

# WARM-UP EXERCISES



5-10 minutes light aerobic exercise



Lunge with rotation



Bodyweight squat + push back



Stick frontal raise



Stick torso lean

# Warm Ups For The Violinist

**Carl Flesch**



## **Warm Ups For The Violinist:**

*Fit in 15 Minutes* Benjamin Bergmann, Claudia Bussian, 2019-04-10 *Fit in 15 Minutes* is intended for occasional players who are very short of time and want to maintain and improve their viola technique in a concentrated and effective quarter of an hour They can also be used at the beginning of a longer practice or rehearsal session As the technical precondition of beginners and professional violists vary each exercise is offered in three levels of progressive complexity Level 1 Exercises for beginners Level 2 Exercises for advanced players Level 3 Exercises for tertiary students and professionals The division in three levels provides didactic transparency It is not meant to create boundaries but serves as a stimulation to identify correlations to polish basics or to conquer new technical challenges *Warm-Ups for the Violists Made Easy* Carol Ann Wheeler, 2012-02-27 *Warm ups for the Violist* is an adaptation of *Warm ups for the Violinist* It is targeted to help build strengthen and develop the muscles and techniques needed for viola playing It is especially suited and created for the more casual violist who is sincerely interested in getting maximum benefit from a minimum of effort I first tested these scales and exercises on myself for six months faithfully using them for about 20 minutes as warm ups to my daily practice I was rewarded with a definite improvement in my technique I was actually surprised to see my dexterity grow as I charted my metronomic progress on a calendar I remember thinking I will never be able to play faster than this But then a couple of weeks later I would indeed climb a notch higher Through the years I have used these exercises in countless workshops and with private students the letters of thanks and positive feedback from students who were thrilled with improved violin and fiddle technique have brought me great satisfaction Progress with these exercises is like the progress of a body builder Body builders do not get up in the morning and think I am going to develop and build my muscles today and instantly look like Mr Atlas It takes weeks months and for some years to attain results It must be done over a period of time Like all diets and exercise programs determination and dedication are most important to success I sincerely believe that these exercises when faithfully practiced will help violists improve their skills the exercises will help develop and strengthen muscles used for finger dexterity clarity of notes tone bowing arm control intonation double stops and a flexible bowing arm wrist A companion audio play along recording is available online *Step by Step 2a -- An Introduction to Successful Practice for Violin* Kerstin Wartberg, 2006-06 The *Step by Step* series is a collection of exercise books CDs for violin based on the Mother Tongue approach From the very beginning it will provide a solid foundation in instrumental technique for Suzuki and traditional approaches in private lessons or group settings The focus is on teaching correct child appropriate practice habits that range from listening singing and dancing to playing music The ideas presented including information for parent and practice tips should stimulate daily practice and also make it more effective Includes new piano arrangements by David Andruss This volume is the Complete Version based on Suzuki Violin School Volume 2 and includes the Violin Exercise Book in English with the CD Pages 60 *Aerobics & Warm-Ups for Fiddlers & Violinists Made Easy* Carol Ann

Wheeler,2012-03-02 *Aerobics Warm Ups for Fiddlers Violinists* is not for the sophisticated violinist with years of classical training It has been created especially for the more casual player who is sincerely interested in getting maximum benefit from a minimum of effort *Aerobics Warm Ups for Fiddlers Violinists* helps to fill this need for technical studies applicable to both the worlds of classical violin and fiddling I first tested these scales and exercises on myself for six months faithfully using them for about 20 minutes as warm ups to my daily practice I was rewarded with a definite improvement in my technique I was actually surprised to see my dexterity grow as I charted my metronomic progress on a calendar I remember thinking I will never be able to play faster than this But then a couple of weeks later I would indeed climb a notch higher Through the years I have used these exercises in countless fiddle workshops and with private students the letters of thanks and positive feedback from students who were thrilled with improved fiddle technique have brought me great satisfaction I sincerely believe that these exercises when faithfully practiced will help violinists improve their playing skills the exercises will help develop and strengthen muscles used for finger dexterity clarity of notes tone bowing arm control intonation double stops and a flexible bowing arm wrist Companion free Audio Tracks available online *The Russian Violin School*

,2016-07-15 The Russian school of violin playing produced many of the twentieth century s leading violinists from the famed disciples of Leopold Auer such as Jascha Heifetz Nathan Milstein and Mischa Elman to masters of the Soviet years such as David Oistrakh and Leonid Kogan Though descendants of this school of playing are found today in every major orchestra and university little is known about the pedagogical traditions of the Russian and later Soviet violin school Following the revolution of 1917 the center of Russian violin playing and teaching shifted from St Petersburg to Moscow where violinists such as Lev Tseitlin Konstantin Mostras and Abraham Yampolsky established an influential pedagogical tradition Founded on principles of scientific inquiry and physiology this tradition became known as the Soviet Violin School a component of the larger Russian Violin School Yuri Yankelevich 1909 1973 a student and assistant of Abraham Yampolsky was greatly influenced by the teachers of the Soviet School and in turn he became one of the most important pedagogues of his generation Yankelevich taught at the Moscow Conservatory from 1936 to 1973 and produced a remarkable array of superb violinists including forty prizewinners in international competitions Extremely interested in the methodology of violin playing and teaching Yankelevich contributed significant texts to the pedagogical literature Despite its importance Yankelevich s scholarly work has been little known outside of Russia This book includes two original texts by Yankelevich his essay on positioning the hands and arms and his extensive research into every detail of shifting positions Additional essays and commentaries by those close to him examine further details of his pedagogy including tone production intonation vibrato fingerings and bowings and his general approach to methodology and selecting repertoire An invaluable resource for any professional violinist Yankelevich s work reveals an extremely sophisticated approach to understanding the interconnectivity of all components in playing the violin and is complete with detailed practical suggestions and broad historical context

*Warm-Ups for Fiddlers & Violinists Made Easy* Carol Ann Wheeler, 2010-12-01  
Aerobics WarmUps for Fiddlers Violinists is not for the sophisticated violinist with years of classical training It has been created especially for the more casual player who is sincerely interested in getting maximum benefit from a minimum of effort Aerobics WarmUps for Fiddlers Violinists helps to fill this need for technical studies applicable to both the worlds of classical violin and fiddling I first tested these scales and exercises on myself for six months faithfully using them for about 20 minutes as warmups to my daily practice I was rewarded with a definite improvement in my technique I was actually surprised to see my dexterity grow as I charted my metronomic progress on a calendar I remember thinking I will never be able to play faster than this But then a couple of weeks later I would indeed climb a notch higher Through the years I have used these exercises in countless fiddle workshops and with private students The letters of thanks and positive feedback from students who were thrilled with improved fiddle technique have brought me great satisfaction I sincerely believe that these exercises when faithfully practiced will help violinists improve their playing skills The exercises will help develop and strengthen muscles used for finger dexterity clarity of notes tone bowing arm control intonation double stops and a flexible bowing arm wrist Companion free Audio Tracks available online **The Orchestral Violinist's Companion, Volume 1 + 2** Martin Wulfhorst, 2025-06-10

Orchestermusiker im heutigen Berufsleben sind hochspezialisierte und hochqualifizierte Instrumentalisten Schon lange wurde erkannt dass die traditionelle Ausbildung an den Hochschulen zwar ein hervorragendes Fundament f r das Orchesterspiel legt den besonderen Anforderungen des Orchesterbetriebes aber nicht in allen Punkten gerecht wird Die vorliegenden B nde vermitteln F higkeiten und Kenntnisse die Orchestergeiger neben der normalen Hochschulausbildung und ber sie hinaus ben tigen Als Trainingsanleitung und Ratgeber k nnen sie die Musiker ber alle Stadien ihrer gesamten Laufbahn hinweg begleiten von der Probespielvorbereitung bis hin zur Bew ltigung der Langzeitbelastung beim t glichen Orchesterdienst Dabei bieten die B nde eine F lle von Themen aus den Bereichen betechniken Blattspiel T gliche beroutinen Umgang mit dem K rper Bogentechnik und Tonbildung Technik der linken Hand Pizzikatotechnik und spezielle Techniken Rhythmus und Ensemblespiel Notation und Auff hrungspraxis Einrichten von Orchesterstimmen Stilkenntnis Erarbeitung eines Kernrepertoires Probespielvorbereitung Bew ltigung von Auftrittsangst Bew ltigung des Orchesteralltags Verst ndnis f r das Orchester als soziales Umfeld Bew ltigung der physischen und mentalen Langzeitbelastung im Orchester Beigef gt ist ein ausf hrliches kommentiertes Verzeichnis aller Orchesterstudien Sammlungen und aller themenbezogenen B cher und Artikel einschlie lich der wichtigsten Studien der letzten Jahre zur Performance Science Spezielle Kapitel zu allen wesentlichen be und Spieltechniken enthalten Hunderte von bebeispielen aus ber 300 Orchesterwerken aus den Bereichen Symphonik Oratorium Oper Operette und Ballett aus der Zeit zwischen ca 1750 und 1950 Hinzu kommen spezielle bungen die der Orchestertechnik gewidmet sind Die B nde wenden sich an Studenten in speziellen Master Studieng ngen im Orchesterspiel Probespielkandidaten Berufsanf nger erfahrene Orchestermusiker und Dirigenten und sind auch als Material f

r Kurse im Orchesterspiel geeignet Zusätzliches Material und Einführungsvideo auf [www.orch.info](http://www.orch.info) **Group Lessons for Suzuki Violin and Viola** Carolyn McCall, A compilation of violin and viola repertory group lesson ideas planned to reinforce what is learned at individual lessons at home This 84 page book is organized according to students ability levels from pre Twinkle through Volume 4 Each chapter contains an introduction suggested warm up activities and appropriate ideas for working toward these goals posture concentration and coordination right hand techniques left hand techniques and musicality Activities for combined violin and viola groups and suggestions for the end of the group lesson wrap up each section of the book This is an attractive and useful book with an emphasis on ideas Photographs help to illustrate concepts

**The Violin Companion** Peter Ferreira,2008-06-11 The Violin Companion A companion book for beginner violin students of all ages with answers to the most commonly asked questions [Fit in 15 Minuten](#) Benjamin Bergmann,2016-10-10 String Fit in 15 Minutes is intended for occasional players who are very short of time and want to maintain and improve their violin technique in a concentrated and effective quarter of an hour They can also be used at the beginning of a longer practice or rehearsal session **Violin Method** Frank Zucco,2015-10-16 This is a very popular violin method which features a colorful and creative assortment of solos and studies for the beginning student Frank Zucco is a master teacher who has taught music to thousands of beginning students His authoritative knowledge and experience are clearly shown in this fine method The Mel Bay Violin Method is a modern approach teaching sound fundamentals of violin performance Topics covered include time signatures reading music pizzicato articulations and more By the time the student has finished this book he or she will have played in all major and minor keys with up to four accidentals in the key signature Several of the tunes include accompaniment chords and others are duets for teacher and student Third position is also introduced with several practice tunes The video is 116 minutes and covers the first 77 pages Includes access to online video **The Violinist** ,1915

**Violins and Violinists Magazine** ,1957 *The Art of Violin Playing* Carl Flesch,1924 [Violins and Violinists'](#) [Magazine](#) Ernest N. Doring,1956 Includes music **Violin Making** Walter Henry Mayson,1909 *Etude* Theodore Presser,1927 Includes music *Jacobs' Orchestra Monthly* ,1920 **The Faience Violin** Champfleury,1893 [Club Dial](#) ,1928

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