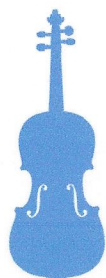




## Level A1.3

### ViolinPractice Method Warm Ups

<b>BASIC MOVES A</b>	<b>BOW ARM A</b>
<b><u>Posture &amp; Balance 1</u></b>	<b><u>No Bow</u></b>
Feet together, Make a "V", Take a step Sway in the breeze Stand on one leg at a time Finger Taps Roll shoulders Head – look left/right, up/down Swing arms Wiggle out!	Finger Taps Bunny Ears Bunny Ears – up & down Bunny Ears – circle wrists Bow Arm Hops & Slides Pencil Rolls
<b>LEFT HAND C</b>	<b>BOW ARM B</b>
<b><u>Swing &amp; Pizz.</u></b>	<b><u>Bow at Middle on Shoulder</u></b>
Violin Posture Drill Sway in the breeze, bend knees Statue of Liberty; Violin to shoulder Tap & Swing over High Dot (left arm level) Rest Position; gently sway head Strum & Swing (Pinky over High Dot) Rest Position; bend knees Violin Posture Drill Right hand Pizz. Circles	Bow on shoulder – square position Tap fingers on bow (1, 2&3, 4) Turn over; check round thumb Repeat



# Teaching the Violin and Viola: Creating a Healthy Foundation

*Stacia Spencer*

## How to Build a Pinky House



1.

Cut a strip of tape about 2 inches in length.



2.

Fold a third of the tape (lengthwise) over, sticky side onto sticky side. Now, one side is simultaneously sticky and smooth.



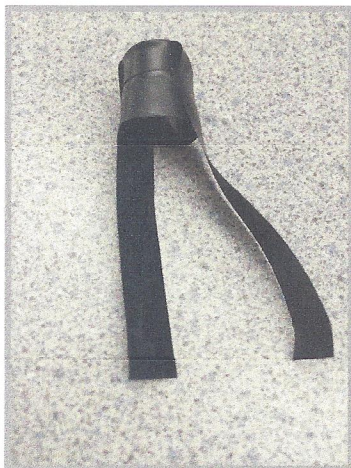
3.

Cut another strip about the same length and cut it in half lengthwise.



4.

Wrap the sticky/smooth tape into a ring small enough to fit around the tip of your pinky, sticky side facing out.



5.

Attach the thin strip where the ring attaches to itself. Do the same on the other side.



6.

Attach the pinky house to the frog of the bow, sticky sides of the ring flattening against the top. A pen or marker can serve as a substitute.