





ViolinPractice Method

Hot Cross Buns

There are columns for six days of practice. Check off white boxes as you complete each video.

Video	Activity	Daily Practice Routine					
WARM UPS		1	2	3	4	5	6
1 Left Hand	Pinky Plucks (G,D)						
	Plops & Levels						
2 Bow Arm	Upper Half Martelé & Crossings (A,D) with silent lifts						
SKILLS & DRILLS							
3 Preview	Lightly Row						
4 Left Hand	Rhythmic Finger Taps						
5 Bow Arm	Circles (D, A, E)						
	UH Martelé on G						
6 Scales	A Major 	With repeat	With repeat	With arpeggio	With arpeggio	With arpeggio	Your choice
	D Major 	With repeat	With repeat	With arpeggio	With arpeggio	With arpeggio	
MUSICIANSHIP							
7	MusiKinesis™						
8	Sing Hot Cross Buns						

ViolinPractice Method – Level A2.1

Video	Activity	Daily Practice Routine					
LOOK & LISTEN		1	2	3	4	5	6
9	Performances: Hot Cross Buns						
REPERTOIRE PRACTICE							
10	Hot Cross Buns						
11	Twinkle Theme		(Opt.)				
PERFORMANCE PRACTICE							
12	Hot Cross Buns	Slowly					
13	Twinkle Theme	Slowly					
		Medium					
14	EveryBody Down Up	Medium					
		Tempo					
MUSIC APPRECIATION							
15	Performances: Lightly Row						
16	Sing Lightly Row						
	Enrichment: Video Surprise!						
HOME CONCERT							
17	Old Friend: Monkey Song in D						
18	See Saw						
19	Minuet Dance						
20	Boil Them Cabbage Down						

Notes:



Pinky Plucks (G,D)

Pre-Shifting Warm-Up

Pluck open strings with left pinky.

Rebecca Henry after Paul Rolland

G string

Musical notation for the G string warm-up. The staff shows four measures of music. The first measure contains three quarter notes with a '+' sign below each, labeled 'High Dot (octave harmonic)'. The second measure contains three quarter notes with a '+' sign below each, labeled '1st Position', with an arrow pointing down from the first note labeled 'slide back'. The third measure contains three quarter notes, labeled 'High Dot', with an arrow pointing up from the first note labeled 'slide up'. The fourth measure contains three quarter notes, labeled '1st Position', with an arrow pointing down from the first note labeled 'slide back' and an arrow pointing up from the third note labeled 'slide up'. Above the staff, the number '4' is written above each of the six quarter notes in the first two measures, and above each of the six quarter notes in the last two measures.

D string

Musical notation for the D string warm-up. The staff shows four measures of music. The first measure contains three quarter notes with a '+' sign below each, labeled 'High Dot'. The second measure contains three quarter notes with a '+' sign below each, labeled '1st Position', with an arrow pointing down from the first note labeled 'slide back'. The third measure contains three quarter notes, labeled 'High Dot', with an arrow pointing up from the first note labeled 'slide up'. The fourth measure contains three quarter notes, labeled '1st Position', with an arrow pointing down from the first note labeled 'slide back' and an arrow pointing up from the third note labeled 'slide up'. Above the staff, the number '4' is written above each of the six quarter notes in the first two measures, and above each of the six quarter notes in the last two measures.



Finger Plops on A

Place 1,2,3 (4) on the A string. Lift, then plop down 2&3 together. Repeat.

Place fingers on A

1 2 3 (4) 2&3 2&3 2&3 2&3

1----- Lift Plop Lift Plop Lift Plop Lift Plop

2&3 2&3 2&3 2&3

Lift Plop Lift Plop Lift Plop Lift Plop

Tapping Levels (1st position)

Tap 1,2,3 & 4 together on each string. Swing the left arm level during the rest.

G D A E

E A D G



Upper Half Martelé

Silent String Crossings & Lifts at the middle

A string

Middle to Tip Tip to middle

Silent String Crossings at the middle

A Cross D Cross

D string

Middle to Tip Tip to middle

Silent Lifts at the middle on A

Lift Lift

Set Set



Preview - Lightly Row

A 2 E E 2 2 2 -

2-----
leave 2 lightly down on A string

A 2 E E 2 2 2 -

2-----
leave 2 lightly down on A string



Finger Taps on A, D

Tap each finger. Leave the previous fingers down as marked.

When finished, leave all fingers down and tap the thumb five times.

A string

1
2
3
1
1&2
4
1
(1),2,3
2,3,4

D string

1
2
3
1
1&2
4
1
(1),2,3
2,3,4



Circles

Start at the middle or Balance Point.
Place your left hand over the "High Dot", or octave harmonic.

A string

A - Circle Set Circle Set Circle Set Circle Set

A - Circle Set Circle Set Circle Set Circle Set

Repeat on the D and E strings.

Upper Half Martelé

Middle to Tip.
Place your left hand over the "High Dot", or octave harmonic.

G string

G

V



Scales & Arpeggios

A Major

Upper Half martelé, 2 times on each note

Scale

Major Arpeggio

Octave



Scales & Arpeggios

D Major

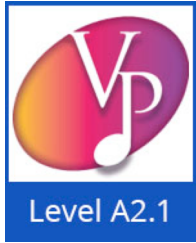
EveryBody Down Up

16th notes détaché, 8th notes martelé, at middle or Balance Point

Scale

Major Arpeggio

Octave



Hot Cross Buns

Hot Cross Buns

Hot Cross Buns

1 – a – penny

2 – a – penny

Hot Cross Buns



Hot Cross Buns

in D and A (210)

Folk Song

Introduction

Moderately

Hot Cross Buns, Hot Cross Buns,

One a pen - ny, Two a pen - ny, Hot Cross Buns!

Introduction

Hot Cross Buns, Hot Cross Buns,

One a pen - ny, Two a pen - ny, Hot Cross Buns!



Twinkle Theme

Cantabile (*singing*)

Traditional

Twin-kle, Twin-kle, lit - tle star, How I won-der what you are!

Up a - bove the world so high, like a dia-mond in the sky.

Twin-kle, twin-kle, lit - tle star, How I won-der what you are!



Lightly Row

Lightly row, Lightly row,
Up the river, here we go!

Lightly rowing, gently flowing,
Skip to E and row, row, row.

First I play on 1 – 2 – 3 ---
Then I play on 2 – 3 - E ---

Lightly rowing, gently flowing,
Skip to E and “Wait for me”.



Old Friend: Monkey Song in D

Lively **Traditional**

See the lit - tle mon - key Climb - ing up the lad - der,
mf

2

Climb - ing wa - up high to Pick a pink ba - na - na.

3

See the lit - tle mon - key Climb - ing down the lad - der,

4

Climb - ing way down low to Eat the pink ba - na - na!