

The Purlongs: Technical Preparation

A. 12-Note Exercises

1. Doubling

a) b) c)

d)

Hexham Shuffle

Simple Shuffle - "Gobstopper"

Reverse Shuffle - "Butterfly"

"Gobstopper Butterfly Caterpillar Coffee"

"Gobstopper Caterpillar Go Tea Go Coffee"

B. Broken Third Exercises & Lazy Bows

1a. Finger Patterns Low to High

0 2 1 3 2 0 3 1 0 2 1 3 2 0 3 1

1b. Finger Patterns High to Low

2 0 3 1 0 2 1 3 2 0 3 1 0 2 1 3

2. Melodic and Rhythmic Variations

3. Bowing - Hexham Shuffle

4th fingers and Lazy Bows

4. Lazy Bows