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GLOSSARY - PASCALE METHOD

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Lesson One

Let's Get Started!

Before class begins, have your teacher place the fingerboard tapes onto your violin. (Tapes can be found in each of the Sticker Buddies Paks.)

In this lesson you will take a trip around the violin! Learning the parts of the violin is very important because we'll be referring to them throughout the course. Also, we will learn how to read music and even begin playing, starting with *pizzicato*.

The Pascale Method requires daily practice! Each day, on your Practice Assignment Sheet, make a check on the line provided to the left of the numbered exercise. Ideally, you should have 7 check marks for each exercise by the end of the week. Where there is a short line (as in Lesson One, exercise 1), it is only necessary to practice the exercise one time.

To add to the fun, use the Sticker Buddies - Daily Practice Puzzle Pieces to fill in the empty chart located at the bottom of each Practice Assignment. Match the numbers on the scrambled stickers to the numbers on the chart.

If you practice every day, a surprise picture will appear!

Take Note!



Lesson One Practice Assignment #1

Check off each exercise as you practice EVERY DAY. Refer to the DVD when you see this icon: 

_____ 1. Teach someone in your household the 'Parts of the Violin'. (Page 1-3)

_____ 2. Read 'How to Take Care of Your Violin'. (Page 1-3)

_____ 3. Hold Your Violin Correctly. 

Take these 8 easy steps:

- 1) Place your violin in *rest position*.
- 2) Start with your feet together, then fan them open to make a V. Your right foot steps sideways. Your feet end up hip distance apart.
- 3) Place your left thumb on the *back button* of the violin. Swish the thumb forward, with fingers facing forward, parallel to the *fingerboard*.
- 4) Rotate the violin upside down (to the right). Show the teacher your violin.
- 5) Standing tall, with your head facing forward, place the *bottom button* of the violin in your ear. Keep the violin in **Table Position**.
- 6) Slowly drop the violin until it lands on your shoulder.
- 7) Push the violin gently into your neck.
- 8) Take a deep breath, raise your chin straight up in the air, slowly turn your head towards the scroll and drop your chin down gently on the *chin rest*.



Now you are in correct violin position!

Remember, holding the violin correctly is key to building a good player.

4. Theory Workshop. Complete the worksheets. (Pages 1-4, 5, 8, 9, 12)

_____ Meet the Family _____ This is a Staff _____ Find Your Notes _____ Draw Your Notes _____ Name Your Notes

_____ 5. Holding your violin correctly, Pluck notes on Flashcards #1-4. (Pages 1-6, 7, 10, 11) 

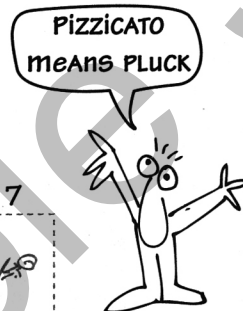
Good Pizzicato position looks like this:

- a. Place your thumb on the corner of the *fingerboard*.
- b. Circle your first finger around making a "doorway".
- c. Make contact with the string one inch from the bottom of the *fingerboard* and gently Pluck each string with the padded part of your index finger.

_____ 6. Cut out flashcards and memorize the names of the 4 basic notes. (Pages 1-6, 7, 10, 11)

Congratulations on completing your first Practice Assignment!

You've earned a Reward Badge from Lesson One Sticker Buddies.



PASCALÉ METHOD