

# ULTIMATE VIBRATO WORKSHOP

## WEEK ONE PRACTICE MENU



### Ultimate Vibrato Workshop - Week One Practice Activities

**Total time: under 15 minutes per day.**

Vibrato becomes automatic over time. A few minutes a day, beats a long extended practice sessions. Have fun with this; you're becoming an expert at Vibrato type B! Next week we'll focus on type A. ALWAYS: Practice for the joy of it. Keep an open mind and you'll discover something new each day.

#### Activity #1 - Roll On - Roll Off

Video: 1:30 secs - Practice the Roll On/Roll Off Motion (establish position + 4 on/4 off)

Video: 2:30 secs - Roll On/Roll Off Variant 1 (1 on + 3 off)

Video: 2:55 secs - Roll On/Roll Off Variant 2 (2 on plus 2 off)

Video: 3:20 secs - Roll On/Roll Off Variant 3 (alternate continuously, optional acceleration during week )

Video: 3:45 secs - Roll On/Roll Off Variant 4 (no plucking, accelerate as motion decreases)



#### Activity #2 - Heavy Bow - Light Violin Hand

Video: 4:55 secs - Heavy/Light Scale

Video: 6:10 secs - Single finger Variant

Video: 6:45 secs - Slurred scale Variant

(note: this can be used during your regular scale practice routine)



#### Activity #3 - Roll On/Off in a Song

Video: 7:10 secs - play along with the video (4th position)

Variant: Play along with the provided audio track "Waltz in G"

Video: 7:45 secs - Variant play in 1st position using 3rd finger

(note: You can use this technique with ANY song. Simply "pause" the song on a random note and begin the activity.)

#### Activity #4 - Check for Space

Video: 8:21 In playing position, point and view your violin in a mirror.

Notice the clearance around the fingerboard as shown in the video.

While it's possible that your hand may contact the neck of the violin (other than the fingertips), that contact will always be light and incidental. Friction between hand and neck will impede or stop vibrato completely, and will add unwanted tension.

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

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