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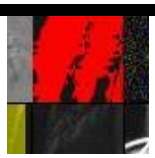


OLYMPIC CELLO WORKOUT LONG TONES

This is a standard exercise for wind players to develope a beautiful, full sound. The incredible Zara Nelsova taught me this one. Her father was a flute player.

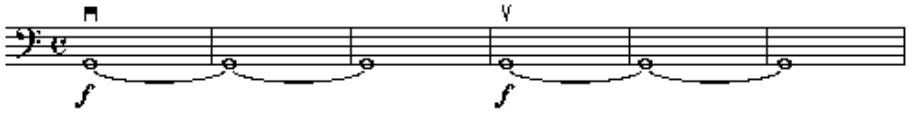
- Build Endurance
- Aid Tone Production

PREPARATION	DESCRIPTION
Metronome Quarter note=*60* Use open "*G*" String for this exercise.	In this exercise, all levels, you will be playing the open "g" string. Sounds kind of simple but it's not quite so easy. Start with Level 1 and try to do all the exercises indicated. Do 2-4 cycles (down bow + up bow) per exercise. Play as close to the bridge as possible without creating a *sul pont* sound. Concentrate on creating a solid tone without wavering. Your left hand can be in a relaxed position on the instrument or in your lap.

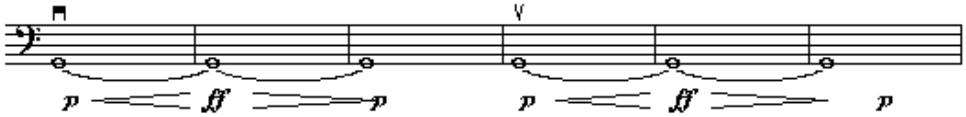
LEVEL 1

8-10 clicks per bow

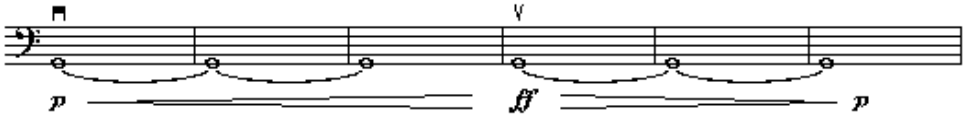
1. Consistent tone at *forte* on both DOWN and UP bows.



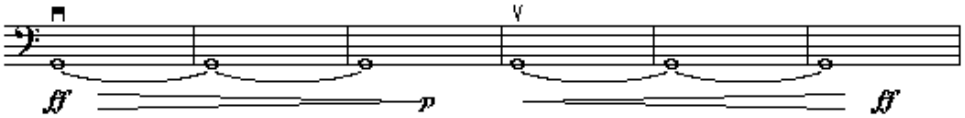
2. Down bow:crescendo to mid-bow, decrescendo to tip. Up bow: cresc. to *forte* mid-bow and decresc. to frog.



3. Down bow: *piano* crescendo to *forte* at tip. Up bow: *forte* at tip, decrescendo to *piano* at frog.



4. Down bow:: start *forte* and decrescendo to tip. Up bow: start *piano* and crescendo to the frog.



LEVEL 2

14-16 clicks per bow

LEVEL 3

20-25 clicks per bow

Further Study: Try this on other open strings. Use stopped notes too. The narrower the string and the shorter the string length the more difficult the exercise is to execute.

NOTE: I highly recommend taking a look at Victor Sazer's book "New Directions in Clo Playing." Much of what he says is great but specifically for this exercise check out the "Bowing" chapter, "Slow Bows."

NEXT LESSON ▶