

# Clamping and Maintaining a Frame

Peter Morris

Contrabass

G String

Fingering: 4 0 4 0 2 0 2 0 1 0 1 0

4 D String

etc...

7 A String

10 E String

This exercise is designed to promote the classical stopping hand method whereby fingers 1, 2 and 4 are used in the lower positions of the double bass. In addition to using the same fingering throughout, you should ensure that the preceding fingers press down behind the one that is producing the pitch. This note only maintains good intonation but also allows for more control which is essential for more advanced concepts such as position shifts and vibrato.

Play this slowly and deliberately in order to ensure you lift your fingers off the fingerboard when playing an open string. Do not lift using your wrist as this uses more energy and risks compromising your intonation.

Do not look at your hand! Focus ahead of you and check that your shoulder does not shrug and that your elbow is pointing down towards the ground.