

Fingercross pattern:

Practicing 4ths daily will help you solidify your hand shape and strengthen the knuckles in your fingers, while also developing independence between fingers. It's also the best exercise for developing intonation, as the perfect fourth (P4) is one of the purest frequency ratios (4:3).

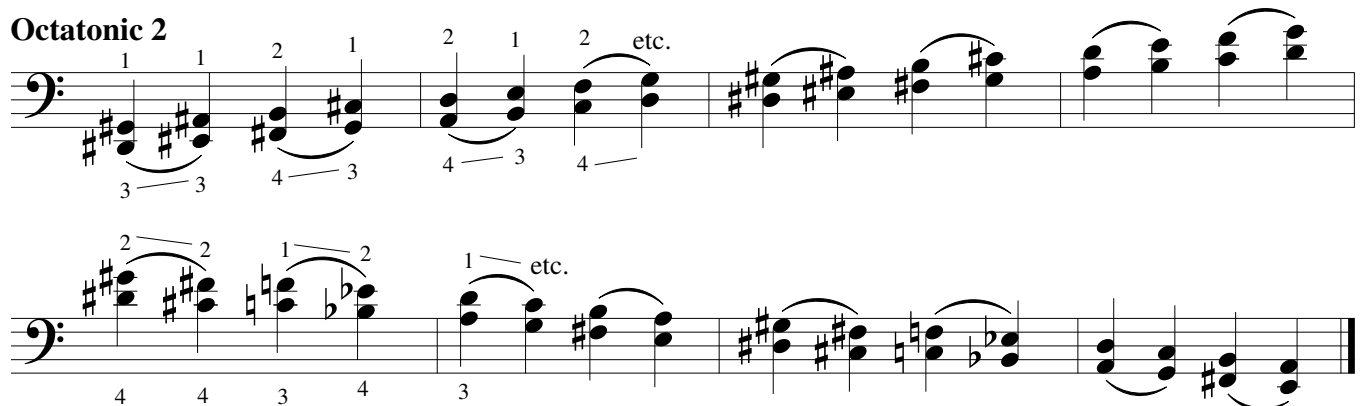
I practice at quarter = 60 with two notes to a bow, because it is a relaxing tempo that gives you time to plan each shift, while at the same time holding you accountable to a pulse. You can plan your shifts 1/8th note in advance, or for a more advanced study plan shifts 1/16th note in advance or the entire quarter note.

♩ = 60

Octatonic 1



Octatonic 2



1. Repeat these patterns, selecting different areas of focus: hand shape, intonation between shifts, intonation within a position, finger arch strength.
2. Intersperse these octatonic scales with your 3rds, 6ths, 8ths, and other scales. Remember to avoid using vibrato to disguise your intonation!
3. Using the same methodology as 3rds and 6ths, create different note patterns and bowing patterns to help keep this exercise both fresh and relevant to your repertoire.