



ViolinPractice Method

Foundation Levels
Level A2

Teacher Guide

Rebecca Henry & Phyllis Freeman



WARM UPS

Left Hand	Pinky Plucks on D: Left pinky pizz. alternating over high dot and 1 st position. The Plop: Place 1,2,3 on A, lift, plop 2&3, lift, repeat. Tapping Levels: 1 st Position, tap fingers on GDAE EADG
Bow Arm	U.H. Martelé with silent string crossings (A,D) Silent bow placements (Mid/Tip)

SKILLS & DRILLS

Preview	Lightly Row
Left Hand	Rhythmic Finger Taps
Bow Arm	Circles from the middle (or balance point) (D,A,E) G String: UH Martelé

SCALES & ARPEGGIOS

A Major UH Martelé, 2x each note	
D Major EveryBody Down Up	

ViolinPractice Method

Teacher Guide

Level A2.2 Lightly Row



WARM UPS

Preview	Lightly Row
Left Hand	Pre-Shifting: Shadow Shifting – no violin, arms mimic shifting & bowing I Like Ice Cream - tapping in 1 st pos. and over high dot
Bow Arm	Circles - Large, down bow circles from the middle or balance point (D,A,E) G String: UH Martelé

SKILLS & DRILLS



Preview	Twinkle Variation – Down Easy Up Easy Practice Down Easy, Up Easy (A,E)
Left Hand	FPF #4 – Climb to 4
Bow Arm	Circles – Fruits & Balls in 3 sizes from middle/balance point (A) (Watermelon/Orange/Grape or Beach Ball/Basketball/Golf Ball) EveryBody Down Up (G)

SCALES & ARPEGGIOS

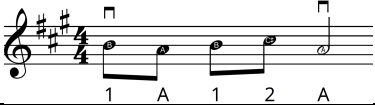
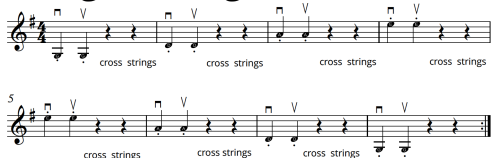
A Major Legato	
D Major UH Martelé	

Level A2.3 Twinkle Variation: Down Easy Up Easy



WARM UPS

Left Hand	Rhythmic Finger Taps (G,D) – 5x each finger; leave fingers down.  FPF #1 – Climb to 4 
Bow Arm	Circles: Fruits & Balls (D, A) EveryBody Down Up (G)

SKILLS & DRILLS

Preview	Go Tell Aunt Rhody 
Left Hand	Pinky Plucks (A,E)
Bow Arm	New Bow Hold Prep: Bow games with new bow hold. String Crossings 1 

SCALES & ARPEGGIOS

A Major	
D Major Legato	



WARM UPS

Preview	Go Tell Aunt Rhody
Left Hand	Left Arm Levels – Tapping levels over the high dot. (GDAE)
Bow Arm	New Bow Hold Prep: Bow games with new bow hold. String Crossings 1

SKILLS & DRILLS

Preview	French Folk Song
Left Hand	Finger Taps (lift 1)
Bow Arm	Silent Bow Placements: Mid/Frog (D,A) Playing Levels – 3rd finger (D,A,E)

SCALES & ARPEGGIOS

A Major	
D Major	



WARM UPS

Left Hand	Pre-Vibrato: Knuckle flexibility Playing Levels – 3rd finger
Bow Arm	Silent Bow Placements: Mid/Frog (D,A) Mississippi Rhythm (EADG)

SKILLS & DRILLS

Preview	Boil Them Cabbage Down (D, A)
Left Hand	FPF #2 – Broken Record (A,D)
Bow Arm	Lower Half Martelé: Tap 1 (D,A) Drop & Bounce - at the middle/balance point (A/D)

SCALES & ARPEGGIOS

A Major	
D Major	

Teacher Guide**Level A2.6** Boil Them Cabbage Down:
Mississippi Variation**WARM UPS**

Preview	Boil Them Cabbage Down (D,A)
Left Hand	FPF #2 - Broken Record (D,A)
Bow Arm	Road Trip in D: Lower Half Martelé Drop & Bounce: At middle/balance point (D/A)

SKILLS & DRILLS

Preview	Clocks
Left Hand	Finger Hops & Slides (123)
Bow Arm	Pinky PushUps: On the shoulder and at the middle from the air

SCALES & ARPEGGIOS

A Major	
D Major	



WARM UPS

Preview	Clocks
Left Hand	Pre-Shifting: Strum, I Like Ice Cream
Bow Arm	Pinky PushUps: On the shoulder & at the middle from the air Silent Bow Placements: EADG (middle, frog, middle tip)

SKILLS & DRILLS

Preview	Leap Frog
Left Hand	Pinky Plucks (G,D) Playing Levels – 1st finger
Bow Arm	Circles: Fruits & Balls, from the frog (D, A) Large Circles: Up Bow from the middle (A)

SCALES & ARPEGGIOS

A Major	
D Major	

ViolinPractice Method

Teacher Guide

Level A2.8 Leap Frog



WARM UPS

Preview	Leap Frog
Left Hand	Playing Levels – 3rd finger
Bow Arm	Circles: From the frog/balance point (D,A,E) Tone Production: Bridge Pulls

SKILLS & DRILLS

Preview	Long, Long Ago
Left Hand	Tap & Slide FPF #3 – Hopping Ones
Bow Arm	Martelé Cycle (A) Drop & Bounce: At middle/balance point (G/D, D/A, A/E)

SCALES & ARPEGGIOS

A Major	
D Major	



WARM UPS

Left Hand	Tap & Slide: Rest position and play position FPF #2 - The Broken Record (G,E)
Bow Arm	Martelé Cycle (A) Pre-Spiccato: Drop & Bounce at the Balance Point(AE,DA,GD)

SKILLS & DRILLS

Preview	The Ground Is All Frozen
Left Hand	Walking Finger Taps(D,A); FPF #4-Baby Bariolage(A/E, D/A)
Bow Arm	Rock & Roll String Crossings

SCALES & ARPEGGIOS

A Major	
D Major	



WARM UPS

Left Hand	Walking Finger Taps (D,A); FPF #4 – Baby Bariolage (A/E, D/A)
Bow Arm	Rock & Roll String Crossings Tone Production: Soft Thumb – “3 Bears”

SKILLS & DRILLS

Preview	Can-Can
Left Hand	FPF #5 – Matching 4 (A/E)
Bow Arm	Martelé Cycle with taps (A,D) Middle to Tip (Tap 4) Tip to Middle (Tap 2&3) Middle to Frog (Tap 1) Frog to Middle (Tap 2&3)

SCALES & ARPEGGIOS

A Major	
D Major	

ViolinPractice Method

Teacher Guide

Level A2.11 Can-Can



WARM UPS

Preview	Can-Can
Left Hand	FPF #5 – Matching 4 (A/E)
Bow Arm	Pre-Spiccato: Drop & Bounce (GD, DA, AE) Martelé Cycle with taps (A,D) <p>Middle to Tip (Tap 4) Tip to Middle (Tap 2&3) Middle to Frog (Tap 1) Frog to Middle (Tap 2&3)</p>

SKILLS & DRILLS

Preview	The Blue Bells of Scotland
Left Hand	Slide on Magic X during open strings (A, E)
Bow Arm	Slow Slithers: (EADG) <p>Start at the frog and play small détaché bows. Travel and reach the tip.</p> <p>Start at the tip and play small détaché bows. Travel and reach the frog.</p>

SCALES & ARPEGGIOS

A Major	
D Major	