Hand position
Base the hand position on the upper finger and reach back with the lower finger. This naturally widens the hand at the base knuckle joints, particularly between the first and second fingers.

Practice this by first playing the fourth finger on its own; position the hand to favour the fourth finger, so that it is rounded and relaxed. Then reach back with the first finger, changing the shape of the fourth finger as little as possible. Having played the tenth, release the first finger and play only the fourth finger. Move up to the next note and repeat.

Relaxation
In double-stops the bow must play heavily because the weight is distributed between two points, but to avoid tension the left hand must be as light as if playing single stops. Practice with extra-heavy bow pressure, but with fingers as light as if playing harmonics. (This will produce a sound of pure scratch.)

Repeat with the fingers pressing the string a quarter of the way down, then halfway down, and finally three-quarters down. The sound will gradually improve as you apply more finger pressure, until with three-quarters pressure the sound will be pure. The strings do not have to touch the fingerboard. Be sure to play fortissimo with the bow throughout.

Tone-semitone spacing
The first thing is to be clear about which finger moves a tone and which finger moves a semitone, or when they move the same distance. T = tone, S = semitone.

The following simple sequence covers all the tone-semitone possibilities of playing two adjacent tenths. To practice a specific run of tenths in a piece play the sequence in the same area of the fingerboard as the run. Afterwards the run will feel much more secure. The sequence is also a useful warm-up exercise.
Intonation

Play only one string at a time, while stopping both strings with the left hand as normal. The silently-stopped fingers are written as x-notes:

Repeat, stopping both strings but playing only the lower string.

Building the run

First practice each pair of tenths, and then groups of three, four, and all five:

Add one tenth at a time, starting from the beginning and from the end:

Next month’s BASICS returns to the right hand with exercises for smoother string-crossing.