VIBRATO

Pulses away from the instrument.

A good vibrato can be developed by teaching forward "pulses" of the hand.

1. With your palm facing you, let your hand relax as far back as it can, away from you.

2. With a quick and light motion, bring your hand forward and let it spring back to its original position. Make sure that at rest, your hand is completely relaxed. Notice that the strength of the pulse will vary the speed of the forward motion of your hand.

3. With your instrument up, place your wrist on the bout. Repeat #2, being sure to relax in between pulses. The pulses are not very large, and get progressively smaller through the next few steps.

4. With your thumb now in playing position, place your hand in third position, with the wrist still against the bout of the instrument. Practice the pulses being sure to relax completely in between.

5. Starting with the 2nd finger, try the same motion (which is very small be now). Add the 1st finger and the 3rd finger, in turn.

6. Try two pulses (like two 16th notes followed by two 16th rests at quarter=69) like a heart beat, still relaxing in between. Try three (three 16ths and one 16th rest) and then four (continuous).

7. Move the motion into first position.