

Checklist for Performing Technical Exercises

Posture

is the most important teaching point for beginners.

A beautiful tone

is the most important goal!

When analyzing a student's body posture, begin on the floor with their feet.

Continue up the body to assess freedom from unnecessary tension in a student's

- knees
- back
- shoulders
- neck
- head

Always check a student's

- violin hold
- bow hold
- left hand shape
- and their concentration and focus

These fundamental skills must always be in place FIRST before a technical study can be successfully addressed.

✓ **Accurate Intonation**

The result of a balanced and efficient left-hand technique and the student's listening and inner listening.

✓ **Good Sound Quality**

A beautiful, strong, resonant, and clear sound is the result of control over the bow's contact point, weight, and speed.

Other factors, including the amount of hair on the string, the angle of the bow, and the release of the arm's natural weight can affect tone production. The foundation of a beautiful sound is the student's balanced and relaxed bow hold.

✓ **Controlled Rhythm**

In order for the left and right hands to coordinate and produce an efficient and successful performance of a technical exercise, the rhythm must be steady and exact. Performing technical exercises with a musical accompaniment can produce wonderful results in this important area.

✓ **Ease and Naturalness**

All exercises should be repeated over time until they are able to be performed with ease and naturalness. Skill comes with repetition, and the result of repetition over time is a solid violin technique that establishes a healthy foundation for all future learning.

