

10 WAYS to PRACTICE

1. 7 Basic Rhythms:

Musical notation showing rhythmic patterns on a staff with notes and rests.

2. 7 Basic Bowings: at Point Frog Middle Full Bow

Musical notation showing different bowing techniques with arrows and labels: at Point, Frog, Middle, Full Bow.

3. Repetition:

- a. of each note (4 x, 3 x, 2 x, & single)
b. of the passage

4. Reversing the Passage:

Musical notation with a double-headed arrow and the word 'play' indicating a reversed passage.

5. Accentuation:

Musical notation with accents (triangles) under notes to indicate emphasis.

6. Soft - Loud: - Soft (no bow pressure - strong left hand articulation)
Loud (strong bow pressure - light left hand articulation)

7. Slow - Fast: - Slow - (Minimum amount of bow)
Fast - (Maximum amount of bow) REVERSE

8. Keeping Fingers Down (on fingerboard)

9. Using No Left Thumb (scroll against the wall if necessary)

10. Progressing - Alternating Bowing (SEE CONCENTRATED EXERCISE - page