

Summer Practice 2

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

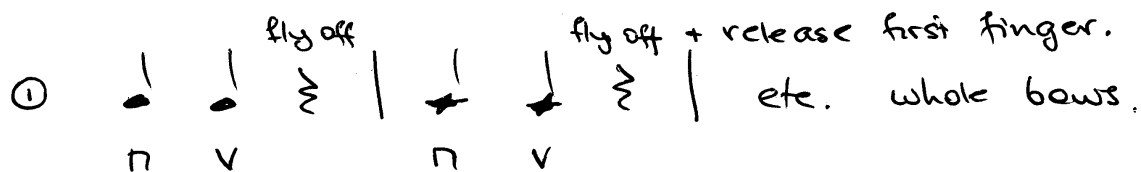
Sitting Check

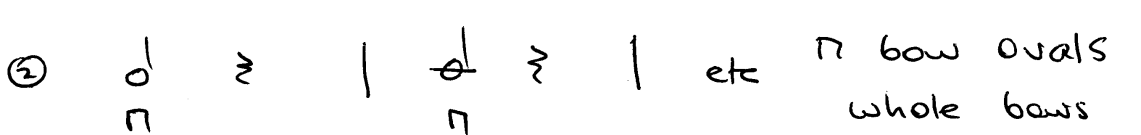
- Edge of chair
- Feet
- Hamster space
- Spike
- Floating head
- Puppet strings

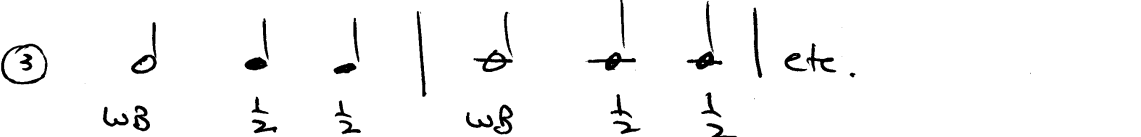
Bowing - Do 2 of these 'games' every day. Think about what they are intended to improve.

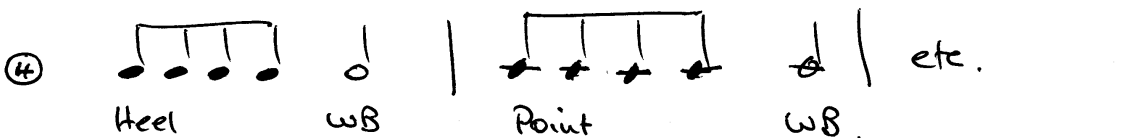
Head tapping	Tummy swings (two handed and one handed)
Caterpillars	Roll the bow on the bridge and
'Ride the track'	then across the strings
Circles on the knee	Bow jumps from heel to tip
Change from 'arco' to 'pizzicato' bowhold.	

Practise 2 of these bowings on open strings:

① 

② 

③ 

④ 

⑤. Even Sound

⑥. ⑦. ⑧.
 ⑨. ⑩. ⑪.

Even bow division.

⑫. Whole bows - even, matching Sound.

⑬. Whole bows Match the sound

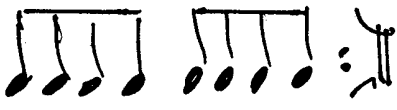
⑭. Whole bows
 wobble tap
 wobble tap

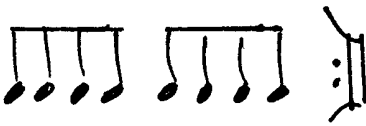
⑮. "hips" at heel + tip weight Doorhandle bow on at tip bow on at heel.

⑯. Balance Point B.P. Exaggerated "follow through"

⑰.

⑱. etc.

①⑨  Bounce 'on the spot'
by the lapping

②⑩  8 bounces 'on the spot'
and 8 with 'sideways' added.

FOXES BEWARE!

CHECK - Railway tracks - think HAND OUT when changing to a higher string and HAND IN when changing to a lower string.

String Crossing /Legato Bow Change Games

- (1) Fall down - pull up (balance bow hair at tip on left hand)
- (2) Push down - fall up (balance bow hair on left hand finger)
- (3) Press ups

Left Hand

Tap a tune (check 'hippo mouth')

Deedles: 'redhot' and regular

Long drops and answer the phone

Polishing routine

Sick cows - on C string (Is your thumb at right angles across G & C strings - Are your fingers arched?)

Revise (1) Octave Game (x 10)

& Doh ^{Doh} lah soh (x 10)

& doh 'doh lah fa re doh - 0 4 1 4 1 0

(2) Pluckflop bangs (see next page for check points)

- | | |
|------------------|--|
| (i) Pluck / flop | (iii) Bang |
| (ii) Check flop | (iv) Are your spare fingers floppy and your thumb loose? |

Do this with all 4 fingers first and then just the second.

CHECK - Gerbil space

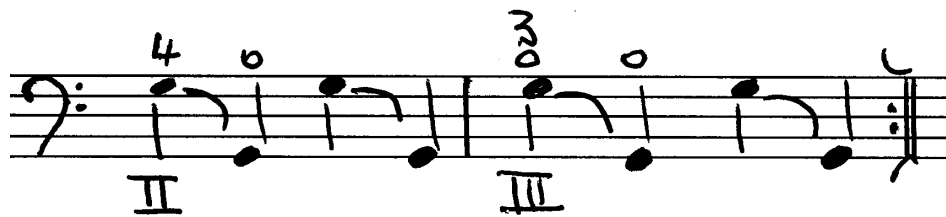
Thumb under second finger

Finger action - do they lengthen into the string and stay gently curved? Which way would the fingerboard 'skin' move?

(3) Do the double G hop and come down the scale

(4) Puddy Tat (a) stay in one place
(b) shift (04030201 etc)

(6) Harmonics



Scales

Two octaves C Major, G Major
One octave D Major, F Major

Arpeggios (Doh Doh soh mi Doh) **down and up**

One octave D,G,F
Two octaves C

Sing in your head and listen.

Name the notes.

Choose one of the above bowings and practice it on the scale.

Pieces, studies and tunes by ear