



Level A1.2

ViolinPractice Method Warm Ups

BASIC MOVES B	LEFT HAND C
<u>Posture & Balance 2</u>	<u>Swing & Pizz.</u>
Feet together, Make a “V”, Take a step Sway in the breeze; up on your toes Count and wiggle fingers Arm rotation “Nose to toes” – touch toes and roll up Roll shoulders Swing arms Wiggle out!	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
LEFT HAND B	BOW ARM A
<u>Play Position PLUS</u>	<u>No Bow</u>
Feet together, Make a “V” with your feet Take a step (to the side) Sway in the breeze Bounce on your knees (gently) Tap fingers over the High Dot Slide on the Magic X Tap fingers over the High Dot Statue of Liberty Place the violin on your collar bone/shoulder Tap fingers over the High Dot Raise head – Look up; Lower head – Look down Straight head – look ahead Turn head to the left and right Look straight ahead Raise scroll; Lower scroll; Find balanced height Rest Position	Finger Taps Bunny Ears Bunny Ears – up & down Bunny Ears – circle wrists Bow Arm Hops & Slides Pencil Rolls

