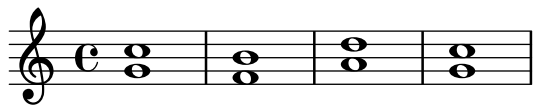


8-Step Warm-Up Plan

1) SILENT FINGER EXERCISES

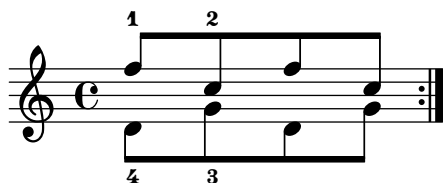
Example 1a: Flesch Urstudien



Example 1b: *Dounis Daily Dozen*



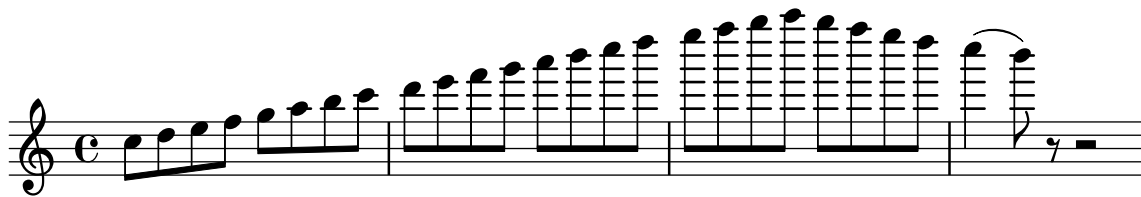
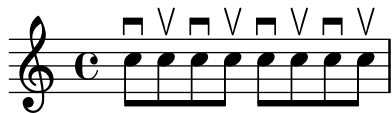
Example 1c: *Dounis' Daily Dozen*



1) C. BOW-LILTING EXERCISE

2) LONG TONES & SLOW FINGER WORK

bow control before mirror; add vibrato.

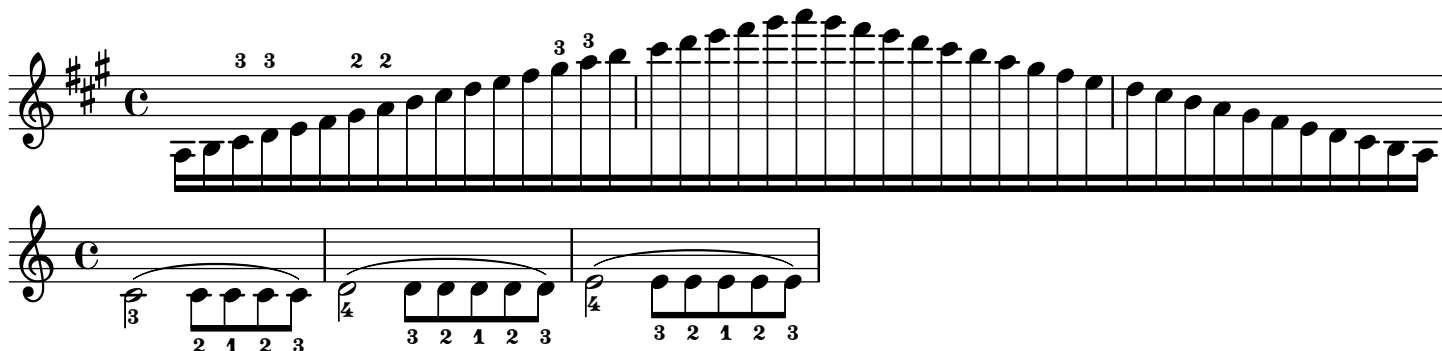


3) SHIFTING

ONE-OCTAVE FLESCH SCALE SYSTEM SCALE



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



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

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).