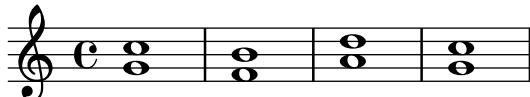


8-Step Warm-Up Plan

1) SILENT FINGER EXERCISES

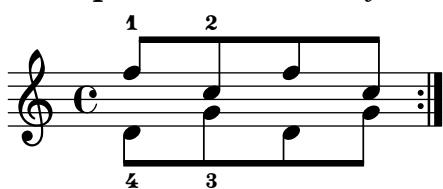
Example 1a: Flesch Urstudien



Example 1b: *Dounis Daily Dozen*



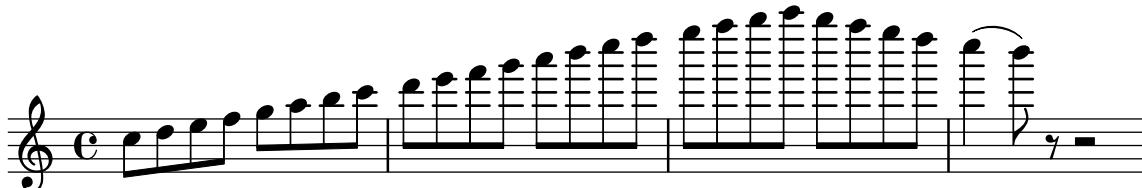
Example 1c: *Dounis' Daily Dozen*



1) C. BOW-LIFTING EXERCISE

2) LONG TONES & SLOW FINGER WORK

bow control before mirror; add vibrato.



3) SHIFTING

ONE-OCTAVE FLESCH SCALE SYSTEM SCALE



EXAMPLE 3b: *Ricci Left-Hand Violin Technique, exercise 80b*

4) STRENGTH / STRETCHING – WHISTLER, FLOR, DOUNIS 1.

5) TONE & STRING-CROSSING

– Dounis 11 or similar.

6) THREE-OCTAVE SCALES & ARPEGGIOS

7) DOUBLE-STOPS

Example: Roland Vamos: Pattern I



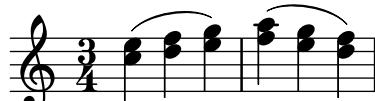
Example: Roland Vamos: Pattern IV



Trott



Korgueff



Sevcik



Dounis



Ricci



8) STRATEGIC ETUDE OR PASSAGEWORK

Mazas, Kreutzer, Rovelli etc.

Add your current passage or an etude targeting today's focus (e.g., Kreutzer 2, 7, 9).