

ULTIMATE VIBRATO WORKSHOP

WEEK THREE PRACTICE MENU



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

Total time: under 15 minutes per day.

Start by reviewing the [Week 1 and Week 2 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- Fuzzy Scale

Expands on your relaxation activities in Week One. Great for vibrato and every part of your left hand technique.

Activity time: 2-3 minutes



Activity #2- Swing Pluck

The activities in this video are both diagnostic and developmental. If you're having problems with vibrato, help is on the way!

Activity time: 2 to 3 minutes.



Activities #3 and 4- Type B/Wrist Vibrato.

Here we go deeper into Type B or Wrist vibrato. A number of variant exercises are useful to develop your control, relaxation and speed. Begin with Variant 1 for each activity, and add a single new variant each day.

Activity time 3-5 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.