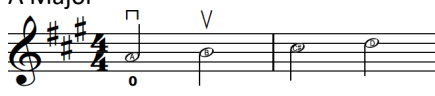
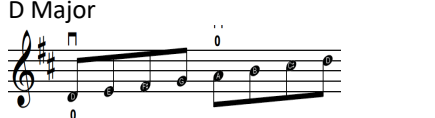









## ViolinPractice Method

# The Ground Is All Frozen

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

Video	Activity	Daily Practice Routine					
<b>WARM UPS</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>1</b> Left Hand	FPF #4 – Baby Bariolage (D/A, A/E)	D/A		A/E		D/A	
	Walking Finger Taps (D,A)		D		A		
<b>2</b> Bow Arm	Rock & Roll String Crossings						
	Preview: The Ground Is All Frozen						
<b>SKILLS &amp; DRILLS</b>							
<b>3</b> Preview	Can-Can						
<b>4</b> Left Hand	FPF #5 – Matching 4 (A/E)						
<b>5</b> Bow Arm	Martelé Cycle with taps (A,D)	A	D		Your Choice		
<b>6</b> Scales	A Major 	Legato	Fuzz Tones	Legato	Fuzz Tones	Legato	Your choice
	D Major 	With repeat	With repeat	With arpeggio	With arpeggio	With arpeggio	
<b>MUSICIANSHIP</b>							
<b>7</b>	MusiKinesis™						
<b>8</b>	Sing The Ground Is All Frozen						

ViolinPractice Method – Level A2.10

Video	Activity	Daily Practice Routine					
 <b>LOOK &amp; LISTEN</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b>	Performances: The Ground Is All Frozen						
 <b>REPERTOIRE PRACTICE</b>							
<b>10</b>	The Ground Is All Frozen						
<b>11</b>	Long, Long Ago		(Opt.)				
 <b>PERFORMANCE PRACTICE</b>							
<b>12</b>	The Ground Is All Frozen	Slowly					
<b>13</b>	Long, Long Ago	Slowly					
		Medium					
<b>14</b>	Leap Frog	Medium					
		Tempo					
 <b>MUSIC APPRECIATION</b>							
<b>15</b>	Performances: Can-Can						
<b>16</b>	Sing Can-Can						
	Enrichment: Video Surprise!						
 <b>HOME CONCERT</b>							
<b>17</b>	Old Friend: French Folk Song in A						
<b>18</b>	Boil Them Cabbage Down: Mississippi Variation						
<b>19</b>	Clocks						
<b>20</b>	Go Tell Aunt Rhody						

Notes:



# Preview - Can-Can

1

Musical notation for exercise 1, featuring a treble clef, key signature of two sharps (F# and C#), and a 4/4 time signature. The exercise consists of two measures. The first measure contains a half note D (open), a quarter note A (fingered 1), a quarter note E (fingered 2), and a quarter note F# (fingered 2). The second measure contains a half note D (open), a quarter note A (fingered 1), a quarter note E (fingered 2), and a quarter note D (open). Fingerings are indicated by numbers 0, 1, and 2. A circular bowing symbol is placed above the second measure. A repeat sign is at the end of the exercise.

2

Musical notation for exercise 2, featuring a treble clef, key signature of two sharps (F# and C#), and a 4/4 time signature. The exercise consists of two measures. The first measure contains a half note D (open), a quarter note A (fingered 1), a quarter note E (fingered 2), and a quarter note D (open). The second measure contains a half note D (open), a quarter note A (fingered 1), a quarter note E (fingered 2), and a quarter note D (open). Fingerings are indicated by numbers 0, 1, 2, and 3. A circular bowing symbol is placed above the second measure. A repeat sign is at the end of the exercise.

3

Musical notation for exercise 3, featuring a treble clef, key signature of two sharps (F# and C#), and a 4/4 time signature. The exercise consists of two measures. The first measure contains a half note D (open), a quarter note A (fingered 3), a quarter note E (fingered 2), and a quarter note D (fingered 1). The second measure contains a half note D (open), a quarter note A (fingered 3), a quarter note E (fingered 2), and a quarter note D (fingered 1). Fingerings are indicated by numbers 0, 1, 2, and 3. A circular bowing symbol is placed above the second measure. A repeat sign is at the end of the exercise.



# Finger Pattern Fun 5

## Matching 4 (A & E)

1

0

1

4

(1-----)

2

0

2

4

2-----

3

0

3

4

3-----

4

0

4

0



# Martelé Cycle

Half bow martelé stroke on A & D with finger taps

Tap fingers on the bow after teach stroke as indicated .

**A string**

Middle to Tip (**Tap 4**) Tip to Middle (**Tap 2&3**) Middle to Frog (**Tap 1**) Frog to Middle (**Tap 2&3**)

**D string**

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

1. Legato, Whole Bows, with a beautiful sound
2. "Fuzz Tones" - Fingers so light (like harmonics) that it sounds fuzzy!

Scale

Major Arpeggio

Octave



# Scales & Arpeggios

## D Major

Singles at the Balance Point, détaché

Scale - Slowly

Major Arpeggio - Slowly

Octave - Slowly

Scale - Tempo

Major Arpeggio - Tempo

Octave - Tempo



# The Ground Is All Frozen

Traditional

Moderately

**A** 0 3 0 1

"1 2 3 1" breathe **The ground is all**  
*mf*

**B** 0 2 0 0

fro - zen and co - vered with snow, and I play out -

**A** 0 3 0 1

side throw - ing snow - balls a - round. **The ground is all**

**C** 0 2 0 0

fro - zen and co - vered with snow, and I play out -

1. 2.

side march - ing up, sled - ding down! **The down!**





# Can-Can

Can-Can is a crazy dance and if you visit  
Par-is you can see them kick their legs *up in the air* and

Can-Can is a crazy dance and if you visit  
Par-is you can see them *shake their skirts and laugh!*

**Let's play whole bows, playing fast is fun for me.  
Let's play whole bows, playing fast is fun for me.**

Can-Can is a crazy dance and if you visit  
Par-is you can see them kick their legs *up in the air* and

Can-Can is a crazy dance and if you visit  
Par-is you can see them *shake their skirts and laugh*

and **SHOUT!**



# Old Friend: French Folk Song in A

Moderately

Traditional

Smooth - ly and grace - ful - ly we move the bow,  
*mf*

Down and then up and the just let it flow.

Dance in three, dance in three, use a slow bow.  
*mp*

1 - 2 - 3, 1 - 2 - 3, let your sound grow.

Use lots of bow as you go way down low.  
*f*

*ritard*