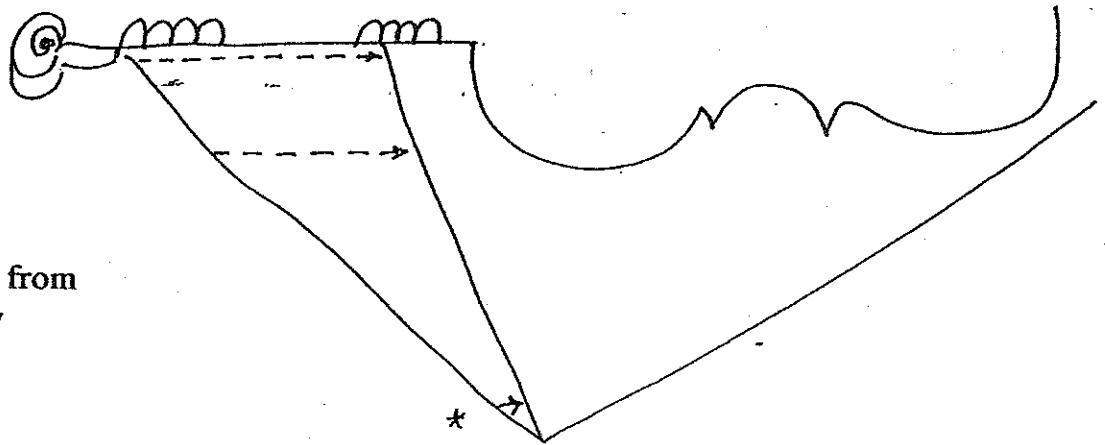


# YOST: CHANGE OF POSITION



\*lead shifts from the elbow

## DAILY:

1. Choose a position change
2. Choose a string
3. Do all fingers in one position to all fingers in the other position; repeat four to ten times

**PURPOSE:** to familiarize yourself with the distance the elbow needs to travel between positions.

## POSITION CHANGES:

1-3, 1-4, 1-5, 1-6, 1-7, 2-4, 2-5, 2-6, 2-7, 3-5, 3-6, 3-7, 4-6, 4-7, 5-7

**FINGERS:** EXAMPLE: 1st. pos. to 5th position

③

Note: when shifting only two positions, don't use 4-1 fingering