



# 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.
<b>1</b>	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:
<b>2</b>	Shifting (including shifting isolations in pieces)	Double Stops & Etudes  (including double stops, runs, technical challenges in pieces)
<i><b>Practice Charts</b></i>		
<b>3</b>	Newest Piece/s - play for musical	Newest Piece/s - isolations & creative

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