

Modal Exercises in Thumb Position

Alex Ezerman

Stay relaxed at all time, and keep a loose hand. Hold the strings down with the weight of the arm.

Measures 1 to 4 of each mode are for a clear, relaxed hand shape and balance.

5 to 8 are for intonation, and should be practiced out of time until consistent.

9 to 14 are for fluency; play very released in the hand.

15 and 16 are for review, accuracy, and vibrato, 17 for an accurate transition in hand shape as well as pitch

Major Mode (WWH WWH) Shape 1, Scale Degree 1

Measures 1-10 of the Major Mode exercise. The notation is in 4/4 time. Measures 1-4 show the first four notes of the scale (C, D, E, F) with fingerings 0, 1, 2, 3, 0, 1, 2, 3. Measures 5-8 show the next four notes (G, A, B, C) with fingerings 3, 0, 1, 2, 0, 1, 2, 3. Measures 9-10 show the final two notes (D, E) with fingerings 0, 1. The exercise includes slurs and accents to indicate phrasing and dynamics.

Dorian Mode (WHW WHW) Shape 2, Scale Degree 2

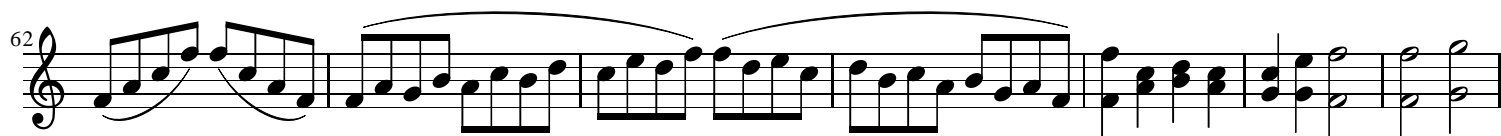
Measures 11-27 of the Dorian Mode exercise. The notation is in 4/4 time. Measures 11-14 show the first four notes of the scale (D, E, F, G) with fingerings 0, 1, 2, 3. Measures 15-18 show the next four notes (A, B, C, D) with fingerings 0, 1, 2, 3. Measures 19-22 show the final two notes (E, F) with fingerings 0, 1. The exercise includes slurs and accents to indicate phrasing and dynamics.

Phrygian Mode (HWW HWW) Shape 3, Scale Degree 3

Measures 28-44 of the Phrygian Mode exercise. The notation is in 4/4 time. Measures 28-31 show the first four notes of the scale (E, F, G, A) with fingerings 0, 1, 2, 3. Measures 32-35 show the next four notes (B, C, D, E) with fingerings 0, 1, 2, 3. Measures 36-39 show the final two notes (F, G) with fingerings 0, 1. The exercise includes slurs and accents to indicate phrasing and dynamics.

Lydian Mode (WWW WWH) Shape 4+1, Scale Degree 4

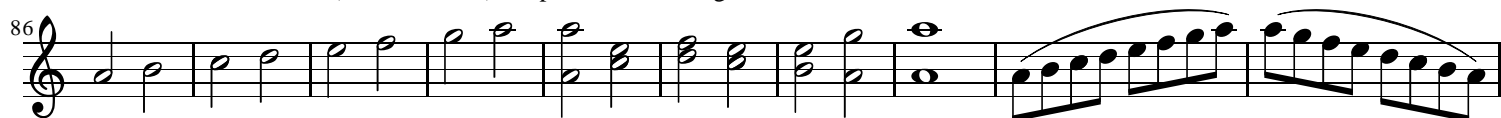
Measures 45-51 of the Lydian Mode exercise. The notation is in 4/4 time. Measures 45-48 show the first four notes of the scale (F, G, A, B) with fingerings 0, 1, 2, 3. Measures 49-52 show the next four notes (C, D, E, F) with fingerings 0, 1, 2, 3. The exercise includes slurs and accents to indicate phrasing and dynamics.



Mixolydian (WWH WHW) Shape 1+2, Scale Degree 5



Aeolian Mode/Natural Minor (WHW HWW) Shape 2+3, Scale Degree 6



Locrian Mode (HWW WWW) Shape 3+4, Scale Degree 7

Thumb moves back



Major Mode (WWH WWH) Shape 1, Scale Degree 1

