



Level A1.3

ViolinPractice Method Warm Ups

BASIC MOVES A	BOW ARM A
<u>Posture & Balance 1</u>	<u>No Bow</u>
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
LEFT HAND C	BOW ARM B
<u>Swing & Pizz.</u>	<u>Bow at Middle on Shoulder</u>
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