

Contents

Foreword by Christopher Selby			4
1 Pizzicato on Open D	Hedwig's Theme	Harry Potter and the Sorcerer's Stone	5
2 Pizzicato on Open A	Into the Trench	Meg 2: The Trench	5
3 Sorting Strings	House Selection	Harry Potter and the Sorcerer's Stone	6
4 Strings of Steel	Look Up	Superman (2025)	7
5 Count on It	Alexander Hamilton	Hamilton	8
6 Quidditch Time	Nimbus 2000	Harry Potter and the Sorcerer's Stone	8
7 Scrambled Rests	Chicken Fight Club	A Minecraft Movie	9
8 Wondrous Three	Harry's Wondrous World	Harry Potter and the Sorcerer's Stone	10
9 Creepy Counting	Nightmare Theme	Nightmare on Elm Street, Part 1	10
10 Open G	Eat Slugs	Harry Potter and the Chamber of Secrets	12
14 May the Strings Be with You	Cantina Band	Star Wars Episode IV: A New Hope	13
15 Moving Around	Into the Trench	Meg 2: The Trench	14
16 Half Notes	Fighting the Troll	Harry Potter and the Sorcerer's Stone	15
17 Half Rests	Manta's Lair	Aquaman and the Lost Kingdom	16
20 Trains and Tunnels	Platform Nine and Three Quarters	Harry Potter and the Sorcerer's Stone	17
21 The Tunnel of Secrets	Moaning Myrtle	Harry Potter and the Chamber of Secrets	17
22 Learning F#	Hedwig's Theme	Harry Potter and the Sorcerer's Stone	18
23 Locked Away	The Gringotts Vault	Harry Potter and the Sorcerer's Stone	19
24 Learning E	Minecraft	Minecraft Volume Alpha	19
25 New Encounters	Cucaracha Boca	The Nun II	20
26 First Five Notes	Hogwarts Forever!	Harry Potter and the Sorcerer's Stone	21
27 Space Jammin'	Sic 'em Goons	Space Jam: A New Legacy	22
28 Lord of the Fingers	A Wraith	The Lord of the Rings: The War of Rohirrim	22
29 Arrival of B	Prologue: Arrival of Baby Harry	Harry Potter and the Sorcerer's Stone	23
30 Hot Fingers	Steve's Lava Chicken	A Minecraft Movie	24
31 Six Notes Notes Notes!	Main Title	Beetlejuice	25
32 Reaching New Heights	It Won't Be Long Now	In the Heights	26
33 Eighth Notes	Arrival at Hogwarts	Harry Potter and the Sorcerer's Stone	27
34 Eighth Note Fury	Brothers in Arms	Mad Max: Fury Road	28
35 Level Up	Orb of Osuvox	Ready Player One	29
37 Eighths with Dobby	Dobby the House Elf	Harry Potter and the Chamber of Secrets	30
38 Showtime	Main Title Theme	Beetlejuice Beetlejuice	31
40 Bowing D	Fighting the Troll	Harry Potter and the Sorcerer's Stone	32
41 Bowing A	When You're Home	In the Heights	33
42 Magical Movements	Flourish and Blotts	Harry Potter and the Chamber of Secrets	34
43 Bowing Is Gaining	Dementus Is Gaining	Furiosa: A Mad Max Saga	35
44 Riddle's Rhythm	Meeting Tom Riddle	Harry Potter and the Chamber of Secrets	36
45 Third String	Defeated Clown	Joker	36
46 Putting It Together	Every 27 Years	It	38
47 Rhythms of the Houses	Entry Into the Great Hall	Harry Potter and the Sorcerer's Stone	39
48 Sweet Technique	Oompa Loompa Doompadee-Doo	Wonka	39
49 Mogwai Moves	The Gremlin Rag	Gremlins	40
50 Bow-Nanza	Hagrid's Christmas Tree	Harry Potter and the Sorcerer's Stone	42
51 Bowing in Three	Dueling the Basilisk	Harry Potter and the Chamber of Secrets	43
52 Arrival at High D	Arrival at Hogwarts	Harry Potter and the Sorcerer's Stone	44
53 Learning C#	End Titles	Beetlejuice Beetlejuice	45
54 Scary Good	The Nun Too	The Nun II	46
55 Scale Seeker	The Quidditch Match	Harry Potter and the Sorcerer's Stone	47
56 Skill Reinforcement	Diagon Alley	Harry Potter and the Sorcerer's Stone	47
57 Dancing Down the D Scale	Elf Dancing	Elf	48
58 Working the D Scale	Buddy at Work	Elf	49
59 Key of D Major	Sea Dino Attack	Meg 2: The Trench	50
63 Bowing Half Notes	The Polar Express Main Theme	The Polar Express	51
64 School Pride	Hogwarts Forever!	Harry Potter and the Sorcerer's Stone	52
65 Roast Beast Mode	Welcome Christmas	Dr. Seuss' "How the Grinch Stole Christmas!"	53
66 Eight Legs, Fourth Fingers	Meeting Aragog	Harry Potter and the Chamber of Secrets	54
67 Use the Fourths	Cantina Band	Star Wars Episode IV: A New Hope	54

68	Down the Mountain	Sleigh Ride to Whoville	Dr. Seuss' "How the Grinch Stole Christmas!"	56
69	The Dark Side	The Imperial March	Star Wars Episode V: The Empire Strikes Back	57
70	Frosty Fingers	Frostbite	Jack Frost	58
71	You Know Whoville	Opening	Dr. Seuss' "How the Grinch Stole Christmas!"	59
72	Skill Review	Nimbus 2000	Harry Potter and the Sorcerer's Stone	60
73	Santa's Big Helper	Elf Main Title	Elf	62
74	Technique Express	The Polar Express	The Polar Express	64
80	Going Lower	Into the Trench	Meg 2: The Trench	66
81	Next Level	Orb of Osuvox	Ready Player One	67
82	Myrtle's Melody	Moaning Myrtle	Harry Potter and the Chamber of Secrets	68
83	Helpful Habits	Helpless	Hamilton	69
84	G Major Technique	Meeting Tom Riddle	Harry Potter and the Chamber of Secrets	70
85	G Major Scale and Arpeggio	The Car Escapes	Harry Potter and the Chamber of Secrets	71
86	On the Lookout	The Overlook	Doctor Sleep	72
87	G Major Calisthenics	Prologue: Book 2	Harry Potter and the Chamber of Secrets	73
88	Clean Technique	Scrub Scrub	Wonka	74
89	Breaking It Down	The Merry-Go-Round Broke Down	Space Jam: A New Legacy	75
90	Hooked Bowing	Last Son	Superman (2025)	75
91	Sneaking Song	Polyjuice Potion	Harry Potter and the Chamber of Secrets	76
92	The Slursleys	Escape from the Dursleys	Harry Potter and the Chamber of Secrets	78
93	Sluriosa's Saga	Dementus Is Gaining	Furiosa: A Mad Max Saga	79
94	Bowing Together	Magical Household	Harry Potter and the Chamber of Secrets	80
95	Secret Slurred Crossings	The Chamber of Secrets	Harry Potter and the Chamber of Secrets	81
96	Across the String	Manta's Lair	Aquaman and the Lost Kingdom	81
97	Skyward	Everybody Grab a Broom	Hogwarts Legacy	83
98	Bow Workout No. 1	Grasshoppers	Aquaman and the Lost Kingdom	84
99	Bow Workout No. 2	Only Child	Aquaman and the Lost Kingdom	85
100	D Major Calisthenics	Ken Makes a Discovery	Barbie	86
101	Slurs and More	The Chamber Opens	Harry Potter and the Chamber of Secrets	87
102	Skill Attack!	Main Title	Mars Attacks!	88
103	Monster Slurs	Pensacola, Florida (Godzilla Theme)	Godzilla vs. Kong	90
104	Learning F	Chicken Fight Club	A Minecraft Movie	91
105	Jammin'	Sic 'em Goons	Space Jam: A New Legacy	92
106	The Bowman	Riddler	The Batman	93
107	Beast Mode	Assassin!	Fantastic Beasts: The Secrets of Dumbledore	94
108	Natural and Sharp	Boys Receive Detention	Harry Potter and the Chamber of Secrets	95
109	Next Chapter	Chapter Doof	Mad Max: Fury Road	96
110	Learning C	Petrified Colin	Harry Potter and the Chamber of Secrets	97
111	C Major Technique	Dueling the Basilisk	Harry Potter and the Chamber of Secrets	98
112	Bludger Music	Quidditch, Second Year	Harry Potter and the Chamber of Secrets	99
113	The Dark Side	The Imperial March	Star Wars Episode V: The Empire Strikes Back	100
114	Notes on the C String	The Chamber of Secrets	Harry Potter and the Chamber of Secrets	101
115	C Major Calisthenics	Arrival at Hogwarts	Harry Potter and the Sorcerer's Stone	102
116	Up and Down	Look Up	Superman (2025)	103
117	Pasture Raged	Chicken Fight Club	A Minecraft Movie	104
118	Gettin' Down	When You're Home	In the Heights	105
119	Notes on the E String	Petrified Hermione	Harry Potter and the Chamber of Secrets	106
120	Escape Plan	The Car Escapes	Harry Potter and the Chamber of Secrets	106
121	A Wondrous Review	Harry's Wondrous World	Harry Potter and the Sorcerer's Stone	107
124	G Major Technique	Prologue: Book 2	Harry Potter and the Chamber of Secrets	109
126	Dynamics	Platform Nine and Three Quarters	Harry Potter and the Sorcerer's Stone	110
127	A Dynamic Entry	Entry Into the Great Hall	Harry Potter and the Sorcerer's Stone	111
128	Gradual Changes	Only Child	Aquaman and the Lost Kingdom	111
129	Up and Down	The Polar Express Main Theme	The Polar Express	113
130	Getting Louder	The Chamber Opens	Harry Potter and the Chamber of Secrets	114
131	Raging Accents	Ranrok's Rage	Hogwarts Legacy	115
132	League of Accents	Lulu, Daughter of Cinnamon	DC League of Super-Pets	115
133	Attack Practice	Sea Dino Attack	Meg 2: The Trench	117
134	Ancient Accents	The Ancient Magic Theme	Hogwarts Legacy	118
135	Comprehensive Review	Scherzo for a Flightless Bird	HBO's "The Penguin"	119

Foreword by Christopher Selby

Since its inception in 2010, the *Habits* series of method books has been rooted in strong pedagogical fundamentals. We aim to cultivate students' technical and musical skills so that they can ultimately perform at the highest artistic level. Beyond technical mastery, we want students to discover the joy of authentic self-expression—bringing depth, meaning, and shared connection to their music, particularly within the ensemble setting. Such artistry, however, is only possible when built upon a strong foundation of fundamentals. *Foundations: Habits Edition* makes the study of fundamentals truly “FUN-damental.”

There are many ways to incorporate *Foundations: Habits Edition* into teaching and learning:

1. **As an incentive** – When students master a concept from *Habits of a Successful Young String Musician*, the corresponding exercise with the movie soundtrack can be played as a celebratory reward at the end of class.
2. **For home practice** – Teachers can introduce a *Habits* exercise in class, then assign the corresponding *Foundations* exercise for reinforcement at home. These engaging accompaniments encourage students to practice outside of school while strengthening fundamentals.
3. **For performance** – Even a single note performed with a recognizable movie soundtrack creates a rewarding opportunity for students to share music with family and friends.
4. **Through MakeMusic** – The platform provides invaluable practice tools: looping difficult passages, adjusting tempos, and receiving immediate feedback.
5. **As supplemental assignments** – Directors can assign additional exercises for assessment or offer extra credit as students progress systematically through the *Habits* method book.
6. **As “dessert”** – In our teaching philosophy, we encourage students to conclude rehearsals or practice sessions with something enjoyable. *Foundations: Habits Edition* provides the perfect “dessert”—a fun and motivating close to each session.

To maximize the benefits of this resource, a few key concepts from the Teacher's Curriculum Guide are worth noting:

1. Soundtracks are set at a fixed tempo. Students may need to begin slowly, then work toward tempo accuracy. MakeMusic's tempo-adjustment feature is particularly helpful for this progression.
2. The “Resources” tab on **www.habitsstrings.com** offers additional supplemental materials to help maximize instruction.
3. Each exercise contains Teacher Tips for remediating and transferring the concepts from the *Habits* method book to *Foundations: Habits Edition*.

It is my hope that your students are thriving with *Habits of a Successful Young String Musician* and that *Foundations: Habits Edition* will serve as the icing on the cake—promoting fundamental skills and technical growth while inspiring a lifelong love for music-making.

Christopher Selby
Co-author,
Habits of a Successful
Young String Musician

PIZZICATO ON OPEN D

Prepare. Before performing this exercise:

- Review the four steps for good instrument position for each instrument in the *Habits* student book.
- Review good pizzicato technique by having students experiment with using different parts of the finger to pizzicato. Then, discuss which techniques produce the best pizzicato tone.
- Have students count the number of measures in this exercise, then ask them what a measure is.
- Have students describe where the note D is located on their respective staves.
- Have the students point to the notes while singing the note names with the accompaniment before playing this exercise.

Perform. As students perform this exercise:

- Have the students sing the note names while performing with accompaniment. Have them say “rest” during each rest.
- Have students listen to their tone as they pluck, and use the techniques discussed earlier for producing a good pizzicato tone.
- Have students listen to the recording to make sure they are playing their notes with the recording.



HEDWIG'S THEME

(from *Harry Potter and the Sorcerer's Stone*)

by
JOHN WILLIAMS
Exercise by
BRIAN BALMAGES

PIZZICATO ON OPEN D

© 2001 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights (Excluding Print) Administered by SONGS OF UNIVERSAL, INC. (BMI)
Exclusive Worldwide Print Rights Administered by ALFRED MUSIC
This Arrangement © 2026 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights Reserved

PIZZICATO ON OPEN A

Prepare. Before performing this exercise:

- Review the Instrument Position pro tips videos for each instrument on www.habitsstrings.com.
- Have students demonstrate their understanding of what a measure is by pointing to different measures. “Point to measure 3.” “Which measure has only one rest?”
- Have students describe where the note A is located on their respective staves.
- Have students point to the notes while singing the note names with the accompaniment.

Perform. As students perform this exercise:

- Have students sing the note names while performing with accompaniment.
- Be sure students demonstrate good instrument position while performing this exercise.
- Have students listen to the other players around them to make sure they are playing with the ensemble.
- Divide students by stand partners and have outside players pluck and inside players say the note names, then switch roles.



INTO THE TRENCH

(from *Meg 2: The Trench*)

by
HARRY GREGSON-WILLIAMS
Exercise by
BRIAN BALMAGES

PIZZICATO ON OPEN A

© 2023 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights (Excluding Print) Administered by SONGS OF UNIVERSAL, INC. (BMI)
Exclusive Worldwide Print Rights Administered by ALFRED MUSIC
This Arrangement © 2026 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights Reserved

SORTING STRINGS

Prepare

- Review the six literacy terms and definitions at the top of *Habits* page 5. Ask students to find examples of these terms in this exercise.
- Have students describe the difference between where the notes D and A are located on their respective staves.
- Have the students point to the notes while singing the note names with the accompaniment.
- Have students close their eyes and play back four-note combinations demonstrated by the teacher, to teach them where the notes A and D are without having to look at their instrument.

Perform

- Have the students sing the note names while performing with accompaniment.
- Use the *Habits* checkpoints to assess student instrument position during the performance of this exercise.
- Instruct students to look at the notes on the page (not the strings) while they perform this exercise.
- “Sort” the class into four groups (can be based on birthdays, Hogwarts houses, etc.) and have one group pizz., one group count out loud, and two groups say the note names. Switch the tasks around for each group.



HOUSE SELECTION

(from *Harry Potter and the Sorcerer's Stone*)

by
JOHN WILLIAMS
Exercise by
BRIAN BALMAGES

SORTING STRINGS

© 2001 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights (Excluding Print) Administered by SONGS OF UNIVERSAL, INC. (BMI)
Exclusive Worldwide Print Rights Administered by ALFRED MUSIC
This Arrangement © 2026 WARNER-BARHAM MUSIC, LLC (BMI) • All Rights Reserved

STRINGS OF STEEL

Prepare

- Review the checkpoints for assessing good instrument position for each instrument at the bottom of page 4 in the *Habits* student book.
- Have students evaluate their neighbor using the checkpoints on student page 4.
- Have students quiz each other as they point to and identify different symbols on the staff.
- Have students compose their own echo patterns using D and A to model for the class to echo back to them.
- Have students touch the page and “track” the notes as they say / sing the note names as the music plays. This is the first time students have more than one line of music. Explain how to read from one line to the next.

Perform

- Have the students sing the note names while performing with accompaniment.
- Use the checkpoints to assess student instrument position during the performance of this exercise.
- “Look up!” Instruct students to look at the notes on the page (not the strings) while they perform this exercise.
- Have students create a Superman-related sound effect like “whoosh” to say during the rests to draw attention to them. Avoid playing on the rests like Superman avoids kryptonite.



LOOK UP (from *Superman 2025*)

by
DAVID FLEMMING and
JOHN WILLIAMS

Exercise by
BRIAN BALMAGES

STRINGS OF STEEL

Violin

Viola

Cello

Double Bass

Vln.

Vla.

Vcl.

D.B.