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🔊 = Symbol for additional Warm-Up Exercises

Violin Gymnastics with Music

Everything is easier with music!

Dear budding violinist, I am very happy that you have made the leap into book 2. In this book you will also frequently find this sketch of an ear. Wherever you find it, you should listen to your new piece while performing one or more of the following exercises to strengthen and improve your bow hold or violin posture. Sometimes, practice suggestions specifically for the new piece will be included next to this symbol.



Move in rhythm with the music. Just as with other forms of exercise, begin carefully, performing only a few repetitions at first. Gradually increase the number of repetitions over several days until you can perform the exercise for about one minute. Then, begin training with a different exercise. Your teacher may want to create an individual violin fitness program for you. Have a good time!



1. The Candle Exercise

Hold the bow upright like a candle with a beautiful bow hold. Move it quickly towards the left (towards your violin shoulder) and back again to its starting position. The bow should remain straight up and down and should not wobble. Repeat this lively motion many times in succession.

Take care that the entire arm (upper arm, elbow, forearm and hand) moves together with the bow.

Can you perform this exercise in rhythm with the music?
Always be sure you maintain a beautiful bow hold.

What do you think of this boy's bow hold?

Finger fitness: dexterity exercises

In "Musette" there are several difficult passages for the left hand which include slurs of two notes. The following brief finger fitness program will strengthen your fingers and help you to place and lift them more rhythmically.

Measures 1 and 2 without the bow **Measures 3 and 4 with the bow**

distinct finger tapping

Melody and accompaniment in one bow stroke

First play the accompaniment, then the melody. The two parts might also be played or sung as a duet by two people. The exercise c) is a combination of the first two parts. At first, stop the bow briefly between the melody notes and the accompaniment.

a) The accompaniment

b) The melody

c) Melody and accompaniment in one bow stroke