

Two Tools for Developing a Map of the Fingerboard
 Galamian – One-Position Scales / Yost – Exercises for Change of Position
 Dr. Kathryn Steely 2026

Galamian – One-Position Scales

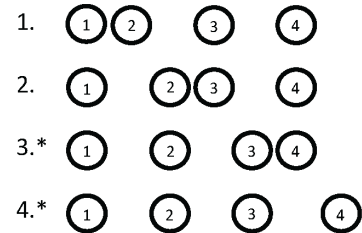
Daily Procedure

- 1) Pick a key to focus on (circle of fifths or stepwise). Move on to new keys as you master each one.
- 2) Work through all bowing patterns in each position

Focus on:

- Balanced hand frame within each position, boxy LH Fingers
- Elbow free to rebalance under fingerboard as you cross strings
- LISTEN for accuracy in whole and half steps
- INSIST on excellent intonation/accurate finger drop
- Feel groups of fingers in patterns, especially as you increase tempo

Basic Finger Patterns for Major Keys



Sample Exercise – Key of C Major

1st Position
33

2nd Position
38

3rd Position
43

4th Position
48

5th Position
53

Continue to higher positions

Bowling Patterns – Quarter = 60

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Yost – Exercises for Change of Position
 Including Auxiliary Fingers

Daily Procedure

1. Select the pair of positions you would like to focus on and the key you will be exploring.
 ✓ Use the box below to track your progress.
2. Practice all finger combinations (shifts) between the two selected positions, on each of your four strings.

Position Pairs							
1 – 2		2 – 3	3 – 4	4 – 5	5 – 6		6 – 7
1 – 3		2 – 4	3 – 5	4 – 6	5 – 7		
1 – 4	✓	2 – 5	3 – 6	4 – 7			
1 – 5		2 – 6	3 – 7				
1 – 6		2 – 7					
1 – 7							

Finger Combinations			
1 – 1	2 – 1	3 – 1	4 – 1
1 – 2	2 – 2	3 – 2	4 – 2
1 – 3	2 – 3	3 – 3	4 – 3
1 – 4	2 – 4	3 – 4	4 – 4

3. Repeat each shift 10 times accurately.
4. Practice in various keys.

- Make sure your arm and hand frame are balanced, both in the position you are leaving and in the position which you are arriving.
- Use auxiliary fingers for the first several repetitions – listen carefully to the slide.
- As you progress, make sound of the slide lighter and lighter, until inaudible.
- As you advance, you can increase or decrease the speed of the shift, depending upon your desired musical effect.

Sample

All C Major shifts 2nd Position to 5th position (D String) with Auxiliary Finger Slides