

ULTIMATE VIBRATO WORKSHOP

WEEK FOUR PRACTICE MENU



Ultimate Vibrato Workshop - [Week 4 Practice Activities](#)

Total time: under 15 minutes per day.

Start by reviewing the [Weeks 1 - 3 activities](#); they're key to your vibrato success. Take your time with vibrato practice; your neuromuscular system will work optimally only when you feel relaxed and un-rushed!

Activity #1- FANNING

Builds the coordination you need to create completely different movements on the right and left side of your body. Also stimulates the automatic vibrato impulse.

Activity time: 2-3 minutes



Activity #2- ARM VIBRATO (type A) IN A SONG

Choose any simple song, and incorporate it into your vibrato practice. Utilizes the take away rhythm practice strategy.

Activity time: 5 to 10 minutes.



Activity #3 - ARM VIBRATO (type A) IN A SONG

This refines your arm vibrato and gives you the tools to vary the intensity and speed of your vibrato motion. Uses the stop-the-song practice strategy.

Activity time 4-5 minutes.

Support when you need it.

Is anything unclear? If I left something out, or you just have a violin/vibrato related question, [drop me a note](#).

You can play anything on the violin. There is always a way to make the most difficult tasks easy!

Journal Your Practice in the space above. Note any questions or problems.