



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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