

ULTIMATE VIBRATO WORKSHOP

WEEK TWO PRACTICE MENU



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

Total time: under 15 minutes per day.

Start by enjoying your review time; it's the most important part of your practice. Be sure to start your session with a quick review of the [vibrato motions](#) as well as the activities from [Week 1](#).

Activity #1- Passing the Baton

It's a quick warmup for your Type A, arm vibrato motion. No bow needed.

Activity time: 2-3 minutes



Activity #2- Automatic Vibrato

This motion develops the reflex action of vibrato, so you can vibrate without even thinking about it.

I show you several variants including the option to use this exercise for both arm (Type A) or wrist (Type B) vibrato

Activity time: about 30 seconds per variant. Do this for about 3 to 5 minutes a day.



Activity #3- Arm Vibrato, continued.

Here you'll use arm vibrato (without bow) to practice the motion in a song. You'll see several views of the motion, to make sure you've got it exactly right. Also, two variants are provided so you can begin to control your vibrato speed and width, from narrow to wide, slower to faster.

Do this for about 3 to 5 minutes a day.

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](#).

Now, go enjoy your violin. Feel free to experiment. Always seek what brings you the greatest ease and the most beautiful sound!

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