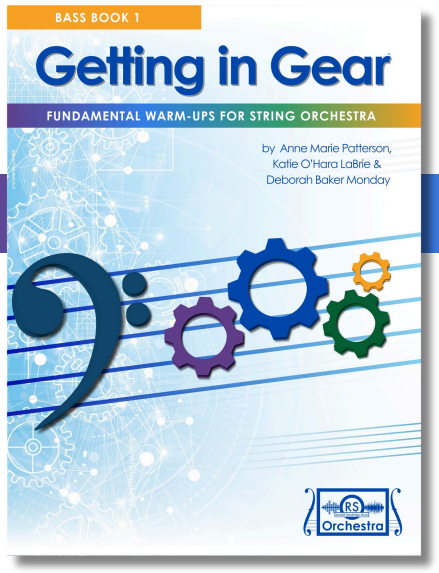


Getting in Gear

FUNDAMENTAL WARM-UPS FOR STRING ORCHESTRA

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

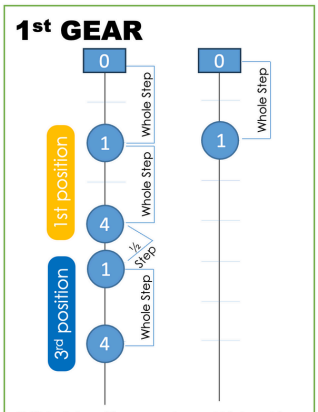
A warm-up book for developing players designed as a drop in resource covering everything from finger patterns (AKA "Gears"), to bow distribution, how to master spiccato, syncopation and more!

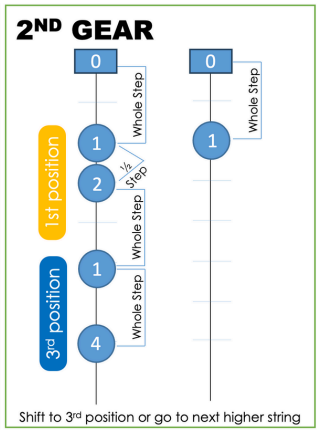
Getting in Gear has been carefully designed by three long-time string educators with pedagogy and technique in mind. Students will feel like the teacher is right there with them in the book. Teachers will appreciate the varied repetition and opportunities for differentiation. Catchy acronyms, analogies, 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*

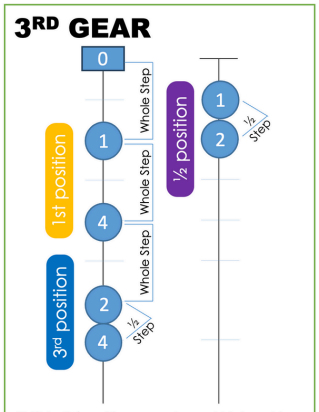
SCAN ME

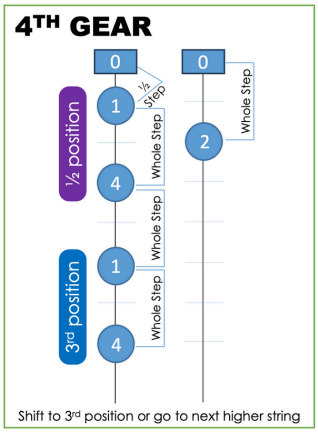
PART 1: FINGERBOARD GEOGRAPHY

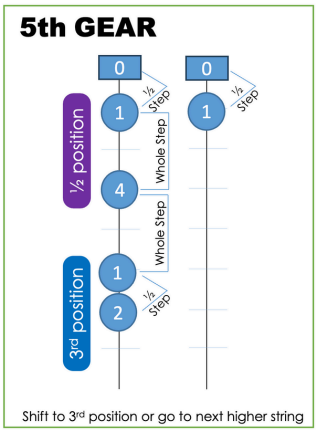
Explore fingerboard geography through the 5 "Gear" finger pattern system. Learn how to mix Gears, apply key signatures, understand enharmonics, improve intonation, & more!





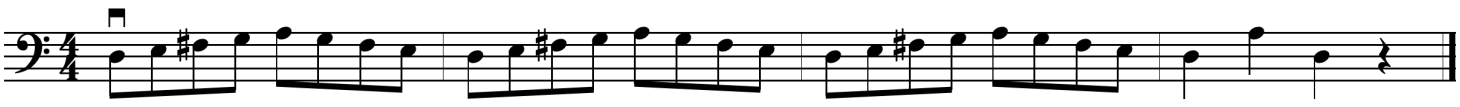






Each Gear is introduce with a Mountain Climber exercise on all four strings, followed by a series of engaging exercises and duets to help students solidify playing in that particular Gear.

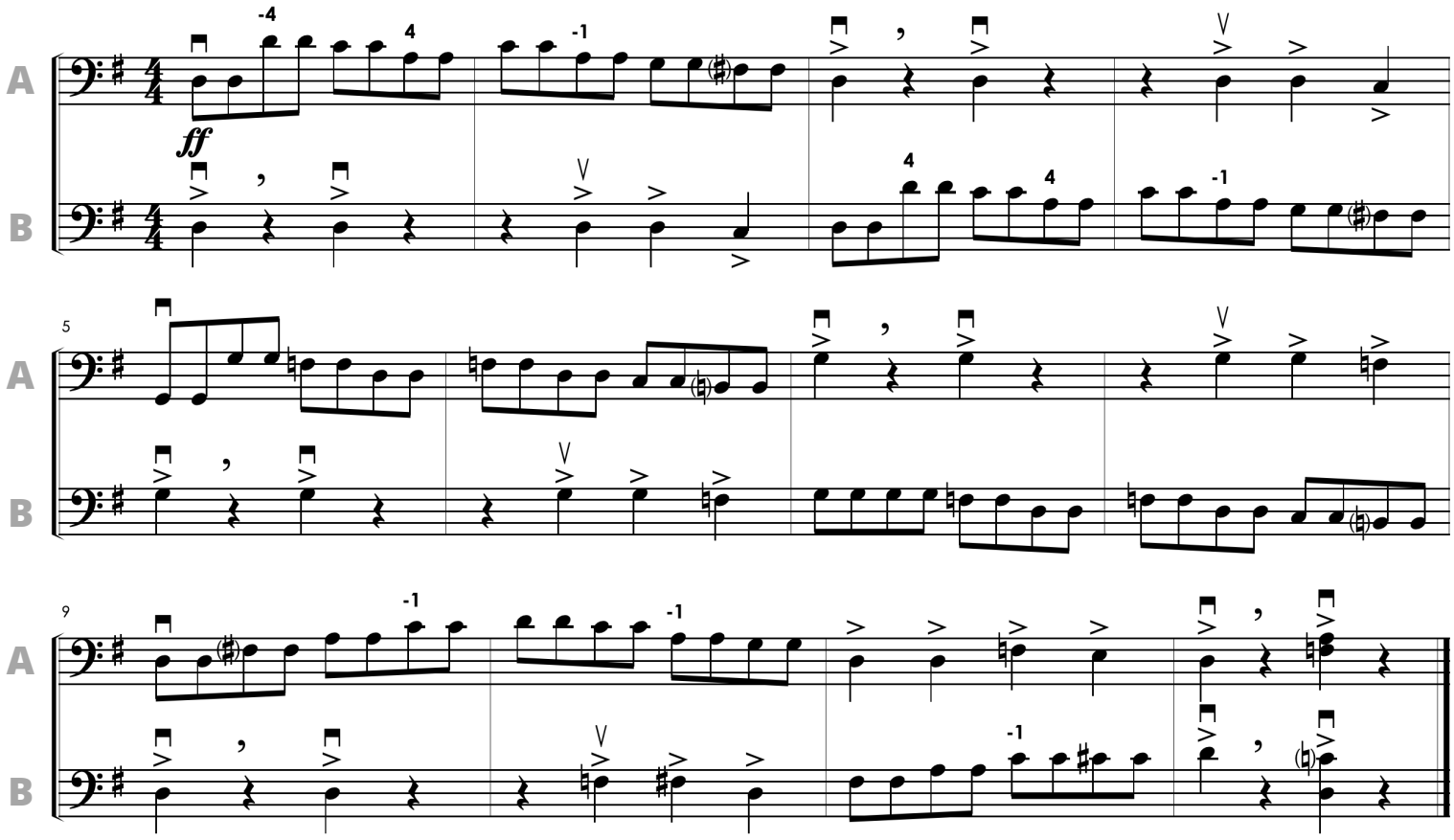
1. Bass Book: Mountain Climber - D String - Gear 1



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

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.

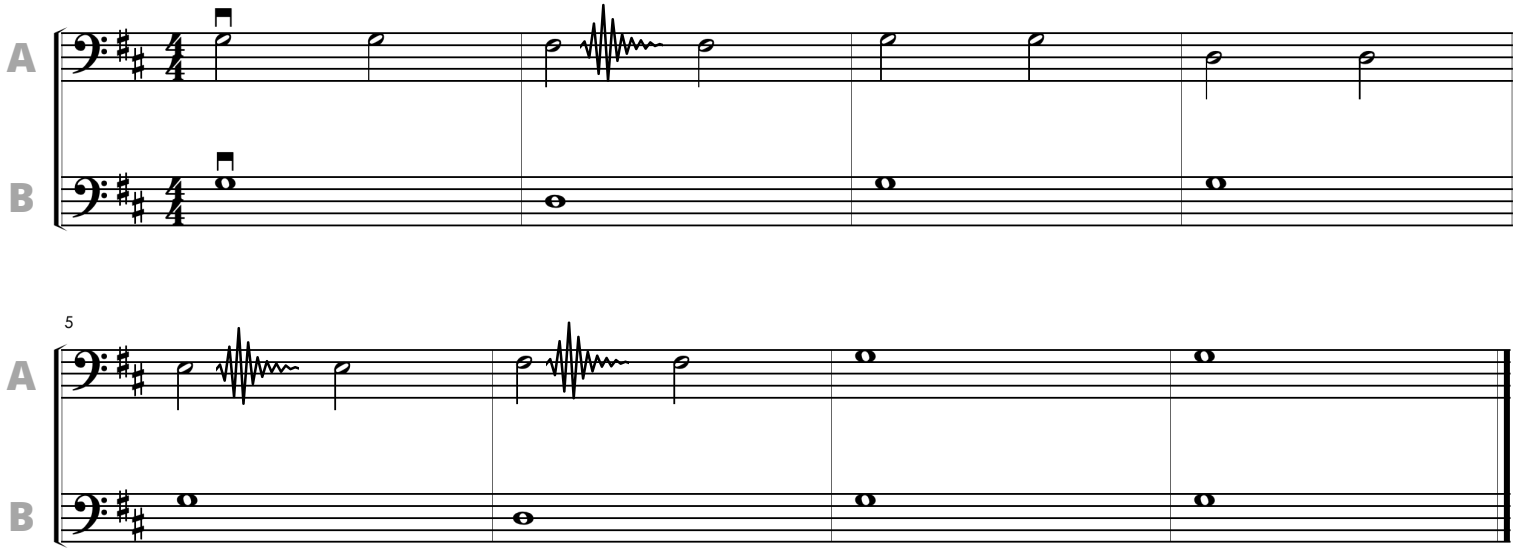
21. Heavy Metal



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

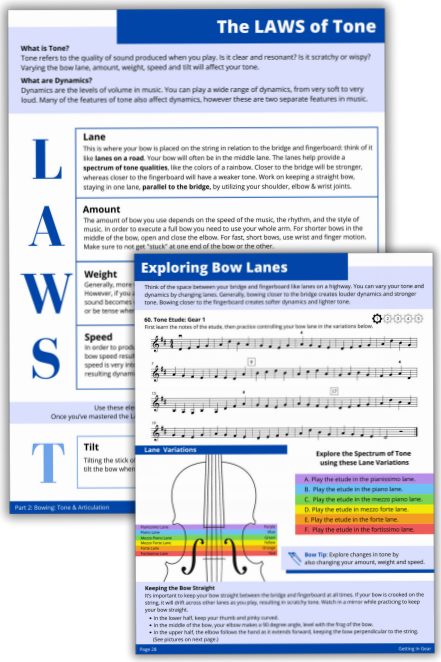
In this exercise slide your finger too high and too low before landing perfectly on the target. Try practicing this with an electric drone on G, a tuner, or a friend playing the second part.



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

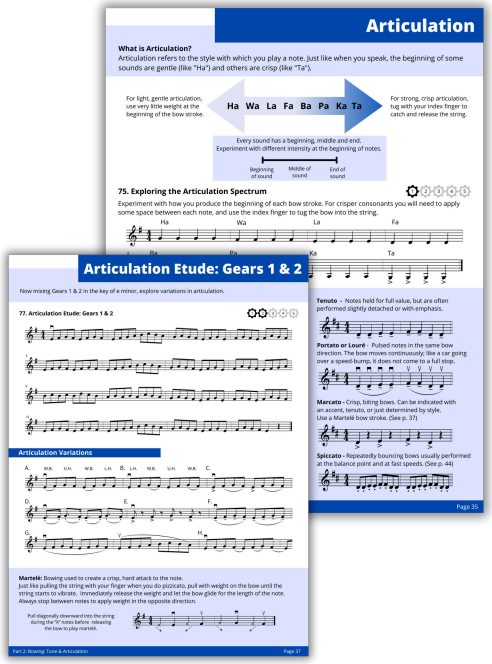
PART 2: BOWING - TONE & ARTICULATION

This chapter is divided into two section, 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.



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.

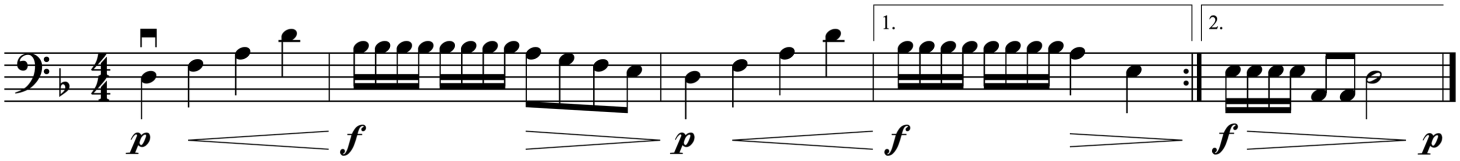
The **Articulation** section offers strategies for mastery of bowing techniques such as detaché, martelé, tenuto and more. Designed as a drop in resource, simply jump to the articulation of your choice to find tiered warm-ups on a variety of skills such as slurs, bow lifts & spiccato.



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!

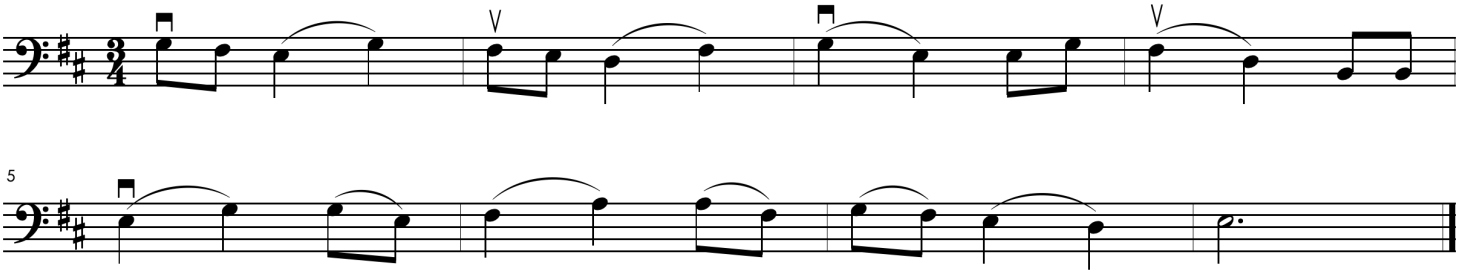
1 **2** 3 4 5



82. Speed Trap

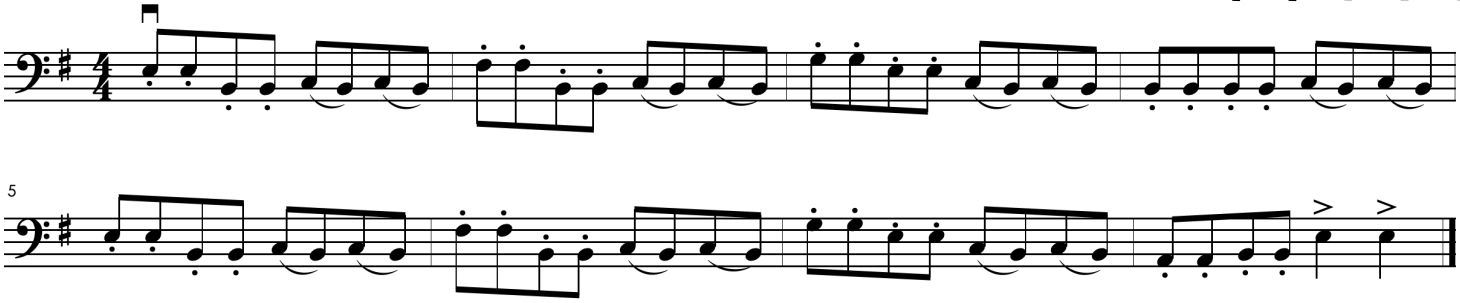
1 2 3 4 5

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

1 **2** 3 4 5

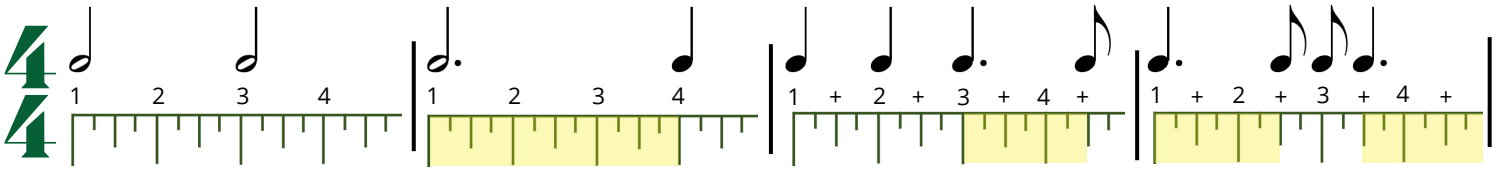


Sample from Bass Book 1: *Getting in Gear: Fundamental Warm-ups for String Orchestra*. ©2025 Randall Standridge Music, LLC. For promotional events only.

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.

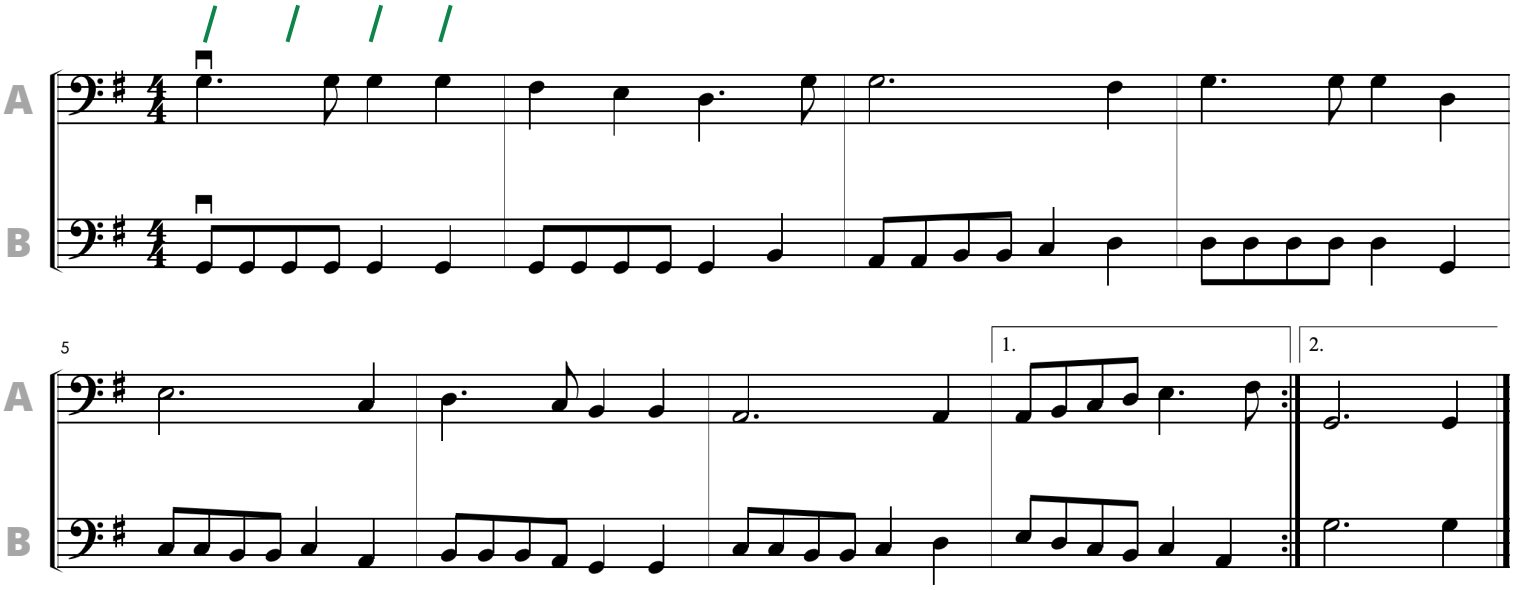
Skills include basic rhythms, rests, 16th note combinations, dotted notes, off beats, syncopation, triplets, and 6/8 time.



108. Intro to Dotted Rhythms

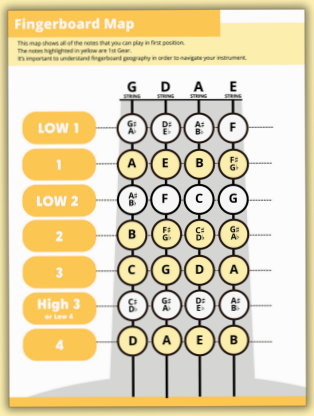
1 2 3 4 5

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



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

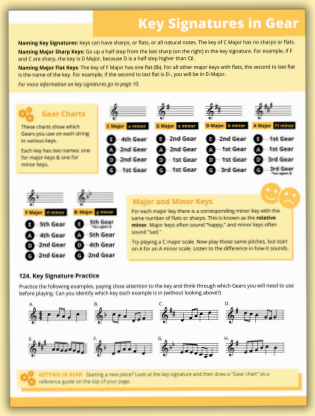
EXTRAS!



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

> **It's like the teacher is right there in the book!**
> *- GiG Book 1 Student*

RS Randall Standridge Music Orchestra

RandallStandridge.com

> **This is the ensemble training book we've all been waiting for!**
> *- GiG Book 1 Teacher*