# Jig Rhythm: 10-Minute Daily Routine

Practice plan for classical violinists learning Irish bowing

**1) Framing & Analogy — Classical vs Irish Bowing**
Classical training favors strong–weak bowing tied to meter and long, written slurs.
Irish looks plain on paper, but the bow carries the dance: pulse, lift, articulation.
Double jig is written in 6/8 but felt in two big beats: 1 and 4.
Siciliana vs Jig: Siciliana = smooth, legato; Jig = springy drive with subtle lift on 1 and 4.
Engine per bar: dotted-8th, 16th, 8th × 2 (hold – flick – land). Aim for lift, not swing.

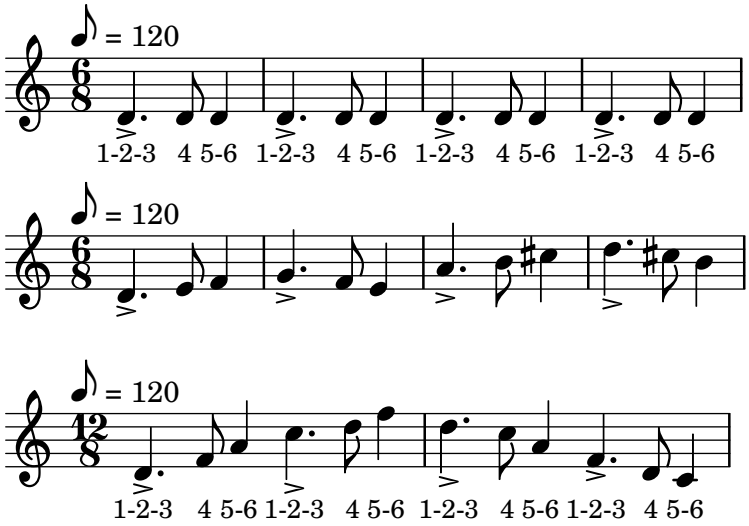
**2) Rhythmic Feel & Accent Map**
Feel the jig in two: ONE two three | FOUR five six.
Accent map: 1 = strong, 2–3 = light, 4 = strong, 5–6 = light.
Hold 1 & 4 gently; the 16th is a flick (micro-syllable), not an equal triplet.
Vary separates and selective slurs to avoid singsong; keep the groove alive.

**3) Speak the Rhythm Before You Play**
Count: 'ONE-(and)-a | FOUR-(and)-a' (middle syllable tiny).
Mnemonics (dotted–16th–8th): PUMP-kin pie • AP-ple tart • JUMP-ing jack • TIP-py toe • FIRM-ly now
Mini drill: tap on 1 & 4, speak mnemonics, keep the flick light.

**Introduction**
Dotted-8th, 16th, 8th (×2 per bar) with lift on beats 1 and 4
Feel > theory. Keep it springy; let the sixteenth be a flick.

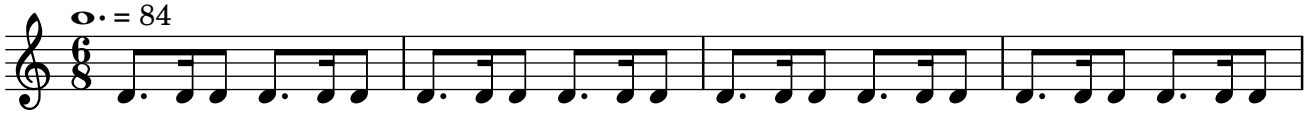
## Exercise A — Slow practice

**How to practice:** Exaggerate LONG (dotted half), tiny SHORT (quarter), calm MEDIUM (half). Keep anchors
Relax the arm; magnify the engine so the groove imprints physically.



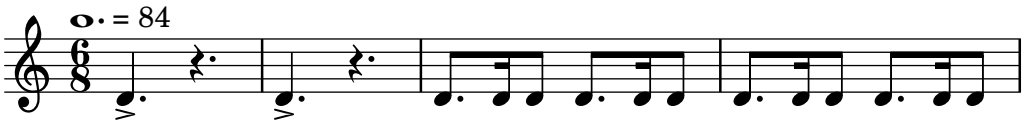

## Exercise A — Open-string pulse (D string)

**How to practice:** Default bowing = Down (dotted) – Up (16th) – Up/Separate (8th). Keep 1 & 4 gently held; flick
Mid–upper bow, light contact. Think spring, not weight.



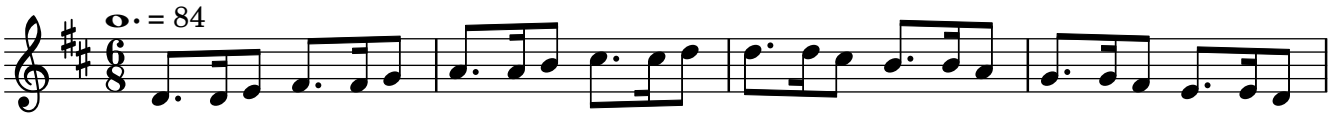

## Exercise B — Metronome on 1 & 4

**How to practice:** Clicks only on 1 and 4. First two bars: play just those beats; then resume full engine without
Keep the 16th whisper-light; land the last 8th calmly.



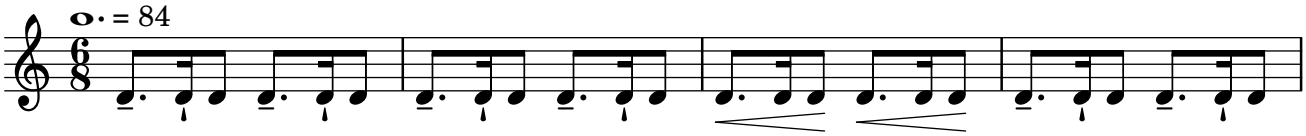

## Exercise C — D major scale in jig rhythm

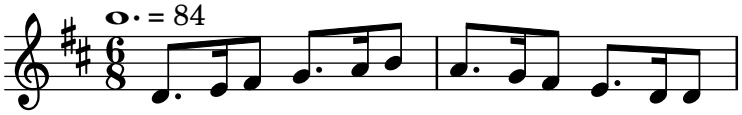
**How to practice:** Keep the same engine; the 16th is never accented—it's a flick. Use a D drone if possible. Limit slurs; use them as phrasing spice, not default.




## Exercise D — Bow-stop & micro-lift

**How to practice:** Let the bow settle after the dotted note, then release a tiny 16th flick.
LONG — flick — step. Buoyant, not percussive.




## Exercise F — Generic jig phrase (apply the engine)

**How to practice:** Keep the long–short–medium profile identical. Transplant this into common jigs while prese
Groove first; add cuts/slides only after the pulse is solid.