



ViolinPractice Method

Level A2 – Folk Songs in A and D

Skills, Drills and Warm Ups

LEFT HAND

Finger Patterns & Facility	Left Arm Levels	Pre-Shifting	Pre-Vibrato
FPF #1 Climb to 4	FPF#3 Hopping Ones	Shadow Shifting	Shadow Shifting
FPF #2 The Broken Record	Tapping Levels (1 st pos. & high dot)	I Like Ice Cream	I like Ice Cream
FPF #4 Baby Bariolage	Left hand strum	Pinky Plucks	Knuckle Flexibility
FPF #5 Matching 4	Playing Levels – 1 st	Tap & Slide	Tap & Slide
The Plop	Playing Levels – 3 rd	Slide on Magic X during open string	Slide on Magic X during open string
Finger Taps	Finger Hops		
Finger Slides			
Walking Finger Taps			

BOW ARM

Bow Strokes & Distribution	Circles & Lifts	String Crossings & Levels	Bow Hold & Tone
UH Martelé	Lifts at the Middle	Silent String Crossings (mid/tip)	New Hold Prep & Bow Games
EveryBody Down Up	Circles from middle/BP	String Crossings 1	Pinky Push Ups
Silent Bow Placements	Circles from Frog	Playing Levels- 1 st finger	Tone Production: Soft Thumb
Mississippi Rhythm	Upbow Circles	Playing Levels – 3 rd finger	
LH Martelé		Rock & Roll String Crossings	
Martelé Cycle			
Slow Slithers			



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Level A2 Review

Left Hand Skills

(*No Print Out – see video)

Videos for Skills & Drills (SD) and Warm-Ups (WU) may be found at the levels indicated.

DATE	SKILLS, DRILLS and WARM UPS	
	The Plop	
	A2.1 WU	
	Tapping Levels (1st pos & high dot)	
	A2.1 WU A2.4 WU	
	*Shadow Shifting	
	A2.2 WU	
	I Like Ice Cream (with * LH Strum at A2.7 WU)	
	A2.2 WU	
	Pinky Plucks (play on G,D,A,E)	
	A2.1 WU A2.3 WU A2.7 SD	
	Finger Taps (lift 1) (Play on G,D,A,E)	
	A2.1 SD A2.3 WU A2.4 SD	
	Playing Levels - 3rd finger	
	A2.4 SD (bow) A2.5 WU A2.8 WU	
	*Pre-Vibrato – Knuckle Flexibility	
	A2.5 WU	



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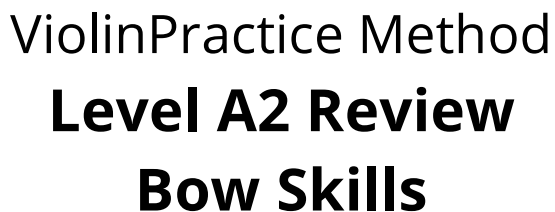
Level A2 Review

Left Hand Skills

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DATE	SKILLS, DRILLS and WARM UPS	
	Finger Hops (Play on D/A and A/E)	
	A2.6 SD	
	A2.6 SD	<p>Finger Slides (Play on A, D)</p> <p>Leave 1 down. Slide High 2 Back and Up</p> <p>Leave 1 & High 2 Down. Slide 3 Up and Back</p> <p>Leave 2, 3 & 4 Down. Slide 1 Back and Up.</p>
	Playing Levels - 1st finger	
	A2.7 SD	
	Tap & Slide	
	A2.8 SD A2.9 WU	
	Walking Finger Taps (Play on G,D,A,E)	
	A2.9 SD A2.10 WU	
	Slide on Magic X during open strings (A,E)	
	A2.11 SD	



Videos for Skills & Drills (SD) and Warm-Ups (WU) may be found at the levels indicated.

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Level A2 Review

Bow Skills

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DATE	SKILLS, DRILLS and WARM UPS	
	Mississippi Rhythm (EADG, GDAE)	
	A2.5 WU	
	LH Martelé (with taps)	
	A2.5 SD	
	*Pinky PushUps (shoulder, and middle)	
	A2.6 SD, A2.7 WU	
	Circles (upbow)	
	A2.7 SD	
	*Tone Production: Soft Thumb	
	A2.8 WU	
	Martelé Cycle (with and without finger taps)	
	A2.8/10 SD A2.9/11 WU	
	Drop & Bounce (G/D, D/A, A/E)	
	A2.6/9 WU A2.8 SD A2.10 WU	
	Rock & Roll String Crossings	
	A2.9 SD A2.10 WU	
	Slow Slithers	
	A2.11 SD	



ViolinPractice Method

Level B1 – Songs & Dances

Skills, Drills and Warm Ups

LEFT HAND

Finger Patterns	Facility	Left Arm Levels	Pre-Shifting & Pre-Vibrato
Major/Minor Doubles (H2/L2; 3/H3)	Mountain & Valley	3 G's	Pinky Plucks 3
"Only 3 before Low 2"	Broken Record	Tapping Levels (only 3)	Slide on Magic X – open strings
Slimy Twos	4 th Finger Workout	Playing Levels 3	Slide on Magic X – Twinkle Theme
Half Step/ Whole Step	Finger Taps (Independent)	Playing Levels 1 with & without rests	Octave Harmonic Levels
Finger Slides – Low 1	Finger Hops		Octave Harmonics 2
Finger Slides – High 3			

BOW ARM

Bow Strokes & Distribution	Circles, Spiccato, & Double Stops,	Levels & String Crossings	Tone & Bow Hold at Frog
Martelé Cycle (pinky pushups)	Around the World	Flap Your Wings	Sounding Point
Silent Bow Placements	Pre-Spiccato - Jeté	Slurred String Crossings 1 & 2	Feel the Tip
Slow Slithers	Silent String Crossings (2 strings)	Slurred String Crossings	Banana Peel
Dance & Sing Rhythm	Intro to Double Stops	Rock & Roll String Crossings	Bow Hold at the Frog – 3 Bears
Quarter Bows	Double Stops – Open Strings	Hooked Bows & Slurs	
Dotted Quarter Notes			



Violin Practice Method

Level B1 Review

Left Hand Skills

Videos for Skills & Drills (SD) and Warm-Ups (WU) may be found at the levels indicated.

DATE	B1.1 WU	Pinky Plucks 3 (E): Left pinky pizz
	B1.1 SD B1.5 SD	Major/Minor Doubles (A, D)
	B1.2 WU	Open Strings: Slide on Magic X
	B1.2 SD	"Only 3 Before Low 2": Singles & Doubles
	B1.3 WU	Mountain & Valley: D Major Arpeggio
	B1.3 SD	Slimy Twos: Preparing Low 2
	B1.4 WU	Broken Record (G)
	B1.4 SD	Half Step/Whole Step (3/2): Low 2
	B1.5 SD B1.6 WU	Octave Harmonics 2 (A,D)

	B1.6 SD	3 G's
	B1.7 WU	Tapping Levels (Only 3) & Playing Levels 3
	B1.7 SD	4th Finger Workout
	B1.8 WU	4th Finger Workout (3/4 and 1/4): Also U.H. 2x each note
	B1.8 SD	Finger Taps – Independent: Leave 1 down; Also with H2
	B1.9 WU	Tap & Slide; Twinkle Theme: Slide on “X” during open strings
	B1.9 SD	Finger Slides: Low 1 - Place 1, High 2 or Low 2, 3, (&4). Leave 2, 3, & 4 down. Slide 1 back and up.
	B1.10 WU	Playing Levels 1: With and without rests
	B1.10 SD	Finger Slides: High 3 - Place 1, High 2 or Low 2, 3, (&4). Leave 2, 3, & 4 down. Slide 1 back and up.
	B1.11 WU	Finger Hops: Balance on 2/3, hop 1
	B1.11 SD	Minor & Major Doubles: High 3 (First with D natural)



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Level B1 Review

Bow Skills

Videos for Skills & Drills (SD) and Warm-Ups (WU) may be found at the levels indicated.

DATE	B1.1	Flap Your Wings (see video)
	B1.1	Intro to Double Stops
	B1.2	Martelé Cycle (G)
	B1.2	Slurred String Crossings 1
	B1.3	Silent String Crossings: Preparing double stops
	B1.3	Silent Bow Placements: With taps
	B1.3	Sounding Point (see video)
	B1.4	Martelé Cycle (E): With pinky pushups
	B1.4	Slurred String Crossings 2
	B1.5	Slow Slithers
	B1.5	Dance & Sing Rhythm

DATE	B1.6	Rock & Roll String Crossings
	B1.6	Quarter Bows (A, D)
	B1.7	Double Stop Circles
	B1.7	Feel the Tip
	B1.8	Octave Harmonic Levels
	B1.8	Banana Peel
	B1.9	String Crossings: Hooked bows & slurs
	B1.9	Double Stops: Open strings
	B1.10	Around the World: Circles
	B1.10	Bow Hold at Frog - 3 Bears (see video)
	B1.11	Dotted Quarter Notes
	B1.11	Pre-Spiccato: Jeté