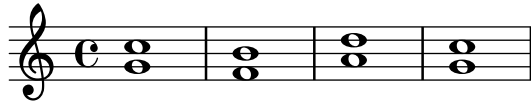


8-Step Warm-Up Plan

1) Silent finger exercises – Flesch Urstudien 1A/B or Dounis Daily Dozen 1.

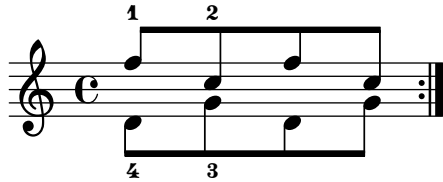
Example 1a: Flesch Urstudien



Example 1b: Dounis Daily Dozen

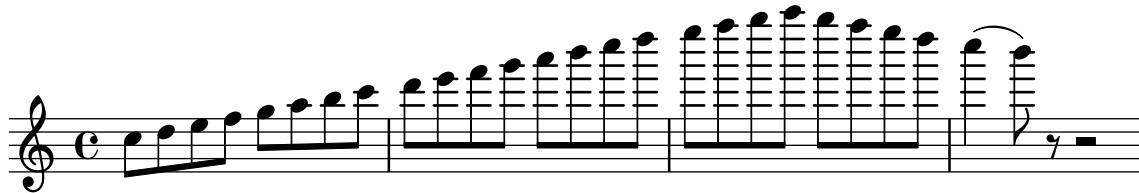


Example 1c: Dounis' Daily Dozen



1) C. Bow-lilting exercise

2) Long tones & slow finger work – bow control before mirror; add vibrato.

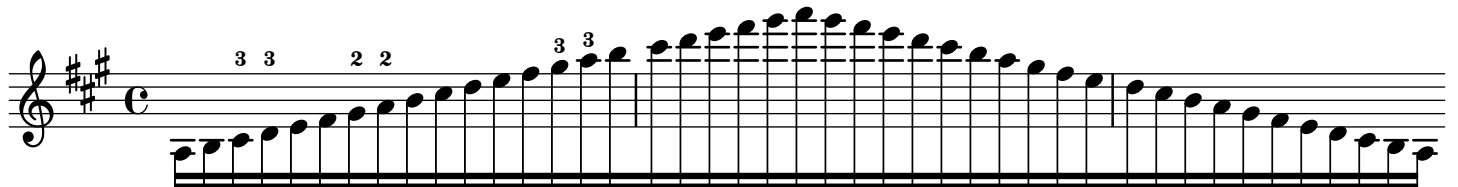


3) Shifting – Flesch scales, Lukacs, Dounis op.12 or 25.

ONE-OCTAVE FLESCH SCALE SYSTEM SCALE



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



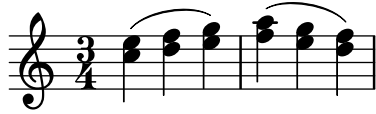
7) Double-stops

2

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).