

Two Important Tools for Mapping the Fingerboard
Galamian – One Position Scales / Yost – Exercises for Change of Position
Dr. Kathryn Steely 2025

Galamian – One-Position Scales





Daily Procedure

- 1) Pick a key to work on. (Move on to new keys as you master each one - circle of fifths or stepwise).
- 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 used in major keys

1. 
2. 
3. 
4. 


Minor keys and altered scales will use additional patterns.

Sample Exercise – Key of C Major


1st Position




2nd Position




3rd Position



4th Position



5th Position



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 the four strings.

Position Pairs							
1 – 2		2 – 3		3 – 4		4 – 5	
1 – 3		2 – 4		3 – 5		4 – 6	
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 in which you are arriving.
- Use auxiliary fingers for the first several repetitions – listen carefully to the slide.
- As you progress, make the sound of the slide lighter and lighter, until inaudible.
- As you advance, you can increase or decrease the speed of the shift, depending upon the desired musical effect.

Sample – Key of C

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

The musical notation displays 32 shifts from 2nd to 5th position on the D string, organized into four rows of eight. Each shift is represented by a pair of notes (one in 2nd position, one in 5th position) with a curved line and an arrow indicating the slide. Finger numbers (1-4) are written above the notes. The shifts are as follows:

- Row 1: 1 --- 1, 1 --- 1, 1 --- 2, 2 --- 1, 1 --- 3, 3 --- 1, 1 --- 4, 4 --- 1
- Row 2: 2 --- 1, 1 --- 2, 2 --- 2, 2 --- 2, 2 --- 3, 3 --- 2, 2 --- 4, 4 --- 2
- Row 3: 3 --- 1, 1 --- 3, 3 --- 2, 2 --- 3, 3 --- 3, 3 --- 3, 3 --- 4, 4 --- 3
- Row 4: 4 --- 1, 1 --- 4, 4 --- 2, 2 --- 4, 4 --- 3, 3 --- 4, 4 --- 4, 4 --- 4