

8-Step Warm-Up Plan

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

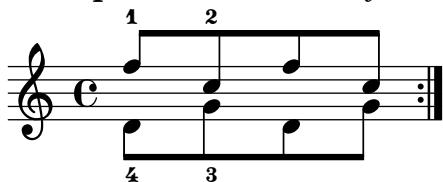
Example 1a: Flesch Urstudien



Example 1b: Dounis Daily Dozen



Example 1c: Dounis' Daily Dozen



1) C. BOW-LIFTING 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

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).