

HAND FRAMES

Setting up the left hand both mentally and physically.

Hand Frame Defined:

A hand frame is outlined by the 1st and 4th finger. On one string the distance between the 1st and the 4th finger is a Perfect 4th. Across 2 strings the distance between the 1st and 4th fingers is an Octave (the 1st finger on the lower string and the 4th finger on the higher string).

Below are the possible positions of the fingers within a hand frame. Keep track of where the half step lies.

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 12 3 4 1 23 4 1 2 34 12 34

1 2 3 4 - All whole steps opens the hand frame by a half step. Either the 1st finger extends back one half step, or the 4th finger extends up one half step.

Aims:

Obtain a physical sensation of the above hand frame combinations by thinking of all 4 fingers simultaneously in their pattern instead of consecutively.

While fingers are in place, be able to recite the name of the note each finger is placed on.

When fingers come off the string they should hover above the string in the finger pattern that will be used next.

Finger Action - Quote by Peter Slowik

“Researchers tell us that the fingers of an accomplished musician perform certain patterns with a rapidity not possible by conscious control of each finger, but rather that these patterns are stored in the brain as a group of impulses. Furthermore, they suggest that these motions are ballistic in nature, that they are “fired” at a predetermined trajectory and cannot be altered en route.”