



# ViolinPractice Method Warm Ups

## BASIC MOVES A

### Posture & Balance 1

Feet together, Make a “V”,

Take a step; sway in the breeze

Balance: Lift one leg at a time

Finger Taps

Roll shoulders

Head – look left/right, up/down

Swing arms

Wiggle out!

## LEFT HAND A

### Play Position Posture Drill

Stand Tall with Feet Together

Make a “V” with your feet

Take a step (to the side)

Bounce on your knees (gently)

Sway in the breeze

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

Return to Rest Position

## LEFT HAND B

### Play Position PLUS

Stand Tall with 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; Turn head to the  
right;

Look straight ahead

Raise scroll; Lower scroll; find balanced  
height

Return to Rest Position