The School of Violin-Technics
Book I
Exercises for promoting dexterity in the various positions

Explanation of the signs
I  A String
II D String
III G String
IV C String

remain—Stay in given position until a fingering indicates change of position

Henry Schradieck
Edited for Viola by Samuel Lifschey

I
Exercises on One String

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* If this fourth-finger extension is not feasible at this stage, the small note may be substituted.
III
Exercises on Two Strings
Exercises to be practiced with wrist movement only, keeping the right arm perfectly quiet
VI
Exercises on Four Strings

retain fingers on string wherever possible