

## 4 AND 1 ALL OVER THE HARP

Another exercise without music notation -

Begin by placing your #4 and Thumb on any strings with 2 or 3 strings between them. Notice your comfortable shoulder and elbow as it was in the sliding exercise. Notice a small dip in your wrist - if it is extended - it sticks out - draw it in, similar to the way it was in the previous sliding hands exercise when the palm was an inch from the stringband.

The movements that follow should be done slowly, gently, with as much time as you like in the pauses between motions to study what is happening. You are letting your body figure out the best way to do this - take your time.

1. play thumb, closing to the 3rd finger - pause
2. move your elbow forward, just as you did in the sliding hands, this time hinging on #4 instead of 3. Go as far forward as you like (check your wrist stays in the same alignment) - pause -
3. lift thumb from the base (lifting, not poking it out forward) and land on a string. It should be close to the same vertical position it was when you began - pause - relax if you've collected any tension -
4. now play finger 4, closing to the palm - pause
5. without moving your elbow, arm, or hand, simply open 4 and replace on a string - pause
6. repeat from 1, gradually working your way down the harp as far as you can.

Repeat all the steps above but don't watch your hands. Use this to help learn to be very clear where your elbow, wrist and hand are without looking at them.

Repeat the exercise, but ascending. do all the steps 1 -5, first playing 4 to the palm, and then relace by putting the 4 under the thumb on a string above it. Keep your hand and elbow calm and still, then play the themb. Use your elbow to move your hand into the new position before thumb lifts up and replaces.

especially the pauses:

1. play 4, closing to the palm - pause
2. place 4 on a new string a note or two higher than the thumb. (just swing a little under the tumb, keeping your hand and elbow calm, still, relaxed - pause
3. play thumb, closing to the 2nd finger - pause - relax if you've collected any tension -
4. hingeing on 4 as you did above and in sliding hands, let your elbow pull your hand a little back towards you - pause
5. lift thumb from the palm joint, and land on the new note you've aligned with - pause. Check that you're in the same beautiful handshape you began with.
6. repeat from 1, gradually working your way up the harp as far as you can.

After a few days or more, begin to eliminate the pauses, and combine steps 2 & 3 in descending, and 4 & 5 in ascending into one smooth motion. Take your time, and be sure to go back to the separate steps occasionally to clarify the movements.