

EXERCISES YOU CAN DO WITH YOUR INSTRUMENT

VIOLIN/VIOLA/CELLO WITH THE BOW

WINDSHIELD WIPERS

Using correct BOW GRIP, hold the bow parallel to the ground. Move the bow back and forth slowly like a windshield wiper. Think about which finger is the heaviest. When the hair is facing the ground, your pinky should be the heaviest, and when the hair is facing the ceiling, the index finger should be the heaviest.

SPIDER CRAWL

Using the correct bow grip at all times let your fingers creep up and down the bow.

TUBE TIME

Hold a toilet tissue roll on your left shoulder with your left hand. Take the bow in your right hand and using the proper bow grip bow back and forth through the tube.

Remember to keep your arm in the open and closed positions and always check your bow grip.---Is the thumb slightly bent?---Is your little finger on top of the bow?

INSTRUMENT ONLY

VIOLIN/VIOLA

Stand with your feet shoulder width apart. Hold your instrument in your left hand at the base of the neck with the strings facing away from your body. Extend your left arm straight out in front of you. Twist your left hand around so that the bottom of the instrument is facing you and bring the instrument up underneath your chin. Place your chin in the chinrest (the side not the point, like a pillow). The instrument should rest on your shoulder and your nose should be in line with the scroll.

CELLO

Practice correct position. Pull the endpin out the distance from the thumb to the pinky. The pegs should be at ear level. Sit on the edge of the chair and let your knees hug the cello. Practice this until it is comfortable for you.

EXERCISES YOU CAN DO WITHOUT YOUR INSTRUMENT

VIOLIN/VIOLA

Stand with your feet shoulder width apart, left foot a little in front of the right. Bend your left arm so that your hand touches your left shoulder. Hold your arm in this position and count as far as you can until your arm gets tired.

CELLO

Practice sitting on the edge of your chair, feet shoulder width across. Take a balloon or a medium sized ball and practice holding it between your knees until you get tired.

VIOLIN/VIOLA CELLO

Take a pencil, put your thumb across from your middle finger. Put your pinky on top of the pencil. Curve your index finger around the pencil and let your other fingers rest comfortably on the pencil. this is called **BOW GRIP POSITION**. Practice picking the pencil up from the table. Hold the pencil in the BOW GRIP POSITION. Place the pencil on your shoulder. Your hand should be under your nose and your elbow should form a triangle. This is **CLOSED** position. Next extend your arm in a straight line in front of you. This is **OPEN** position. Practice opening and closing your arm.

***** LEARN THE LETTER NAMES OF YOUR OPEN STRINGS*****

VIOLIN

VIOLA

CÉLLO

