

<b>SHIFTING – 3 TYPES OF SHIFTING FINGERS</b>		
What is it	What to do	It feels like
<b>SHIFT UP</b>		
1. <b>SAME</b> finger	Shift on <b>SAME</b> finger	<b>NO</b> glissando sound
2. <b>LOW</b> to <b>HIGH</b> finger	Shift on <b>LOW</b> finger <b>WITH GUIDE</b> note Shift on <b>HIGN</b> finger <b>WITH GLISSANDO</b>	<b>NO</b> glissando sound <b>YES</b> glissando sound
3. <b>HIGH</b> to <b>LOW</b> finger	<b>SWAP</b> finger <b>DURING</b> the shift	<b>NO</b> glissando sound
<b>SHIFT DOWN</b>		
1. <b>SAME</b> finger	Shift on <b>SAME</b> finger	<b>NO</b> glissando sound
2. <b>HIGH</b> to <b>LOW</b> finger	Shift on <b>HIGH</b> finger <b>WITH GUIDE</b> note	<b>NO</b> glissando sound
3. <b>LOW</b> to <b>HIGH</b> finger	<b>SWAP</b> finger <b>DURING</b> the shift	<b>NO</b> glissando sound

<b>SHIFTING – 3 SHIFTING FINGERBOARD SECTIONS</b>		
What is it	What to do	It feels like
1. <b>SECTION 1</b> <b>1<sup>st</sup> / 3<sup>rd</sup> POSITION</b>	1. <b>FINGERS</b> releasing pressure. 2. <b>HAND</b> moving slowly up. 3. <b>ELBOW</b> closing in.	→ <b>PREPARATION</b> → <b>MOVEMENT</b> → <b>ARRIVAL POINT</b>
2. <b>SECTION 2</b> <b>3<sup>rd</sup> / 5<sup>th</sup> (7<sup>th</sup>) POSITION</b>	1. <b>THUMB</b> climbing up 2. <b>ELBOW</b> pushing in & 'twisting' 3. <b>PALM</b> keeping fingers in position	→ <b>HAND CLIMBS UP</b> → <b>PUSH UP &amp; TURN IN ELBOW</b>
3. <b>SECTION 3</b> <b>7<sup>th</sup> POSITION &amp; BEYOND</b>	1. <b>HAND</b> staying up in position 2. <b>WRIST / PALM</b> shifting up 3. <b>FINGERS</b> holding a sense of position	→ <b>THUMB &amp; ELBOW STAY UP</b> → <b>WRIST SHIFTS &amp; PALM MOVES UP</b> → <b>ROUND FINGERS</b>

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**