

## 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 – Flesch scales, Lukacs, Dounis op.12 or 25.

ONE-OCTAVE FLESCH SCALE SYSTEM SCALE

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

### 7) Double-stops

2

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).