



YOUR LOGO

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ViolinPractice.com offers a wealth of great materials for you to print out and use in your practicing. Print Materials include: VP Practice Printouts Practice Charts Repertoire Lists Articles

Two-Hour Practice Schedule



Date _____

| Rotate Blocks | 10 minutes | 20 min. |
|-------------------------------|--|--|
| 1 | Warm Ups-Left Hand/ Right Hand; Schradiack or Sevcik Focus: Relaxation, flexibility, physical aspects of your playing you are trying to improve. | Scales & Arpeggios Focus: Bowings: |
| 2 | Shifting (including shifting isolations in pieces) | Double Stops & Etudes (including double stops, runs, technical challenges in pieces) |
| <i>Practice Charts</i> | | |
| 3 | Newest Piece/s – play for musical | Newest Piece/s – isolations & creative |

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