

Summer Practice 1

Practise on the days nothing special is happening!
Do 2 or 3 things from each section.

Sitting Check Edge of chair
Jack-in-a-box feet
Hamster space
Button on breast pocket
Where should your spike be?
Remember the string puppet's strings
Magnetic helmet - head floating up
Shoulders!

Bowing -

- do the BOWHOLD ROUTINE - check for the 'rabbit face' and make sure the smiley face on your wrist knob can see your eyes.

Choose 2 games every day and improve how you do them.


Caterpillars	Change from arco to pizzicato bowhold
Circles on knee	Pizzicato ovals over your knee
Head tapping	"Roll the bow" over all 4 strings
Holes in the ceiling	Tummy swings
Roll the bow on the bridge	Bow 'jumps' between tip and heel - eyes shut!

BEWARE FOXES and KEEP RAILWAY TRACKS STRAIGHT

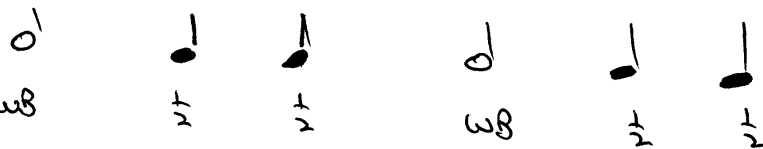
Try saying "hand out" when you go to a higher string and "hand in" when you go to a lower string.


Choose one of the following bowings and practise it on all four of your open strings.

① 4 whole bows 

②  wobble wobble tap tap.

③ 

④ 

⑤  fly + let your first finger fly off.

⑥ 

(7) □ bow circles

(8) 'sofa' bows (V bow circles) - let go with 1st finger & thumb

(9) 'Zips' from heel to tip

Remember! Down bow (□) Undo hinge: Up bow (V) Drop elbow

Check: can the man riding your arm get on at the heel and hop off again when you get back?

Left Hand

Choose one game

- (1) Knuckle a tune
- (2) Tap the string with all four fingers - make sure they lengthen into the string - 'hippo mouth'
- (3) Tick-tocks
- (4) Long Drops and Answer the Telephone (between D & G)
- (5) Find the mid string harmonics with your third finger
- (6) Sick Cows (thumb straight across 2 strings - arched fingers)

Check - That a gerbil could fit inside your hand
That your thumb is under your second finger

Do 10 pluckflop bangs

- | | |
|------------------|---|
| (1) Pluck / flop | (3) Bang |
| (2) Check flop | (4) Check finger shape and that your thumb is <u>not pressing</u> |

Which way is the 'fingerboard skin' moving?

Choose one of your octaves C, G or D

- (1) Play the octave game (ten times)

(2) Doh Doh soh \lesssim

(3) Doh Doh lah soh (ten times)

(4) Doh Doh te lah soh \lesssim

(5) Play (4) & repeat pattern on lower strings without a break

(6) Doh Doh Doh lah fah re Doh
↓ down the scale

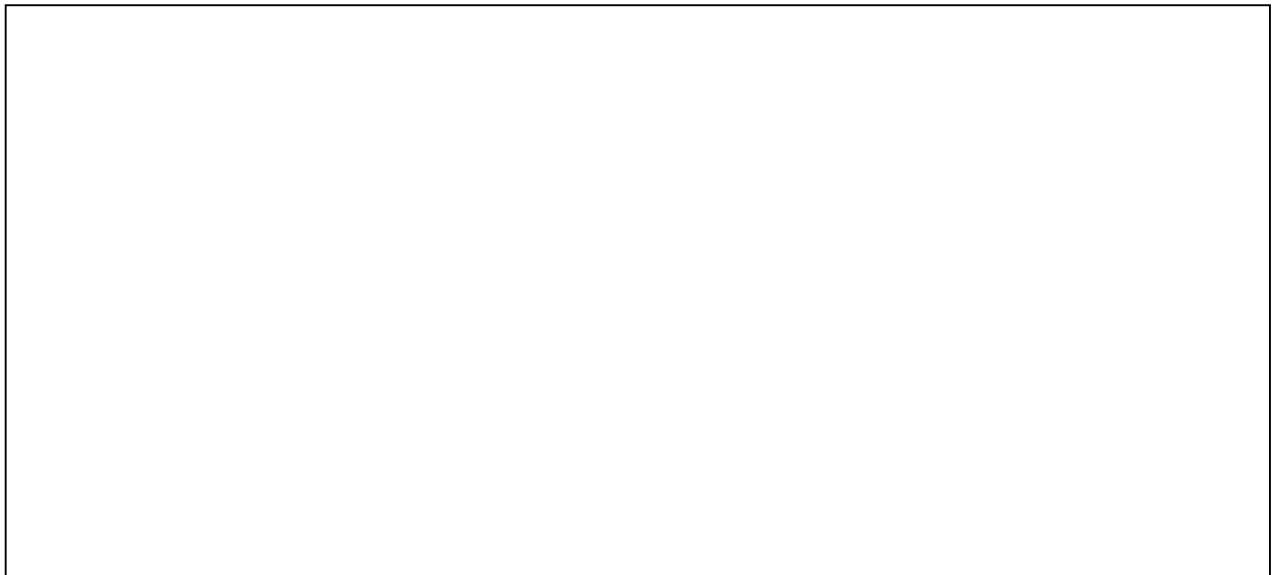
(7) Doh Doh lah fah re Doh
0 4 1 4 1 0 And up again

(8) Doh Doh soh me Doh
0 4 0 3 0 And up again

Pluck these first and then choose one of the bowings above and play going down the scale.

Make a really good sound so the cello sings.

Tunes to play and sing



Hang your ears on the wall and see if it is as in tune and singing as you imagined it would be.

- (1) Pluck (2) Bow open strings (3) ALL AT ONCE