



ViolinPractice Method

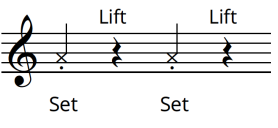
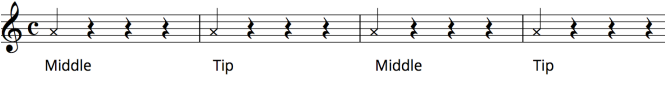




Level A1 Review

Bow Skills

(*No Print Out – see video)

Videos for Skills & Drills (SD) and Warm-Ups (WU) may be found at the levels indicated.

DATE	SKILLS, DRILLS and WARM UPS	
	*Bow Hold Preparation (with, without pencil) A1.1WU, A1.1 SD, A1.3 WU	
	R. H. Pizzicato Circles (A, E)	
	A1.2 SD A1.3 WU	
	*Bow Hold; 5 Great Bow Holds A1.2 SD, A1.3 SD	
	*Open and Close Gate (shoulder) A1.3 SD	
	Out the Door the Birdie Goes (shoulder, then A, D)	
	A1.3 SD A1.4 WU A1.5 WU A1.9 WU	Out the door the birdie goes; In he comes to warm his toes; Out the door the birdie goes; In he comes to blow his nose; Out the door the birdie goes; In he comes, do you suppose that we should throw that pesky birdie OUT?
	Bow Games	
	A1.4 SD A1.5 WU A1.7 WU	Bow at middle, tap 1, 2&3, 4; Windshield wipers; Stir the soup; Salt & Pepper Shaker; Unicorn; Pinocchio; Rocket Ship
	UH Martelé with String Crossings (A, E, later A, D)	
	A1.4 SD A1.5 SD A1.6 WU A1.7 SD A1.14 SD A1.15 SD	
	EveryBody Down Up (A, E, later D)	
	A1.6 SD A1.7 WU A1.8 SD	

Lift & Set (Bow lifts) at middle (A, E)	
A1.6 SD A1.11 SD A1.12 WU A1.15 SD	
Silent bow placements at UH (A, E, later D)	
A1.7 SD A1.8 WU A1.9 WU A1.13 SD A1.14 SD	
*Flap your wings (middle, later at tip) A1.8 WU, A1.10 SD	
Up Like a Rocket	
A1.9 SD	Up like a rocket, down like the rain; Back and forth like a choo-choo train; Round and round like the great big sun; Bow on your shoulder; Curve pinky...Check thumb
See Saw Rhythm (A)	
A1.9 SD A1.10 WU	
Climb the Ladder - Detaché (A)	
A1.10 WU	
*Breathe and Play (open strings, songs) A1.10 SD, A1.11 WU	
Drop & Bounce (D/A)	
A1.11 SD A1.12 WU A1.13 WU	
Sounding Point	
A1.12 SD	Play slow open A string 1. Over the fingerboard 2. Very close the bridge 3. In between for best tone
Minuet Dance Rhythm (E, A, D)	
A1.12 SD	
*Echo Rhythms - Bow (open strings, call & response) A1.13 WU, A1.14 WU, A1.15 WU	
Half Notes: Ta Ta Ta-a (A, E)	
A1.13 SD	