanced between them. The 4 should point a little towards you with the last knuckle arched a bit.

Begin with a body check for relaxing, sitting tall on your sitbones, shoulders down and scapula lifting your elbow. place 4 and 1 on the strings (4 will be crossed under to begin) Start with your left hand, so you can see the arm ction, and then do the right hand, and feel it replicate there.



Begin with your arm bones very flat, 4 and 1 level, and replace the 4 a little lower on the strings as the notes come closer together. If you feel that a 10th is too big an interval, just go as far as the E with 4.

