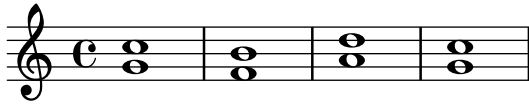


## 8-Step Warm-Up Plan

**1) SILENT FINGER EXERCISES – FLESCH URSTUDIEN 1A/B OR DOUNIS DAILY DOZEN 1.**

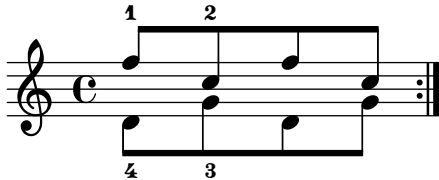
*Example 1a: Flesch Urstudien*



### Example 1b: *Dounis Daily Dozen*

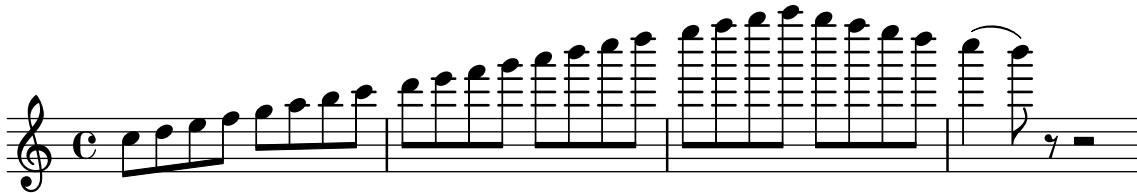
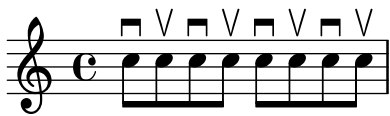


### Example 1c: *Dounis' Daily Dozen*



### 1) C. BOW-LILTING EXERCISE

**2) LONG TONES & SLOW FINGER WORK – BOW CONTROL BEFORE MIRROR; ADD VIBRATO.**

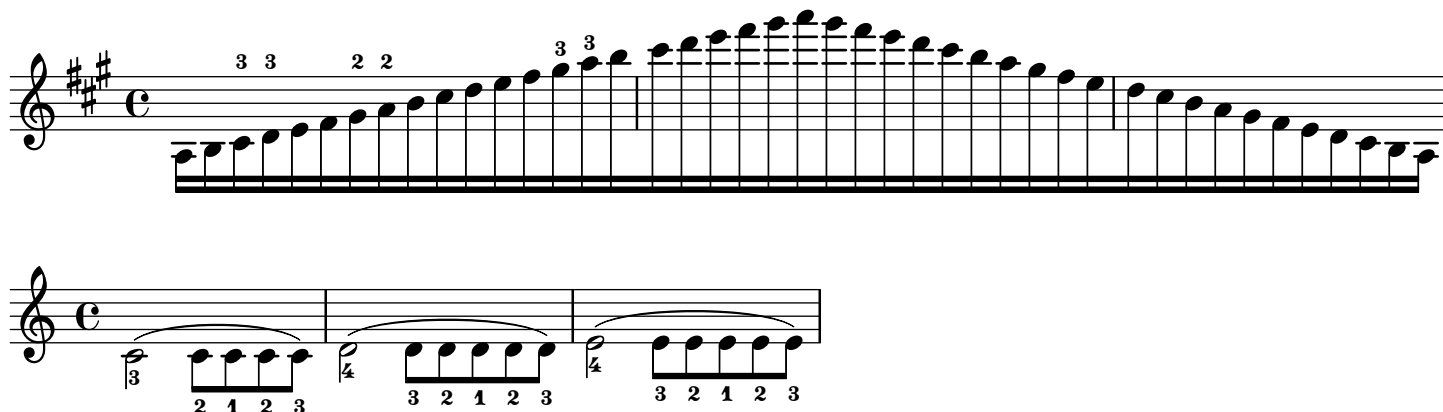


### 3) SHIFTING

## ONE-OCTAVE FLESCH SCALE SYSTEM SCALE



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



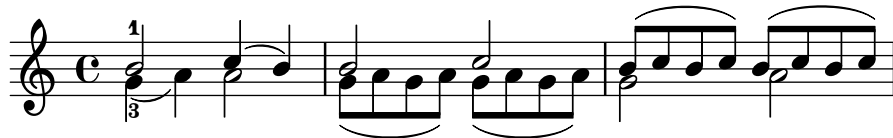
#### 4) STRENGTH / STRETCHING – WHISTLER, FLOR, DOUNIS 1.

#### 7) DOUBLE-STOPS

**Example:** *Roland Vamos: Pattern I*



**Example:** *Roland Vamos: Pattern IV*



Trott



Korgueff



Sevcik



Dounis





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