

# CHAPTER I

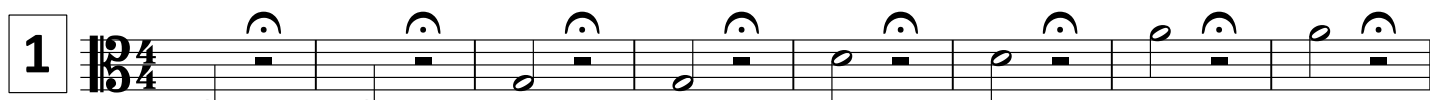
## Open strings and the introduction of rhythms

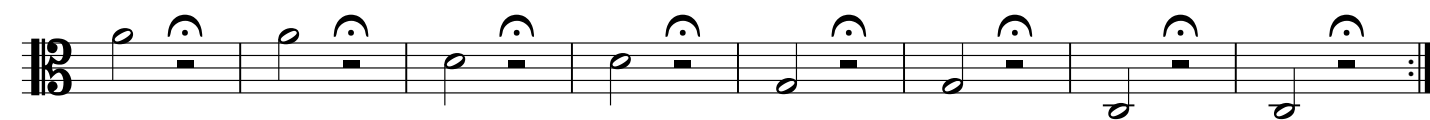
### ***Exercise 1: Relaxed straight bowing***

The goals of this exercise are:

- Keep your thumbs and shoulders relaxed at all times
- Practice straight bowing throughout without touching the wrong strings
- Create a beautiful sound throughout the whole bow
- Change strings without making any extra noise
- Learn to combine all of the above together

Very slow, use the pause to check and correct the position of your bow, shoulders and fingers.

**1**   
C G D A  
Do Sol Re Mi



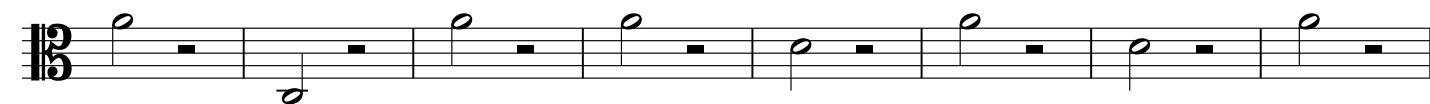
**2** 





**3** 

**4** 





**Exercise 2A**

*Practice smooth bow changes without accents before or after the change  
Learn to co-ordinate bow changes with string changes without any extra noise*

**Exercise 2B: Play lightly at the heel of the bow.**

*To play softly at the heel of the bow, you have to gently carry some of the weight of the bow  
with the ring finger.*

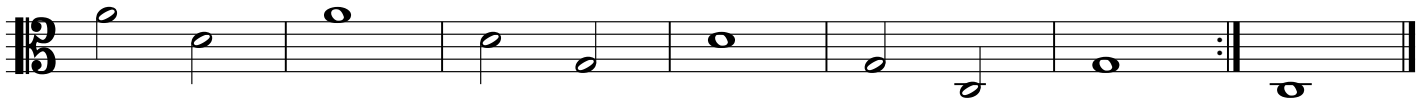
*Make sure your shoulder, wrist and thumb stay relaxed while playing this exercise.*

1 

2 




3 



4 



5 

6 



**Exercise 3 : Varying bow speed**

*Play lightly with the whole bow and change the speed of the bow according to the length of the notes.*

*Look ahead as varying note lengths will require different bow speeds.*

*Try to keep the sound even and the string changes clean, even with fast bows.*

1

2

3

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5

6

**Exercise 4 : Varying bow length**

Unlike the previous exercise, we now keep the bow speed constant, and change the length of the bow according to the length of the note.

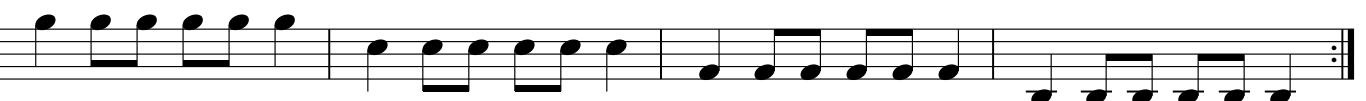

The eighth-note (quaver) is to be played with half a bow only. Practice the following exercise using first the upper half (from the middle to the tip) and then the lower half (from the heel to the middle) of the bow.

1





The quarter-note is to be played with a whole bow, the eighth-note with the upper half of the bow.

2





The quarter-note is to be played with a whole bow, the eighth-note with the lower half of the bow.

3





The eighth-notes are played first at the tip, then at the heel, and repeat...

4



5



**Exercise 5: Quavers in combination with string changes**

Here we combine all techniques and rhythms we have learned so far. The faster notes will challenge your control of string changes, sound quality and understanding of the rhythms.


Pay attention to keep looking forward for what is coming. Being prepared will make these exercises a lot easier to perfect. I recommend you repeat each exercise until you have memorised it and then change your focus to relaxation, accuracy and sound quality.

1 



2 



3 



4 



6 



7

Musical notation for exercise 7, first staff. The staff is in treble clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody consists of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4.

Musical notation for exercise 7, second staff. The staff is in bass clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody consists of quarter notes: G3, A3, Bb3, C4, Bb3, A3, G3, F3, E3, D3, C3.

8

Musical notation for exercise 8, first staff. The staff is in treble clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody consists of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4, F4, E4, D4, C4.

Musical notation for exercise 8, second staff. The staff is in bass clef with a key signature of two flats (Bb and Eb) and a 3/4 time signature. The melody consists of quarter notes: G3, A3, Bb3, C4, Bb3, A3, G3, F3, E3, D3, C3.

**Exercise 5: Legato**

Learn to play more than one note in on up or down bow (slured notes).

First learn to judge at which part of the bow you need to change bows to keep correct rhythms and a consistent quality of sound.

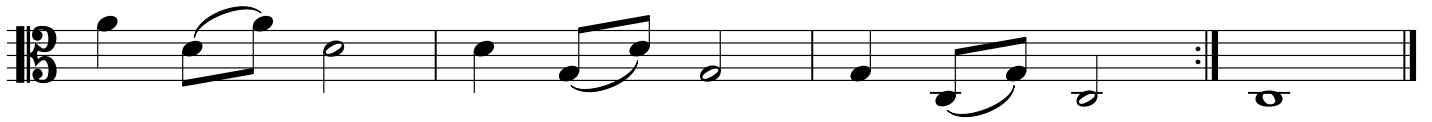
Then learn to change strings with the help of an up or down motion from the wrist.


This technique is most efficient near the heel and will improve smooth string changed. It is often used when changing strings for one note only before coming back.

The image displays four numbered exercises for a violin or viola, focusing on legato playing. Each exercise is written on two staves. The top staff of each exercise is in 3/4 time, and the bottom staff is in 3/8 time. The exercises are as follows:

- Exercise 1:** Top staff: Slurred eighth notes (G4, A4, B4, C5, B4, A4, G4). Bottom staff: Slurred quarter notes (G4, A4, B4, C5, B4, A4, G4).
- Exercise 2:** Top staff: Slurred eighth notes (G4, A4, B4, C5, B4, A4, G4). Bottom staff: Slurred quarter notes (G4, A4, B4, C5, B4, A4, G4).
- Exercise 3:** Top staff: Slurred eighth notes (G4, A4, B4, C5, B4, A4, G4). Bottom staff: Slurred quarter notes (G4, A4, B4, C5, B4, A4, G4).
- Exercise 4:** Top staff: Slurred eighth notes (G4, A4, B4, C5, B4, A4, G4). Bottom staff: Slurred quarter notes (G4, A4, B4, C5, B4, A4, G4).

5 



6 



7 



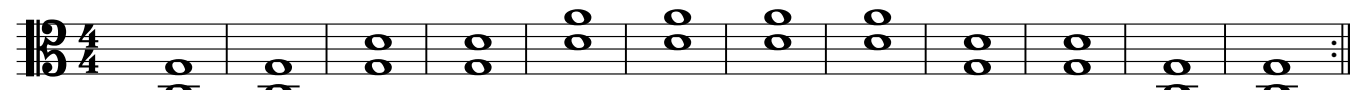
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**Exercise 7: double stopping**

Double stopping is the playing of two strings together. This technique is very useful working on intonation. Learn to produce an even sound on both strings throughout the whole bow.

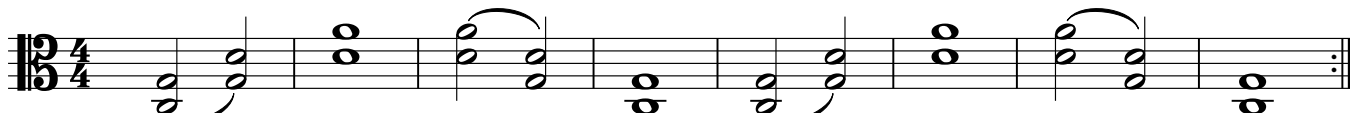
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