

Violin Warm Ups

Elementary Level – Suzuki Book II

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www.violinpractice.com (^video examples)

These warm ups, which include ideas I have created as well as those adapted from the work of Paul Rolland, Mimi Zweig and many other influences, are intended to develop flexible motions that lay the groundwork for a fluid technique and an organic relationship between motion and music.

These Warm-ups should be done consistently both in group classes and in private lessons with many repetitions throughout the early years of study in order for the physical motions to internalize. While the terminology here is geared towards elementary school age students, they can be of benefit at any age and level.

I have presented them as they seem particularly helpful to the pieces in Suzuki Bk. 2, and this collection presumes familiarity with my Bk. 1 Warm-Ups. They are all valuable to practice throughout Books 2-4 at any time the student is ready.

Chorus

1. ^Perfect 4th (0-3-0-3) with independent 3
2. ^Pattern Work: Major & Minor Doubles starting on 1
3. ^Hot Cross Buns: 103 (only 3)
4. ^Hot Cross Buns: #3 #2 1
5. ^Bow Circles
6. Bow & Scroll Circles (breathe with arms)
7. Set/Wobble/Breathe/Play
8. ^Half Step Whole Step Doubles: 43
9. 2, 4 Martelé scales and open strings (POOFS)
10. Smooth WB
11. ^Down 2 3 4 Up 2 3 4 (Martelé & Legato)
12. ^Bridge Pulls

Musette

1. ^Pinky Plucks
2. ^Tap and Slide
3. ^Octave Harmonics
4. ^WB H H open strings and scales (M & L)
5. ^Hot Cross Buns 432
6. Lower Half work (all through BK. 2)
 - a. D Scale: 2 martelé, rest rest at LH. During rests:
 - i. ^Pinky pushup

- ii. ^Lift - Set
- iii. Thumb off; thumb on
- 7. ^Left Hand: Tapping Levels.
- 8. ^Tapers

Hunter's Chorus

- 1. ^Open strings and scales, 4 M and L
- 2. ^Open strings and scales WB H H (M & L)
- 3. Frog scales as above.
- 4. 16th notes M & L and in rhythms (log short; short long)
- 5. ^String Crossings (AE E--; EA A---) and more
- 6. ^Left Hand: Hopping Levels
- 7. ^Pinky Push Ups – air to shoulder; air to middle; at frog on E

Long, Long Ago

- 1. Play Theme by ear
- 2. Continue all WB H H and frog work
- 3. Slurring Level: (01 01 01 01; 10 10 10 10 on GDAE EADG)
- 4. Slurring Level exercise in 3rd Pos.
- 5. Scales in hooked bows. And in Variation bowing
- 6. G string review songs.

Waltz

- 1. Scale: Super Slow Bows
- 2. 01234-43210, swing elbow for pinky
- 3. Vibrato Preparations:
 - a. ^Rest Position Slide
 - b. ^Sliding harmonics
 - c. Any song with Fuzz Tones
 - d. ^Teacher wiggles fingers
- 4. ^Bridge Pulls (finding contact point)
- 5. Range Exploration (bow hold too tight; too loose; just right)
- 6. Bow Speed – save and spend

Bourrée (start Wohlfahrt Op. 45 Bk. 1)

- 1. Continue WB H H bow distribution work.
- 2. Prepare low 1
 - a. ^Hot Cross Buns: 321(low)
 - b. Half Step Whole Step Doubles 21
 - c. ^F scale and arpeggio
- 3. ^Tapping levels

4. ^Bow wanderings (Slow Slithers)
5. Sequence in rhythms (4 ways)
6. ^Poofs with Taps (Mid: tap 2/3; Tip – tap 4; Frog-tap 1)

The Two Grenadiers

1. Viotti Stroke on open strings – catch & release
2. Hot Cross Buns: 32 b1, cont.
3. Dotted quarter, 8th hooked bow scales
4. ^Finger Taps – leaving fingers down; independent fingers
5. ^Finger Slides
6. Pattern Work (Half Step/Whole Step 21)

Theme from “Witches’ Dance”

1. Continue Viotti stroke
2. Triplet scales
3. Triplet arpeggios
4. Silent String Crossings at BP (arm; forearm)

Gavotte from “Mignon”

1. ^Trill Exercise (010 020 030 040 etc., 4x martelé)
2. Hot Cross Buns (3 2 b1)
3. Range Exploration – finding the balance point for 16ths.
4. RH Pizz circles holding bow.

Lully Gavotte

1. Extensions – swing arm and let Magic X slide forward
2. A Harmonic Minor scale
3. Continue WB H H work.
4. Slow vibrato on half notes
5. Trill exercises
6. ^Finger Taps Leaving fingers down
 - a. Then with Independent fingers
7. Let Go Thumb (on open strings)
8. ^Pre-Shifting Perfect 4ths and perfect 5ths

Minuet in G (Trio – practice starting up-bow first)

1. Subdivided dotted rhythms using separate bows.
2. Breath during rests. Cue practice
3. ^Finger slides
4. ^4 per bow martelé
5. ^Drop & Bounce (Pre-Spiccato; can do any time)