

the practice session

Scales: slow
solid tone
straight bow
great, relaxed bow hold
intonation

bowing variations: whole bow
tip or frog only
all up/down
staccato/legato
rhythms

dynamic variations: crescendo/decrescendo in each bow
in the whole scale

Etudes: double check the notes
double check the bowings
emphasize the important technique

Old pieces: play from memory
play with eyes closed
play with great phrasing

New pieces: repeat the preview parts
repeat sections with and without the music
triple check the bowings, rhythms, fingerings
listen to several recordings
play with the recording

Other Tips: keep a journal of your practicing
listen to other classical and related music
when in doubt, ask!

more practice tips

establish a practice room or corner

- keep your books and stand there
- hang a favorite picture
- hang a calendar to track practicing success
- make it safe and beautiful

schedule a regular time

- plan the amount of time to work
- be ambitious but reasonable

challenge yourself playing on one foot

- walking around
- answering questions
- 5 times in a row without stopping or without mistakes
- way too slow
- find other simple challenges

count with a counting set of small objects

- roll a die first to see how many times to play

split the session into two parts with a break in between

perform for someone every week

record yourself

notice what you do well and what you plan to improve