

Daniel Ratush

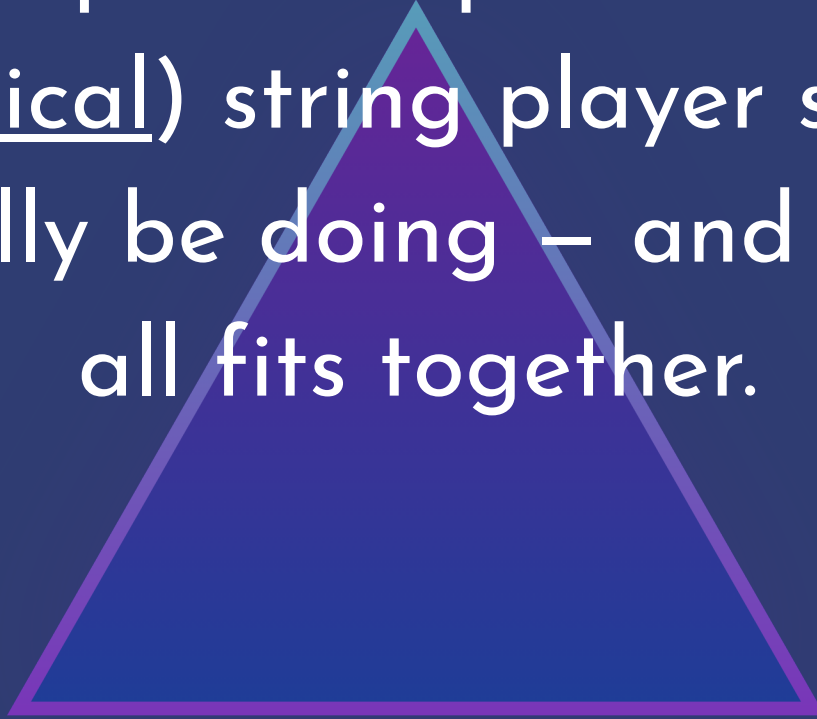


Violin-Viola Studio

FREE GUIDE

The Practice Pyramid

The complete map of what every (classical) string player should actually be doing – and how it all fits together.



By Daniel Ratush
Violin & Viola Teacher



Nobody Ever Showed You the Full Picture

Here's something almost no teacher ever explains to their students — beginner, intermediate, or otherwise.

There is a **complete architecture** to a classical musician's path that defines the way he organizes his practice. A map.

A structure that, once you see it, you can't unsee it — and that makes every single practice session clearer, calmer, and more effective.

Most players — even those who've been playing for years — have never had this map explained to them. They just... practice.

They pick up the instrument, play through some things, maybe run a scale or two, noodle around a bit, and put it back down. Sound familiar? 😊

It's not your fault. It's just that nobody drew the map. This guide draws it.

A practice session isn't just 'time with your instrument.' It has ingredients, stages, and a logic — and knowing that logic changes everything.

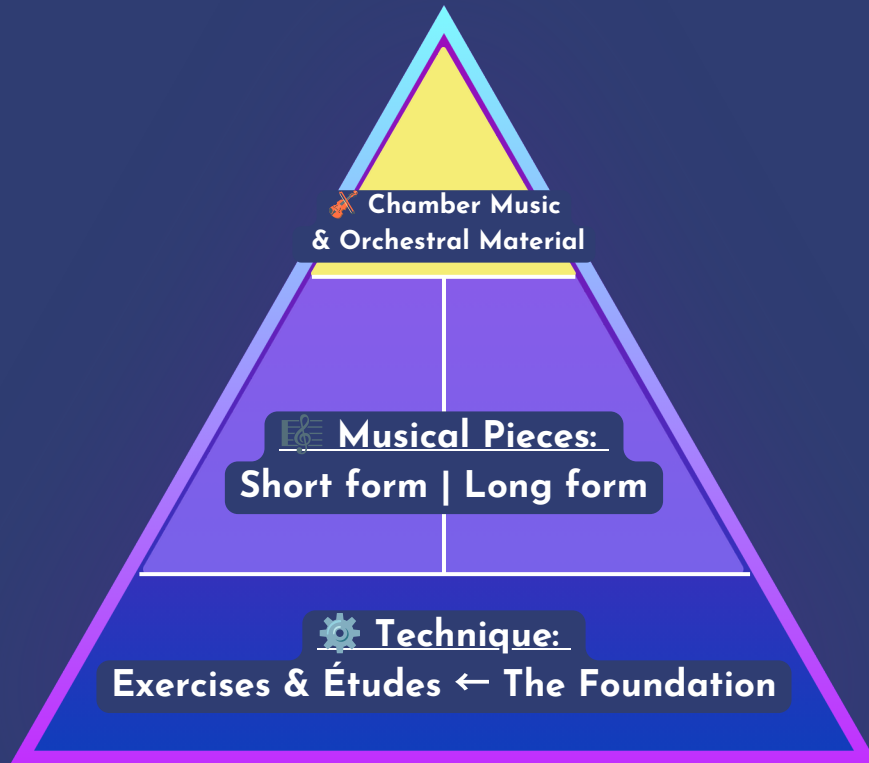
In the next few pages you'll see:

- The full pyramid of what a practice session actually consists of
- The two core stages every session should have — and what each one is for
- Why warm-up and main work aren't as separate as you think (the Venn diagram moment 🎯)
- The often-overlooked ingredient that most players do instinctively — but in the wrong place
- How rests and pauses fit into all of this



The Practice Pyramid

Think of your entire musical repertoire and practice material as a pyramid. Everything you ever work on fits somewhere inside it.



The Base: Technique — Exercises & Études

This is the foundation of everything. Without it, the upper layers have nothing solid to stand on. It splits into two types:

- **Dry technical exercises** — scales, arpeggios, finger drills, bow exercises. These are the gym work. Not glamorous, but essential.
- **Musical études** — pieces that are technically demanding but also musical. Think Kreutzer, Wohlfahrt, Mazas. They bridge technique and music.



The Middle: Musical Pieces

This is where the joy lives. It splits into two categories:

Short form pieces — two kinds:

- **Show-off pieces** — caprices, virtuoso showpieces, brilliant and technical. These are the crowd-pleasers. Sometimes in two movements (an intro + the show-stopper part).
- **Lyrical and light pieces** — not meant to impress with speed, but to touch people.

Long form pieces — two kinds:

- **Concertos** — the big heavy lifting vehicles. The real ground for putting our technique, musicality and endurance into the test.
- **Sonatas & Partitas** — more intimate, often with piano, or solo unaccompanied works.

The Tip: Chamber Music & Orchestral Material

This sits at the top because it's the most contextual (and to some extent optional) — it depends on others, on ensemble playing, on listening in a completely different way. It includes:

- **Chamber music** — duos, trios, quartets, and other small ensembles.
- **Orchestra repertoire** — symphonic works, where you're one voice among many.

Most adult beginners and intermediates don't reach this layer quickly — and that's completely fine. The pyramid is a map of the whole journey, not a to-do list for Tuesday.



The Two Stages of Every Practice Session

Now we zoom out from the pyramid — from what you practice to how a session is structured.

Every practice session — whether it's 20 minutes or 2 hours — has two core stages:

Stage 1 — The Warm-Up

Preparing your body, your fingers, your bow arm, and your mind for what's about to come. Think of it as switching your instrument — and yourself — from 'standby' to 'performance mode.'

Stage 2 — The Main Work

The actual practice — working through pieces, exercises, études. This is where progress happens. And it happens better, faster, and more reliably when Stage 1 has been done properly.

Here's the analogy I always give my students:

You wouldn't start a car engine in -10°C and immediately floor it on the motorway. You let it warm up. Your fingers, your bow arm, your ear, your focus — they all need the same courtesy.

Most adult players — beginners especially — skip Stage 1 entirely and dive straight into Stage 2. They open their sheet music, start playing their piece, wonder why it sounds rough and uncooperative, get frustrated, and practice the frustration as much as the music.

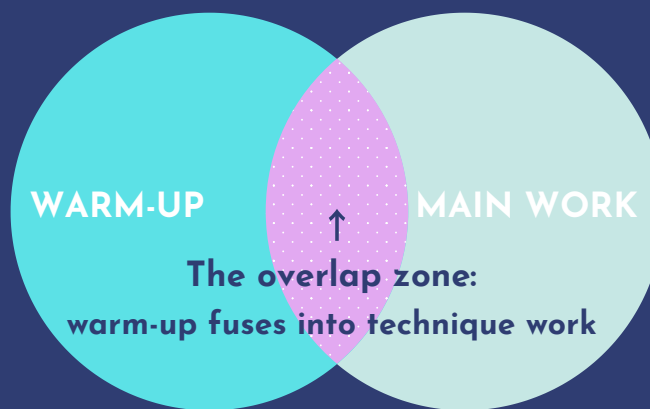
The warm-up stage isn't optional. It's the **condition** that makes Stage 2 possible.



The Venn Diagram: Where Warm-Up Meets Work

Here's something that surprises a lot of people: Stage 1 and Stage 2 are not two separate boxes with a hard wall between them.

They overlap. They fuse into each other.



As a beginner or intermediate player, your warm-up will naturally include technique work — scales, bow exercises, finger patterns. These are also part of the foundation layer of the Practice Pyramid. So you're warming up **and** doing technical practice at the same time.

And conversely: something you start in the warm-up — say, a tricky string crossing pattern — might lead you naturally into working on it more deeply in the main work phase. The transition is fluid, not forced.

The boundary is **flexible**. What matters is the intention behind each moment: are you warming up (activating, preparing), or are you working (fixing, deepening, building)?

Both are valid. Both are necessary.

And the more aware you are of which mode you're in, the more intentional and effective your session becomes.



The Third Ingredient: The 'Fiddling Around' Factor

There's a third element that almost every player does — but almost nobody names or thinks about consciously.

I call it the "**Fiddling Around**" Factor 🎵 (yes, quite literally).

It's that moment when you just... play.

No goal, no fixing, no technique focus.

You improvise something, you noodle on a melody you like, you play a passage just because it feels fun. **It's musical play — and it has real value.**

The question is: **where does it fit?**

Good places for it:

- Before the warm-up — as a soft, informal entry into playing. Low stakes, just getting the bow moving.
- Between warm-up and main work — as a brief breath of fresh air before buckling down.
- Sprinkled in small doses within the main work — a short moment of relief, like a refreshing informal comic relief in a long film.



One place to be careful with it:

At the very end of the session — especially when you're working on correcting old bad habits.

Here's why: **free, unmonitored playing tends to bring back automatic patterns** — the old ways your fingers and bow want to move.

If you end your session with that, you risk undoing some of the careful work you did before. Your nervous system consolidates what it experienced last.

This doesn't mean you can never end with a fun noodle. But if you're actively trying to rewire a habit, it's worth being aware of this.

And here's something worth underlining: it's actually important to **name** this fiddle-noodle-doodle impulse — precisely so you don't fall into it silently and blindly.

Calling it out makes you conscious of it. Suddenly you catch yourself: "Oops — here I go, slipping back into doodling instead of working on this passage mindfully and intentionally!" 😅

That moment of self-awareness **is** the practice skill. Knowing the map means you always know where you are on it.



Rests & Pauses: The Unsung Heroes

One last ingredient that most practice guides ignore completely: the rests.

Your brain and your muscles don't only learn while you're playing. They also learn **in between**. Pauses are not wasted time — they're part of the process.

And it's actually backed up by science: Our brains literally reorganize and restructure their neural pathways during periods of **idle rest** — not during the time of focused activity, as funny as it sounds.



A rough guide:

- 30–45 min session → at least 1 short break between warm-up and main work
- 60 min session → 2 rests: one after warm-up, one mid-way through main work
- Longer sessions → add more accordingly

The length of each rest is personal — some people need 1 minute, some 5. What matters is that you **step away from the instrument** briefly. Put it down. Breathe. Let the last thing you practiced settle.

Practice isn't just the playing. It's the playing, the pausing, the awareness of where you are in the structure — and the intention behind each moment.



So – Where Do You Start?

You now have the full map:

- The pyramid of what to practice.
- The two stages of how to structure each session.
- The Venn diagram overlap.
- The fiddling around factor.
- The rests.

Here's what most adult players tell me once they see this framework:

"I've been playing for two years and no one ever explained this to me. I just didn't know there was a system."

And that's exactly the point.

Of all the stages in this map, the **warm-up phase** is the one that adult beginners and intermediate players are most consistently lost on.

Not because it's complicated — but because nobody ever gave them a **structured, level-appropriate system** to follow.

That's what I built. And the beauty of it is that **IT'S DESIGNED FOR ALL VIOLIN AND VIOLA PLAYERS — REGARDLESS OF GENRE OR STYLE.**

The Complete Violin & Viola Warm-Up System™

A step-by-step warm-up course for adult beginner to intermediate players.

5 stages. Both instruments. Every stage covered.

→ [CLICK HERE TO SEE THE FULL COURSE](#) ←

You've got the map. Now let's fill in Stage 1 — properly.

— Daniel