

## SHIFTING EXERCISES

1<sup>st</sup> to 3<sup>rd</sup> Positions

### Same Finger Shifts:

1 3 3 1 1-1 1 1-1 1 ; 1-1 1 1-1 1

2 4 4 2 2-2 2 2-2 2 ; 2-2 2 2-2 2

3 1 1 3 3-3 3 3-3 3 ; 3-3 3 3-3 3

4 2 2 4 4-4 4 4-4 4 ; 4-4 4 4-4 4

### Lower To Higher Finger (Ascending); Higher To Lower Finger (Descending):

1 3 3 1 1-1 2 2-2 1 ; 1-1 2 2-2 1

1 3 3 1 1-1 3 3-3 1 ; 1-1 3 3-3 1

1 3 3 1 1-1 4 4-4 1 ; 1-1 4 4-4 1

2 4 4 2 2-2 3 3-3 2 ; 2-2 3 3-3 2

2 4 4 2 2-2 4 4-4 2 ; 2-2 4 4-4 2

3 1 1 3 3-3 4 4-4 3 ; 3-3 4 4-4 3

### Higher To Lower Finger (Ascending); Lower To Higher Finger (Descending):

2 4 4 2 2-2 1 1-1 2 ; 2-2 1 1-1 2

3 1 1 3 3-3 1 1-1 2 ; 3-3 1 1-1 3

4 2 2 4 4-4 1 1-1 4 ; 4-4 1 1-1 4

3 1 1 3 3-3 2 2-2 3 ; 3-3 2 2-2 3

4 2 2 4 4-4 2 2-2 4 ; 4-4 2 2-2 4

4 2 2 4 4-4 3 3-3 4 ; 4-4 3 3-3 4