

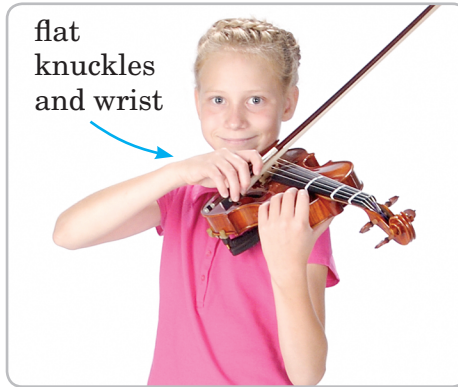
Swingercise #7: PLACE & LIFT

At the Middle



1. **Place** bow on D string.
2. **Lift** hand straight up.

At the Frog



1. **Place** bow closer to bridge than to fingerboard.
2. **Lift** hand straight up; Keep bow parallel to floor.

At the Tip



Straight bow, from frog to tip!

14

32. Lift & Place in 4

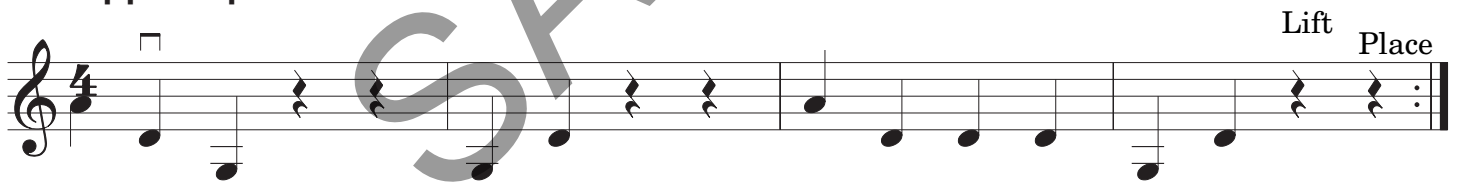


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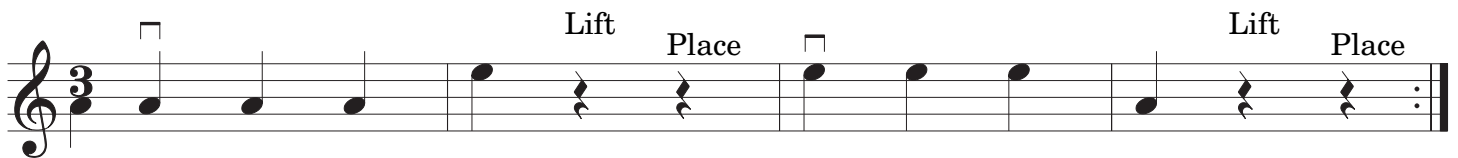
33. Lift & Place in 3



34. Hippo Hop



35. Uplifting



16

36. G to G



37. Gentle Waves

Write the note names.

17 38. Lots of Ds

39. DAD's Duet

Play pizzicato, then arco.

18 40. Three String Back 'n' Forth

41. Open String Shuffle

42. Artistry Fundamentals

Fill in the circle with the correct note/s or symbol as requested.

Clef Sign

Quarter note

Time Signature

Down Bow

Quarter rest

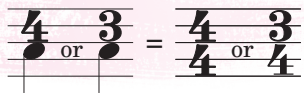
Repeat Sign

What's New?

Sharp #

Raises a note
1/2 step

Time Signature



Half Step

The smallest pitch distance
between two notes.

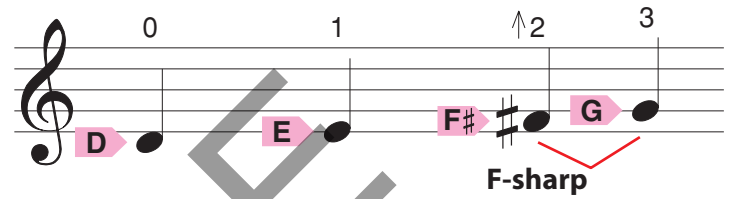
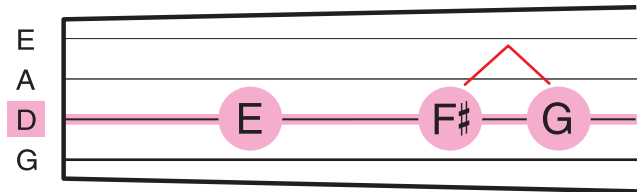
Whole Step

The pitch distance
of two half steps.



1st finger, whole step above open string.
2nd finger high, close to 3rd.

The D Pattern Using F-Sharp



43. A New G

19 44. It's a Half Step

20 45. E in 3

21 46. All Four Notes

Play pizzicato, then arco.