

1. Nee Ner

“**Nee Ner**” is my twist on Ed Barker's Left Hand Chromatic WarmUp. The point of this exercise is to reaffirm that your Left Hand Posture and Left Hand Arches are all healthy and strong. It also starts your WarmUps by shifting only on your 1st finger while playing only on the G string, because it's the easiest to press down, making this the gentlest way to warm up.

There are two ways to play this exercise. Choose the one that is easiest and most comfortable for you:

Option 1 starts in half position and you shift higher on the string. In this version, the shifting is easier because you are working **with** gravity **but** you start with a bigger stretch in your hand.

Option 2 starts higher on the string and you shift lower. In this second version, you will be working **against** gravity in the descending shifts, **but** you start with less stretch in your hand.

Things to be sure of:

- Keep Left Hand fingers arched — this means all knuckles should be curved, as if you have wrapped your hand around a baseball or an orange.
- “Buddy System”: when 4th finger is on the string: 3, 2, & 1 are also on the string. When 2nd finger is on the string, so is 1... and 3 & 4 hover close to the string.
- “Hovercraft” is a term that I use to describe how any finger not on the string should be hovering as close to the string as possible. (The name of this idea is a reference to the flying machines in the Star Wars movies — they are not sitting on the ground, but are hovering just above the ground, ready to fly whenever they are needed.)
- 3 & 4 move together like a great team
- Keep your Left Hand loose and be sure you’re using weight caused by Gravity to help your Left Arm sink into the string. This makes it easier to press down the string so you aren’t relying solely on your Left Hand fingers.

If the list of things to think about with your Left Hand is too much all at once, break this exercise down into three smaller chunks:

||:1212:|| ||:2424:|| ||:1414:|| and watch your Left Hand in a mirror.

Nee Ner

♩ = 60

slide between notes

etc.

slide between notes

slide between notes

slide between notes

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