

The Building Blocks for Instrument Skill Development

4/23/2018

STAGE 1: Foundational Learning

Posture: Stationary Position

- Bow Hold
- Instrument Placement & Hold
- Critical Study: Understanding the Reason Behind Physical Posture Requirements

STAGE 2: Applied Foundational Learning

Posture: In Motion

Right Hand - Bow: Utilizing different parts of the bow:

- o Finger Bow Stroke
- o Wrist Bow Stroke
- o Arm Bow Stroke

Left Hand - Instrument: Fingering & Instrument Angle

Fingering:

- o Keep the wrist straight
- o Relaxed Thumb
- o Navigate between Strings Swinging the Arm Like a Pendulum
- o Introducing Finger Patterns

Applied Methods: Introducing Fingering Positions & Bowing Techniques

- Scales Studies
- Bowing Technique Studies
- Shifting Studies
- Applied Music Selections

Critical Study: Introduction to Learning Skills to Problem Solve Playing Issues

STAGE 3: Advancing Applied Technique

Applied Posture: Bowing & Fingering Technique

- Advanced Bowing Techniques
- Shifting Between Positions

