

# 10 Steps Violin Practice

LilyPond markup version

## Step 1 — Silent Finger Exercises

Such as *Ursstudien* (EXAMPLE 1a) (violinists might avoid *Ursstudien* exercise 1B);

*Dounis Daily Dozen* exercise 1 (EXAMPLE 1b).

After a few moments spent with the bow-tilting exercise (EXAMPLE 1c),

these could be done simultaneously with the Gingold anecdotal *One Minute Bow*.

**Bow Tilting:** Tilt the bow stick toward the scroll to reduce hair contact with the string.

Practice rolling the bow with thumb and fingers from flat hair to tilted position (Capet's *roule* exercise). Use tilt at the frog to compensate for naturally louder sound, and flatten toward the tip. This controls tone color and enables smoother bow changes.

## Step 2 — Long Tones

Played with smooth bow change exercise (EXAMPLE 2a) before a mirror to check bow's contact point, then various left-hand finger exercises played slowly for intonation accuracy, especially combinations such as 0-1, 0-2 etc., all with vibrato once intonation is secure.

Choose from materials such as *Sitt Practical Viola Method*, *Dancla School of Velocity op.74*, *Wreede Violaerobics* (EXAMPLE 2b), *Schradeck vol.1*, *Sevcik op.1 parts 1-3*.

## Step 3 — Bowing

Bow stroke techniques: *detache*, *marteple*, *spiccato*, *sautille*, *colle*, *ricochet*, *staccato*, *legato*.

Materials: *Kreutzer* (etudes 2, 7, 8), *Sevcik op.2* (School of Bowing Technique), *Galamian* scale routines with varied bowings.

## Step 4 — Shifting

One-octave *Flesch Scale System* scales, arpeggios, broken thirds;

*Sevcik op.8*, *Lukacs 10 Exercises in Change of Position* (EXAMPLE 4a),

*Ricci Left-Hand Violin Technique* (EXAMPLE 4b), *Dounis op.12* (EXAMPLE 4c),

*op.25* or *Daily Dozen* (EXAMPLE 4d).

## Step 5 — Strength / Stretching

*Whistler* exercise (EXAMPLE 5a), *Flor* exercise (EXAMPLE 5b), *Dounis Daily Dozen* exercise 1 (EXAMPLE 5c) through fourth position with very slow bow and drone.

## Step 6 — Tone / String Crossings

*Dounis Daily Dozen* exercise 11 (EXAMPLE 6), or similar made-up

exercises with different double-stops, played very slowly with vibrato, and with

dynamic plan of crescendo from *pp* to *ff* on the down-bow and the reverse on the up-bow.

## Step 7 — Scales

Three-octave scales with strategic bowing patterns and key signatures from repertoire. Vibrato work, different distributions, dynamic plan, prescribed articulation or rhythm, etc.

Materials: *Flesch Scale System*, *Galamian*, *Hrimaly*.

## Step 8 — Double-Stops

Double-stops for intonation training (Simon Fischer approach).  
Scales in thirds, sixths, octaves, and tenths.

*Trott Melodious Double-Stops Books 1-2* (EXAMPLE 8a), *Sitt Technical Studies op.92 Book 3*, or *Double-Stop Etudes op.32*; *Chailley Vingt Etudes Expressives en Doubles Cordes*, *Schradieck vol.2*, *Korgueff Double-Stop Exercises* (EXAMPLE 8b), *Sevcik op.7 part 4* (EXAMPLE 8c) or *op.9*, *Dounis op.12* (EXAMPLE 8d), *Ricci* (EXAMPLE 8e).

Experience with a variety of intervals and key signatures is important.

### **Step 9 — Arpeggios**

Three-octave arpeggios in all keys. Major, minor, dominant 7th, diminished.

Materials: *Flesch Scale System*, *Galamian*, one-octave arpeggios in 12 keys.

### **Step 10 — Strategic Etude / Bach**

To address a specific problem, such as *Mazas*, *Kreutzer*, *Rovelli*, etc.  
; materials of Step 2 played rapidly, or passagework from repertoire.

**Bach:** A movement from the *Sonatas and Partitas* (BWV 1001-1006).

Heifetz, Galamian, Auer, and Flesch all recommended daily Bach practice.  
The polyphonic writing combines double-stops, shifting, and all bow strokes  
in a musical context. Rotate through movements to cover different techniques.

Suggested rotation: Fugues for polyphony, Sarabandes for tone and phrasing,  
Gigues and Preludes for bow technique, Chaconne for comprehensive work.