

PRACTICE TOOLS – PATTERNS – HOW TO PRACTISE PATTERNS		
What is it	What to do	It feels like
1. IDENTIFYING PATTERNS	DIVIDE the music into GROUPS of notes (4 semiquavers, etc.) and rhythm (dotted rhythm, etc.) which require SIMILAR FINGERS / BOW ACTION	→ MAKING PATTERN GROUPS
2. SEPARATING HANDS	<p>1. LEFT HAND PATTERNS – Learning the notes and remembering specifically where any pattern exceptions are, and also singing them to see clearly where changes are. Practicing slowly / in piano.</p> <p>2. RIGHT HAND PATTERNS – Learning the rhythm patterns and remembering especially any pattern exceptions. Practicing with slow / articulated bow.</p>	<p>→ SEPARATING HANDS</p> <p>→ LEARNING PATTERNS</p> <p>→ REMEMBERING PATTERN EXCEPTIONS</p>
3. BOW PLACEMENT	<p>1. Practicing always in the CORRECT BOW PART even if it doesn't feel like the easiest or most comfortable place to play at first.</p> <p>2. Thinking where the bow should go BEFORE placing it on the string.</p>	<p>→ USING THE CORRECT BOW PLACEMENT</p> <p>→ THINKING WHERE BOW GOES BEFORE PLACING IT</p>
4. BOW SPEED CONTROL	<p>1. Practicing with METRONOME and increasing metronome mark gradually to gaining control over the pattern passages.</p> <p>2. Co-ordinating hand movements to fitting perfectly together all the details and patterns which at the beginning were practiced separately.</p>	<p>→ INCREASING SPEED GRADUALLY</p> <p>→ PUTTING HANDS TOGETHER</p>
5. MEMORISING	Practicing MEMORISING PATTERNS as soon as you can – patterns work only if you convert them into MUSCLE MEMORY and do them automatically.	<p>→ AUTOMATIC CONTROL</p> <p>→ MUSCLE MEMORY</p>

HAVE YOU LEARNED IT	Action Words / Task
1. IDENTIFY PATTERNS	GROUP NOTES IN PATTERNS
2. DIVIDE HANDS	1. WORK ON EACH HANDS SEPARATELY 2. LEARN PATTERNS 3. REMEMBER PATTERN EXCEPTIONS
3. BOW PLACEMENT	1. THINK WHERE BOW SHOULD GO 2. PLACE BOW IN CORRECT BOW PART
4. BOW SPEED CONTROL	1. INCREASE SPEED GRADUALLY 2. PUT TOGETHER HANDS
5. MEMORISE	1. MEMORISING PATTERNS 2. AUTOMATIC CONTROL 3. MUSCLE MEMORY

REMEMBER
THE DETAIL
THE ACTION
THE FEELING