

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

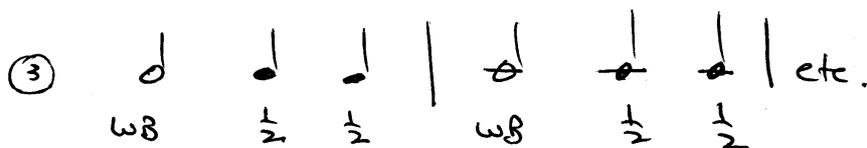
Bowing - Do 2 of these 'games' every day. Think about what they are intended to improve.

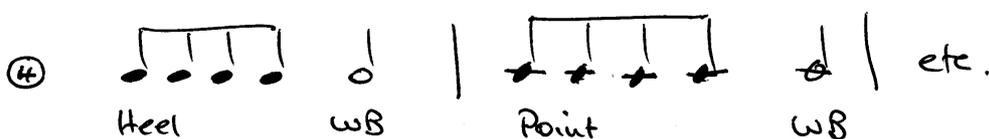
Head tapping	Tummy swings (two handed and one handed)
Caterpillars	Roll the bow on the bridge and
'Ride the track'	then across the strings
Circles on the knee	Bow jumps from heel to tip
Change from 'arco' to 'pizzicato' bowhold.	

Practise 2 of these bowings on open strings:

①  etc. whole bows.

②  etc. π bow ovals
whole bows

③  etc.

④  etc.

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.

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 Doh) **down and up**

Doh soh mi

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