

TABLE OF CONTENTS VOLUME 1  
First Elementary Level

Fingers 1, 3, 4 and 2  
1st Position / without extensions / without changes of position

*TECHNIQUES FOR THREE 1 OCTAVE SCALES D Major / G Major / C Major:*

1. Whole bow without speeding at the tip. Observe the path of the bow and take care of the tone quality.
2. To strengthen the frog. This can also be practiced in the middle of the bow and point. Use half of the bow or less.
3. Stop the bow on the string after each note. Use the time during the stop in order to anticipate the placement of the fingers on your left hand.
4. Where the arrow indicates, move the bow with greater speed. In the eighth notes, aim to relax the muscles in your right arm.
5. Quickly, without pressing too much, and always making sure that the string is vibrating.
6. Take care of the tone quality and same speed of the bow.
7. Teach the student how to distribute their bow. Use little bow on the quarter notes.
8. Practice at the frog or in the middle of the bow, making the first note of the three a little longer.
9. The speed of the bow will be different on the down and up bows.
10. Use very little bow for the eighth note.

*C MAJOR 2 OCTAVES*

1. Whole bow slow and straight
2. The slur
3. Staccato
4. Two upbows
5. BIG - lit - tle
6. Staccato
7. Strong at the frog
8. Combined ryhtm, twice upbows
9. Dotted rhythm
10. LI - ttle - bit

# C MAJOR 2 / DO MAJEUR 2

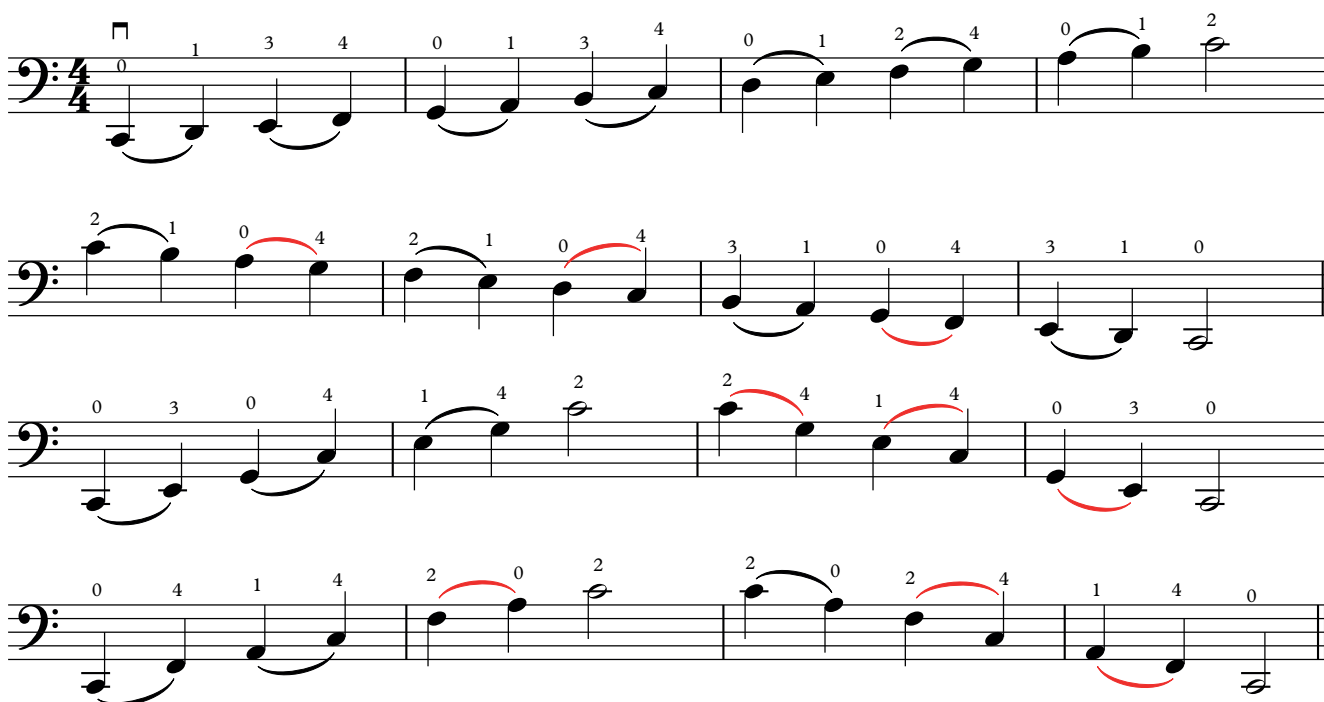
3rd FINGER on C and G strings  
2nd FINGER on D and A strings

3ème DOIGT corde de DO et SOL  
2ème DOIGT corde de RE et LA

1.  = WHOLE BOW SLOW AND STRAIGHT  
 = TOUT L'ARCHET, LENT ET DROIT



2. THE SLUR = DON'T STOP THE BOW / LA LIAISON = L'ARCHET NE S'ARRÊTE PAS  
Attention! Don't stop the bow when string crossing is slurred  
Attention! On n'arrête pas l'archet entre deux cordes unies par une liaison



# G MAJOR/ SOL MAJEUR

Fingers 1-3-4

A + D strings

2/4, 3/4 and 4/4

' = Breath

Doigts 1-3-4

Cordes RE et LA

2/4, 3/4 et 4/4

' = Respirer

1.  = **WHOLE BOW SLOW AND STRAIGHT**

 = *TOUT L'ARCHET, LENT ET DROIT*



\* Move only your first finger to the D string, using a horizontal movement

\* Move your fingers 2, 3, 4 to the G string, using a horizontal movement.

2.  = **HALF BOW Only use the lower half of the bow**

 = *DEMI ARCHET Utilise la moitié inférieure de l'archet*

