

WARMING UP – THE 15 MINUTES BASIC ROUTINE		
What is it	What to do	It feels like
1. PLAY A SCALE & ARPEGGIO	1. Playing a major or minor scale and arpeggio in intermediate speed (calmly but steadily thinking ‘forward’) focusing on left-hand fingers – for intonation and co-ordination with the bow. 2. Playing without vibrato. 3. Playing in <i>mf</i> dynamic level, rather quietly, ‘subdued’, and with minimal bow pressure – the priority is the left-hand.	→ FOCUSING ON FINGERS INTONATION & BOW CO-ORDINATION → NO VIBRATO → FLOWING TEMPO & LIGHTER SOUND
2. PLAY A SCALE SLOWLY	1. Repeating the scale slowly and focusing on the right-hand and bow – in minims or semi-breves using the whole bow. 2. Playing without vibrato. 3. Playing in <i>f</i> dynamic level, with full-rounded and beautiful sound – the priority is the sound / tone production.	→ FOCUSING ON SOUND & USE OF BOW → NO VIBRATO → SLOW TEMPO & PROJECTING SOUND
3. PLAY AN EXERCISE / STUDY	1. Playing an exercise like Ševčík focusing on one technical detail. 2. Playing a study slowly focusing on left-hand patterns and co-ordination to achieve ‘light’ feeling of flexible warmed-up fingers. 3. Playing all the above with a relaxed bow action and a quieter sound to achieve a ‘light’ and flexible feeling in the bow arm.	→ FOCUSING ON A LEFT-HAND DETAIL → FOCUSING ON LEFT-HAND ACCURACY → SLOW TEMPO & LIGHTER SOUND

HAVE YOU LEARNED IT	Action Words / Task
1. PLAY A SCALE & ARPEGGIO	1. THINK OF BOTH FINGERS & BOW CO-ORDINATION 2. DON'T USE VIBRATO 3. PLAY WITH FLOWING TEMPO IN <i>mf</i>
2. PLAY A SCALE SLOWLY	1. THINK OF SOUND & USE FULL LENGTH BOW 2. DON'T USE VIBRATO 3. PLAY SLOWLY IN <i>f</i>
3. PLAY AN EXERCISE / STUDY	1. THINK OF FINGERS GETTING READY, RELAXED & WARMED UP 2. THINK OF BOW GETTING READY, RELAXED & WARMED UP

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**