

Fundamentals of Paul Rolland's Double Bass Pedagogy

Based on Paul Rolland's *The Teaching of Action in String Playing*

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Introduction:

- Paul Rolland and *The Teaching of Action in String Playing*
- Play DVD excerpts: “Young Violinists In Action” and “Principles of Motion in String Playing”
- Fanelli & Cáceres - Book overview

DOUBLE BASS APPLICATIONS

Body Balance and Posture:

- Body balance and movement away from the double bass
- Unilateral and bilateral motions

Standing with the double bass:

- Steps to find the correct position for the double bass
- The Leaning Tower of Pisa: Going from rest position to playing position
- Unilateral motion
- Bilateral motion with the Flying Pizzicato

Sitting with the double bass:

- Review: unilateral and bilateral motions, and the flying pizzicato

Long Silent Shifts:

- Feel the extension of the fingerboard
- Total body action

Bow: (Preparatory exercises away from the bass)

- Roll the Arm
- Rock the Bow

Bass and Bow Together:

- Roll the arm/Rock the bow on the strings
- String crossing motion

Place and Lift

First Bow Strokes:

- Hear the full vibration of the string
- Place, weight down, hold, release
- Circle set

- Up bows
- Down and Up: In free rhythm (lower half of the bow)

Extending the Bow Stroke:

- Bilateral motion with the bow
- Rebound: Long strokes
- Connected down and up bows

Left Hand:

- Review Long Silent Shifts
- The Shuttle: shorter shifts

Left Hand Placement

- Shape of the hand
- Strumming and plucking strings with the left hand fingers

Long Shifts with Harmonics:

- The Flute
- The Ghost

Harmonics:

- Shifting using harmonics: Shuttle between positions

Matching Harmonics

The Octave Game

Vibrato:

- Waving, Tetter-totter, and Salt Shaker
- Tapping (also good for trills)
- Polishing the string
- Timing the movement with a metronome