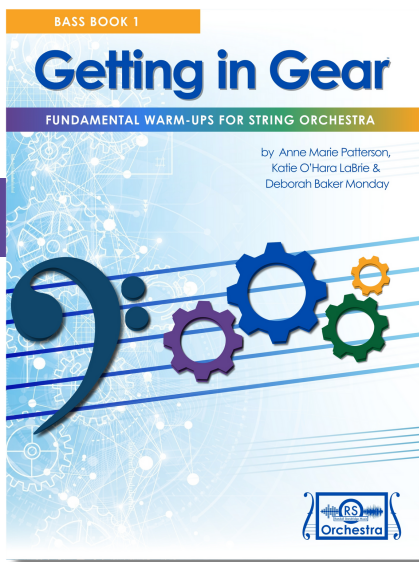




Getting in Gear

FUNDAMENTAL WARM-UPS FOR STRING ORCHESTRA

by Anne Marie Patterson, Katie O'Hara LaBrie & Deborah Baker Monday



A warm-up book for developing players designed as a drop in resource covering everything from finger patterns (AKA "Gears"), to bow distribution, how to master spiccato, syncopation and more!

Getting in Gear has been carefully designed by three long-time string educators with pedagogy and technique in mind. Students will feel like the teacher is right there with them in the book. Teachers will appreciate the varied repetition and opportunities for differentiation. Catchy acronyms, analogies, and visuals will assist with understanding. But most importantly, students will enjoy playing the engaging exercises in this book as they develop their skills.

Student Books • \$12

Teacher Manual • \$40



PART 1: FINGERBOARD GEOGRAPHY

Explore fingerboard geography through the 5 "Gear" finger pattern system. Learn how to mix Gears, apply key signatures, understand enharmonics, improve intonation, & more!

1 st GEAR	2 nd GEAR	3 rd GEAR	4 th GEAR	5 th GEAR
Shift to 3 rd position or go to next higher string	Shift to 3 rd position or go to next higher string	Shift to 3 rd position or go to next higher string	Shift to 3 rd position or go to next higher string	Shift to 3 rd position or go to next higher string

Each Gear is introduced with a Mountain Climber exercise on all four strings, followed by a series of engaging exercises and duets to help students solidify playing in that particular Gear.

1. Bass Book: Mountain Climber - D String - Gear 1



Next we introduce mixing Gears; first just mixing Gears 1 & 2, and later mixing all Gears. Notice that each exercise in the book includes a **Gear Icon** telling you which Gear(s) are used.

21. Heavy Metal



Sheet music for Exercise 21, Heavy Metal, in 4/4 time. The exercise is written for two staves, A and B, in the key of D major (one sharp). It consists of three systems of four measures each.

System 1: Staff A starts with a forte (*ff*) dynamic and a -4 fingering. Staff B has a -1 fingering. Both staves feature eighth-note patterns with accents.

System 2: Staff A starts with a 5th fingering. Staff B has a -1 fingering. The patterns continue with various fingering and articulation markings.

System 3: Staff A starts with a 9th fingering. Staff B has a -1 fingering. The exercise concludes with a final measure in both staves.

Chapter 1 topics include: intonation, tunnels, double stops, anchors, half steps & whole steps, key signatures, chromatic exercises (taught with a hopscotch board!), when to use 4th finger / shifting for lower strings, E & C string review, augmented seconds, & more!

12. Pitch Benders



In this exercise slide your finger too high and too low before landing perfectly on the target. Try practicing this with an electric drone on G, a tuner, or a friend playing the second part.

Sheet music for Exercise 12, Pitch Benders, in 4/4 time. The exercise is written for two staves, A and B, in the key of D major (one sharp). It consists of two systems of four measures each.

System 1: Staff A features a quarter note followed by a measure with a wavy line indicating a pitch bend. Staff B has a half note.

System 2: Staff A features a quarter note followed by a measure with a wavy line indicating a pitch bend. Staff B has a half note.

PART 2: BOWING - TONE & ARTICULATION

This chapter is divided into two sections, each beginning with a series of 4 Etudes that progress through the Gears. Variations for each etude provide varied repetition to support development of technique.

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Tone is introduced using the acronym LAWS (Lane, Amount, Weight, Speed). Vivid imagery, analogies, and clear instructional pictures help students identify how to use their bow to create variety in tone.

The **Articulation** section offers strategies for mastery of bowing techniques such as détaché, martelé, tenuto and more. Designed as a drop in resource, simply jump to the articulation of your choice to find tiered warm-ups on a variety of skills such as slurs, bow lifts & spiccato.

Articulation

What is Articulation?
 Articulation refers to the style with which you play a note. Just like when you speak, the beginning of some sounds are gentle (like "Hh") and others are crisp (like "Tt").

For light, gentle articulation, use very little weight at the beginning of the bow stroke.

Ha Wa La Fa Ba Pa Ka Ta

For strong, crisp articulation, tug with your index finger to catch and release the string.

Every sound has a beginning, middle and end.
 Experiment with different timing at the beginning of notes.

75. Exploring the Articulation Spectrum

Experiment with how you produce the beginning of each bow stroke. For crisper connections you will need to apply some space between each note, and use the index finger to tug the bow into the string.

Articulation Deeds: Gears 1 & 2

The key of a minor, explores variations in articulation.

Pattern 1

Tenuto - Notes held for full value, but are often performed slightly detached or with emphasis.

Pre-arc or Leverage - Pulses bow in the same bow direction. The bow moves continuously, like a car going over a speed bump. It does not come to a full stop.

Marsenne - Crisp, biting bow, can be initiated with an upward, inward, and downward motion to the right. Use a Martelli bow stroke. (See p. 37)

Spiccato - Repeatedly bouncing bows usually performed at the balance point and at fast speeds. (See p. 44)

Pattern 2

Pattern 3

Use a crisp, hard attack to the note.

Use your finger when you pick up, and pull weight on the bow until the bowhead releases the weight and let the bow float for the length of the note.

Use the bow weight in the opposite direction.

After the Etudes, take a deeper dive into tone & articulation concepts such as dynamics, bow placement, bow tilt, slurs, spiccato, martelé, pizzicato, bow lifts, special effects, and more.

69. Scary Dynamics!

The first system of the musical score is written in bass clef with a 4/4 time signature. It begins with a piano (*p*) dynamic and a half note G2. This is followed by a crescendo leading to a fortissimo (*f*) dynamic, marked by a series of eighth notes. A decrescendo then leads back to a piano (*p*) dynamic for a half note G2. Another crescendo leads to a fortissimo (*f*) dynamic, marked by a series of eighth notes. This is followed by a decrescendo leading to a piano (*p*) dynamic for a half note G2. The system concludes with a repeat sign and two endings. The first ending is marked '1.' and leads back to the beginning of the system. The second ending is marked '2.' and leads to the end of the piece.

82. Speed Trap

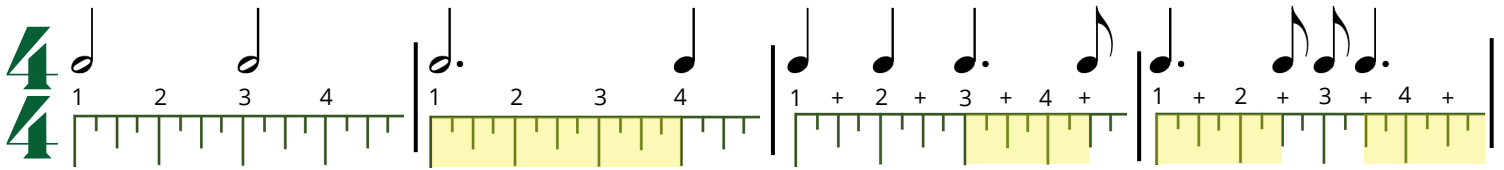
Slurs don't affect rhythm. Be mindful not to play slurred notes faster. It may help to clap and count before playing.

96. Off and On

PART 3: RHYTHM RULES!

In Getting in Gear, rhythm is taught through the concept of a “Rhythm Ruler” that clearly shows the duration of each note. Each exercise in this chapter is a duet, where one voice is working on a new skill and the other is a steady subdivision or motor rhythm.

Skills include basic rhythms, rests, 16th note combinations, dotted notes, off beats, syncopation, triplets, and 6/8 time.



108. Intro to Dotted Rhythms

Wait until after the 2nd beat of a dotted quarter note to play the next 8th note.



A

B

5

1.

2.

Sample from Bass Book 1: *Getting in Gear: Fundamental Warm-ups for String Orchestra*. ©2025 Randall Standridge Music, LLC. For promotional events only.

EXTRAS!

Fingerboard Map

They map shows all of the notes that you can play in first position. The notes highlighted in yellow are in 1st Gear. It's important to understand fingerboard geography in order to navigate your instrument.

Getting in Gear is designed to be **fun, intuitive and easy** to use for students as well as teachers. **Colored bands** on each cover make it easy to find the instrument part you're looking for and colored sections within the book help identify skill focus.

In addition to a fingerboard map and Gear charts in the student books, the teacher manual includes a wealth of **reproducible resources** and teaching tips.

Play-along tracks are available on our website. The exercises in this book can also be found on makemusic cloud.

Learn more at getting-in-gear.com



Key Signatures in Gear

Having Key Signatures: Keys can have sharps, or flats, or all natural notes. The key of C Major has no sharps or flats. Having Major Sharp Keys: Go up a half step from the last sharp (or the right) in the key signature. For example, if F and C are sharp, the key is D Major. Because D is a half step higher than C.

Gear Charts

Instrument	1st Gear	2nd Gear	3rd Gear	4th Gear	5th Gear
Violin	G4	A4	B4	C5	D5
Viola	C4	D4	E4	F4	G4
Cello	G2	A2	B2	C3	D3
Bass	G1	A1	B1	C2	D2

Major and Minor Keys

For each major key there is a corresponding minor key with the same number of sharps or flats. This is known as the **relative minor**. Major keys often sound "happy," and minor keys often sound "sad."

12th Key Signature Practice

Practice the following exercises, paying close attention to the key and think through which clef you will need to use before playing. Can you identify which key each example is in without looking at the key?

“

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