

Practice Session, Brightest and Best

Typical Warmups:

- Meditation, breathing, focus on ease, stretches on floor
- Bow Sensitivity
 - spiccato bounce (extensive, incl. combinations of various string groups and tempos)
 - slow/fast across 4 strings 2-6 pulses, adjust bow lane for clear tone, and sensitize to the bow contact point friction
- Left Hand for Sensitivity + accuracy
 - patterns up fingerboard
 - heavy bow, light, well aligned violin hand
 - arpeggios 1/2 of complete set
 - great tone, full bows, light and well aligned violin hand, tension-aware, core engaged, shoulders back, knees soft
 - scales of the day, also scale in thirds
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Brightest and Best Excerpt #1, Metronome at 100:

- Tone quality and clarity of 8th notes
 - **Extend Time** full tempo 4x 3x 2x per note
 - **Take Away** violin hand (open strings) first 8 notes, then last 4 notes, then all 12 notes
 - add the E string pickup to the 12 notes

Brightest and Best Excerpt #2:

- Same as above, omit the last step

Points for Practice Excellence:

- use the actual final desired tonal quality when using the practice strategies
- use the final desired tempo when using these practice strategies.
- note that some practice strategies use reduced tempos