

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, key of D major (two sharps). The exercise is written for two staves, A and B, in a grand staff format. It consists of three systems of four measures each. The first system starts with a fortissimo (*ff*) dynamic marking. The music features a mix of eighth and sixteenth notes, often beamed together, and includes various articulation marks such as accents (>) and slurs. The second system begins with a measure number '5' above the staff. The third system begins with a measure number '9' above the staff. The key signature and time signature remain consistent throughout.

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, key of D major (two sharps). The exercise is written for two staves, A and B, in a grand staff format. It consists of two systems of four measures each. The first system starts with a measure number '5' above the staff. The music features a mix of eighth and sixteenth notes, often beamed together, and includes various articulation marks such as accents (>) and slurs. The key signature and time signature remain consistent throughout.

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.

The LAWS of Tone

What is Tone?
Tone refers to the quality of sound produced when you play. Is it clear and resonant? Is it scratchy or weak?

What are Dynamics?
Dynamics are the levels of volume in music. You can play a wide range of dynamics, from very soft to very loud. Many of the features of tone also affect dynamics, however these are two separate features in music.

Lane
This is where your bow is placed on the string in relation to the bridge and fingerboard. Think of it like lanes on a road. Your bow will often be in the middle lane. The lanes help provide a spectrum of tone qualities, like the colors of a rainbow. Closer to the bridge will be stronger, whereas closer to the fingerboard will have a weaker tone. Work on keeping a straight bow, staying in one lane, parallel to the bridge, by utilizing your shoulder, elbow and wrist joints.

Amount
The amount of bow you use depends on the speed of the music, the rhythm, and the style of music. In order to execute a full bow you need to use your whole arm. For shorter bows in the middle of the bow, open and close the elbow. For fast, short bows, use wrist and finger motion. Make sure to not get "stuck" at one end of the bow or the other.

Weight
Generally, more movement, if you sound becomes more or less tense when you play.

Speed
In order to produce bow speed, you need speed in every part of the bow.

Tilt
Tilting the stick of the bow when you play.

Exploring Bow Lanes

Those of the open between your bridge and fingerboard like lanes on a highway. You can vary your tone and dynamics by changing lanes. Generally, moving closer to the bridge creates louder dynamics and stronger tone. Moving closer to the fingerboard creates softer dynamics and lighter tone.

66. Tone Etude: Gear 1
You learn the basics of this etude, then practice controlling your bow lane in the variations below.

Lane Variations
A. Play the etude in the panchromatic lane.
B. Play the etude in the piano lane.
C. Play the etude in the mezzo piano lane.
D. Play the etude in the mezzo forte lane.
E. Play the etude in the forte lane.
F. Play the etude in the fortissimo lane.

Keeping the Bow Straight
It's important to keep your bow straight between the bridge and fingerboard at all times. If your bow is crooked on the string, it will get across other lanes as you play, resulting in scratchy tone. Watch in a mirror while practicing to keep your bow straight.

- In the lower half, keep your thumb and index straight.
- In the middle of the bow, your elbow makes a 90-degree angle. Lead with the tip of the bow.
- In the upper half, the elbow follows the hand as it moves forward, keeping the bow perpendicular to the string. (See picture on next page)

Page 16

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.

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 "Ha" and others are crisp like "Ta".

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

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 energy at the beginning of notes.

Beginning of sound Middle of sound End of sound

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

Ha Wa La Fa Ba Pa Ka Ta

Articulation Etude: Gears 1 & 2
New missing Gears 1 & 2 in the key of D minor, explore variations in articulation.

77. Articulation Etude: Gears 1 & 2

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

Puncta or Lure - Pulsed notes 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.

Martelé - Crisp, biting tones. Can be indicated with an accent, tenuto, or just determined by style. Use a Martelé bow stroke. (See p. 20)

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

Articulation Variations
A. Ha Ba La Fa Ba Pa Ka Ta
B. Ha Ba La Fa Ba Pa Ka Ta
C. Ha Ba La Fa Ba Pa Ka Ta
D. Ha Ba La Fa Ba Pa Ka Ta
E. Ha Ba La Fa Ba Pa Ka Ta
F. Ha Ba La Fa Ba Pa Ka Ta

Martelé - Bowing used to create a crisp, hard attack to the note. Just like pulling the string with your finger when you do pizzicato, pull with weight on the bow and the string wants to vibrate. Immediately release the weight and let the bow glide for the length of the note. Always stop between notes to apply weight in the opposite direction.

Full stopped - Stopped on the string during the "Ta" notes before releasing the bow to play tenors.

Page 17

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. *p* *f* *p* *f* *f* *p*

2. *f* *p*

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.

5

96. Off and On

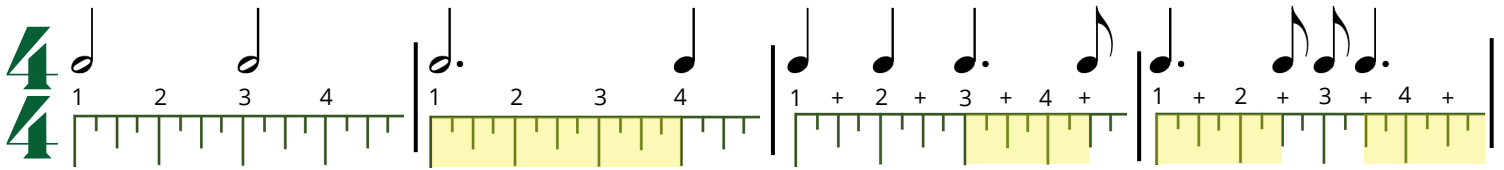


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PART 3: RHYTHM RULES!

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.



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

1. 2.

EXTRAS!

Fingerboard Map

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

	G	D	A	E
LOW 1	G ₂	D ₂	A ₂	E ₂
1	A ₁	E ₁	B ₁	F ₁
LOW 2	A ₂	F ₂	C ₂	G ₂
2	B ₁	F ₁	C ₁	G ₁
3	C ₂	G ₂	D ₂	A ₂
High 3	D ₂	A ₂	E ₂	B ₂
4	D ₃	A ₃	E ₃	B ₃

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 no 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
Violin	G ₄	A ₄	B ₄	C ₅
Viola	C ₃	D ₃	E ₃	F ₃
Cello	G ₂	A ₂	B ₂	C ₃
Double Bass	C ₂	D ₂	E ₂	F ₂

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 signature?

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