

Violin Warm Ups

Upper Intermediate Levels

Suzuki Books 5-8 and complimentary repertoire

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*Warm Ups that would have been introduced at a previous level and are continuing.

^Video and/or print example on ViolinPractice.com

Scale Pack - SP-B means this bowing can be found in my Scale Pack letter B

LEFT HAND
HAND FRAME
*^Tapping Levels (1 st Pos & over Octave Harmonic, 3 rd pos.)
*Scale: UP: leave 4 down; DOWN: leave 1 down (SP-M)
FINGER PATTERNS
Scales across the strings (SP-L)
RH- Walking Fingers (in vibrato handout)
Triplet Warm Up
Extensions (swing arm)
FACILITY AND RELEASE OF TENSION
*^Fuzz Tone scales (SP-F, G)
^Bounce Finger Martelé scales (SP-H)
TRILLS
^Martele Trill Exercises
FACILITY - DEVELOPING SPEED & EASE
Rhythms (SP-J)
^Groupings (SP-K)
DOUBLE STOPS
Double Stop practice sequence (top- bottom- together ^overlap shadow, ^overlap together, etc.)
SHIFTING
Pre-Shifting Review
*^Tap&Slide
*^Octave Harmonics & Harmonic Levels

^Perfect 4ths and 5ths
^Guide notes Matching Harmonics ^Playing levels in 2 nd through 7 th positions.
VIBRATO ^Teacher Wiggles student's fingers ^Rest Position Slides (arm) ^Rest Position Waves (wrist) ^Measured Oscillations Range Exploration
LEVELS *^Tapping Levels (1 st pos. and octave harmonic) *^Playing Levels ^Left Arm Levels – 7 levels One Position Scales (1 octaves) (SP-N)
FALSE HARMONICS ^Practice sequence (SP-HH)
BOW STROKES
MARTELÉ *^Martelé Cycle Scales in martelé (SP)
DÉTACHÉ From big to Balance Point
UP BOW STACCATO *^Martelé Cycle (preparation) Up Bow and Down Bow Staccato Finger Before Bow
COLLÉ ACTION Flick the wrist ^Mini Martelé Cycle collé ^ Collé preparations
SPICCATO *^Drop & Bounce *^Jeté *^Drum Roll ^Spiccato – Range Exploration
BARIOLAGE *^ Separate, double stops, staccato, smooth/accents, accent bottom or top notes, soft thumb on middle string/s

THE FROG One octave D Scale at frog – During rests: Tap 1, ^pinky pushup, lift/set, thumb off/on (SP-A) Bowling: Slur 2, separate 1 (SP-B) Scales: Slur/Separate routine (SP-B)
STRING CROSSINGS Forearm Circles Stop and Change (SP-O) Double Stop Crossings (SP-P)
WHOLE BOW – BALANCE CHANGE *^Banana Peel (martelé & legato)
BOW DISTRIBUTION Martelé Legato Scales (even, then with dynamics) SP) WB ½ ½ (SP-B) Travel bows (SP-C, Y)
CHORDS ^2+2 Chord practice
FALSE HARMONICS ^Practice sequence (SP-HH)
MUSICIANSHIP *^Tapers Emotions (Tuttle) Phrase structure Form Cue after ritard Breathing in rests to prepare the next dynamic/character Harmonic Rhythm
PRACTICE STRATEGIES Isolations ^5-way Practice ^Separate/Staccato/Slur Ties – subdividing without the tie Range Explorations (spiccato, vibrato, tone, etc)