

10-Step Violin Practice

1) SILENT FINGER EXERCISES

Such as *Ursstudien* (EXAMPLE 1a) (violinists might avoid *Ursstudien* exercise 1B); *Dounis Daily Dozen* exercise 1 (EXAMPLE 1b).

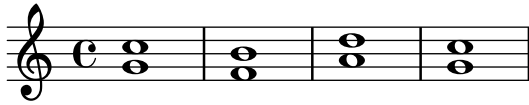
After a few moments spent with the bow-tilting exercise (EXAMPLE 1c), these could be done simultaneously with the Gingold anecdotal *One Minute Bow* .

Bow Tilting: Tilt the bow stick toward the scroll to reduce hair contact with the string.

Practice rolling the bow with thumb and fingers from flat hair to tilted position (Capet's *roule* exercise). Use tilt at the frog to compensate for

naturally louder sound, and flatten toward the tip. This controls tone color and enables smoother bow changes.

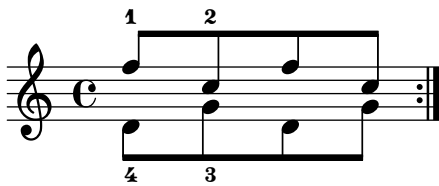
Example 1a: Flesch Ursstudien



Example 1b: *Dounis Daily Dozen*



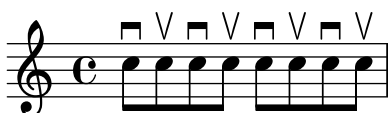
Example 1c: *Dounis' Daily Dozen*

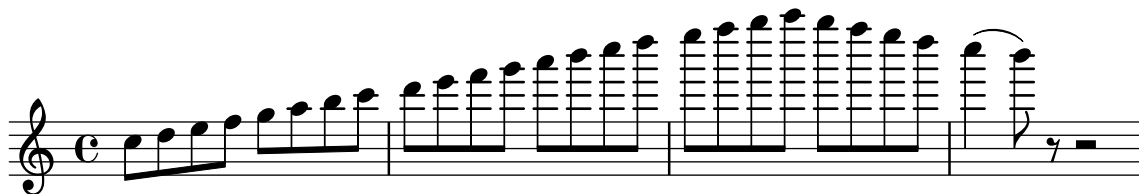


2) LONG TONES

Played with smooth bow change exercise (EXAMPLE 2a) before a mirror to check bow's contact point, then various left-hand finger exercises played slowly for intonation accuracy, especially combinations such as 0-1, 0-2 etc., all with vibrato once intonation is secure.

Choose from materials such as *Sitt Practical Viola Method* , *Dancla School of Velocity op.74* , *Wreede Violaerobics* (EXAMPLE 2b), *Schradiack vol.1* , *Sevcik op.1 parts 1-3* .





3) BOWING

Bow stroke techniques: *detache* , *martele* , *spiccato* , *sautille* , *colle* , *ricochet* , *staccato* , *legato* .

Materials: *Kreutzer* (etudes 2, 7, 8), *Sevcik op.2* (School of Bowing Technique), *Galamian* scale routines with varied bowings.

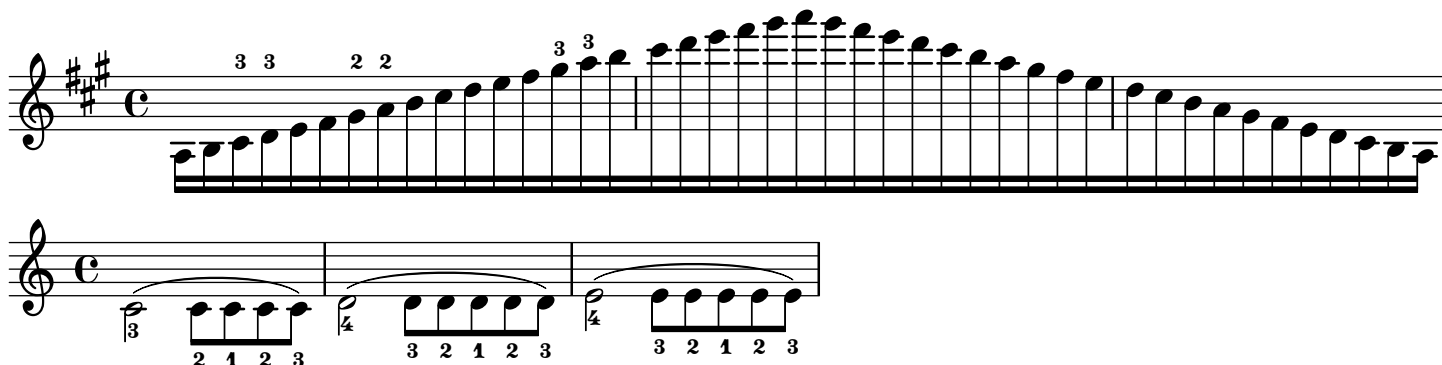
4) SHIFTING

One-octave *Flesch Scale System* scales, arpeggios, broken thirds;
Sevcik op.8, *Lukacs 10 Exercises in Change of Position* (EXAMPLE 4a), *Ricci Left-Hand Violin Technique* (EXAMPLE 4b), *Dounis op.12* (EXAMPLE 4c), *op.25* or *Daily Dozen* (EXAMPLE 4d).

ONE-OCTAVE FLESCH SCALE SYSTEM SCALE



EXAMPLE 4b: *Ricci Left-Hand Violin Technique*, exercise 80b



5) STRENGTH / STRETCHING

Whistler exercise (EXAMPLE 5a), *Flor* exercise (EXAMPLE 5b), *Dounis Daily Dozen* exercise 1 (EXAMPLE 5c) through fourth position with very slow bow and drone.

6) TONE / STRING CROSSINGS

Dounis Daily Dozen exercise 11 (EXAMPLE 6), or similar made-up exercises with different double-stops, played very slowly with vibrato, and with dynamic plan of crescendo from *pp* to *ff* on the down-bow and the reverse on the up-bow.

7) SCALES

Three-octave scales with strategic bowing patterns and key signatures from repertoire. Vibrato work, different distributions, dynamic plan, prescribed articulation or rhythm, etc.

Materials: *Flesch Scale System* , *Galamian* , *Hrimaly* .

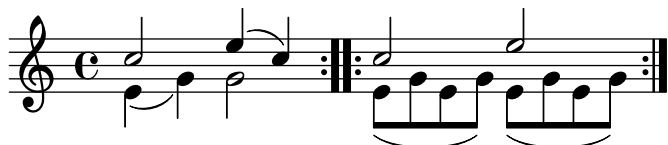
8) DOUBLE-STOPS

Double-stops for intonation training (Simon Fischer approach). Scales in thirds, sixths, octaves, and tenths.

Trott Melodious Double-Stops Books 1-2 (EXAMPLE 8a), *Sitt Technical Studies op.92 Book 3*, or *Double-Stop Etudes op.32*; *Chailley Vingt Etudes Expressives en Doubles Cordes*, *Schradieck vol.2*, *Korgueff Double-Stop Exercises* (EXAMPLE 8b), *Sevcik op.7 part 4* (EXAMPLE 8c) or *op.9*, *Dounis op.12* (EXAMPLE 8d), *Ricci* (EXAMPLE 8e).

Experience with a variety of intervals and key signatures is important.

Example: *Roland Vamos: Pattern I*



Example: *Roland Vamos: Pattern IV*



Trott



Korgueff



Sevcik



Dounis



Ricci



9) ARPEGGIOS

Three-octave arpeggios in all keys. Major, minor, dominant 7th, diminished.

Materials: *Flesch Scale System*, *Galamian*, one-octave arpeggios in 12 keys.

10) STRATEGIC ETUDE

To address a specific problem, such as *Mazas*, *Kreutzer*, *Rovelli*, etc.; materials of Step 2 played rapidly, or passagework from repertoire.

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