

# ULTIMATE VIBRATO WORKSHOP

## WEEK SIX PRACTICE MENU



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

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

**Start by reviewing week 1-5 activities; they are 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 ARM VIBRATO (type A) USING DRONE PRACTICE**

A relaxed and comfortable method to make your wrist vibrato natural and effortless.

Activity time: 3-5 minutes

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#### **Activity #2 WRIST VIBRATO (type B) USING DRONE PRACTICE**

A relaxed and comfortable method to make your wrist vibrato natural and effortless.

Activity time: 3-5 minutes

#### **Activity #3 REBALANCE YOUR HAND**

Works, if you're just getting started, or have been playing for a while. simply removing tension from your hand, this is a great starting point. Promotes agility, speed and relaxation.

Activity time: 3-5 minutes

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#### **Additional Remediation Activities**

Great for beginners, but also helps correct existing problems by retraining your muscle memory.

Activity time: 3-5 minutes

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### **RESOURCES PAGE**

Check [this page](#) for additional and advanced resources.

#### **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.*