



VIBRATO WARM UP

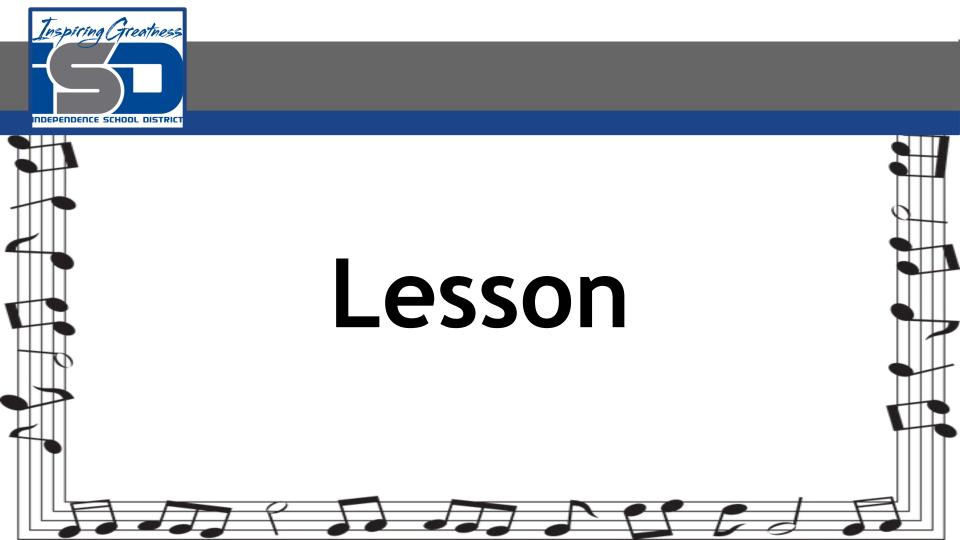
"STICKY FINGERS"

- START WITH THE "SILENT SIREN" MOVEMENT UP AND DOWN THE STRINGS
- KEEP THUMB IN POSITION WHILE ARM CONTINUES TO MOVE ("STICKY THUMB")
- TRY TO "STICK" EACH FINGER
- WITH METRONOME IN STEADY RHYTHM
- THINK ABOUT PULLING THE KNUCKLE AWAY

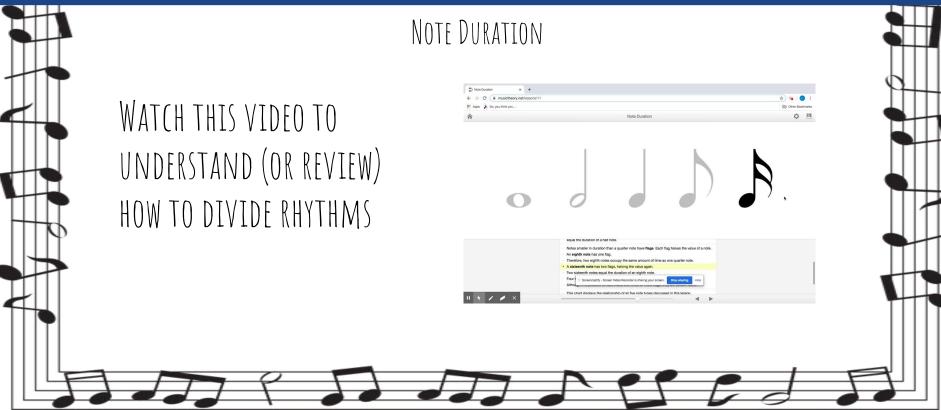
ALL WATCH THIS

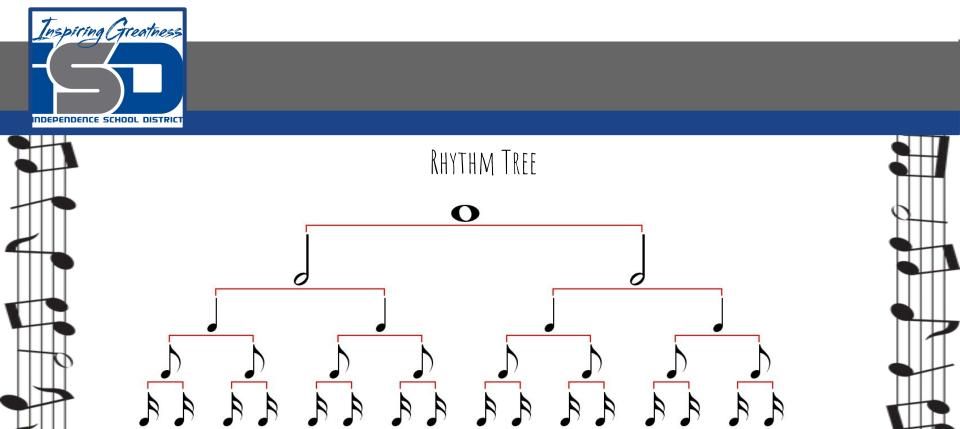


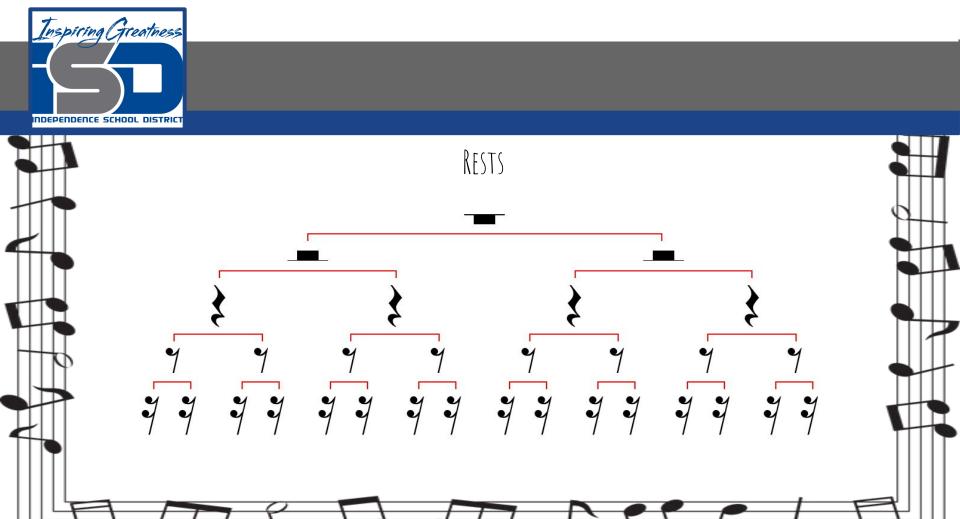




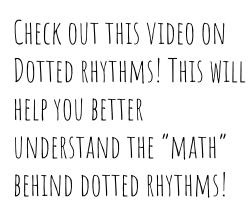












DOTTED RHYTHMS

