

I Hate to Practice: How to Make the Most of Your Time
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Indiana Music Educators Association
Saturday, January 14, 2023, 3:00 p.m.
Hilton Farnsworth

**Practice Routines for Developing and
Maintaining Technique**

15-Minute Routine

1. Designed for beginning students who have started scales, learning positions and basic bow strokes.
2. Designed for students with a busy schedule and limited practice time.
3. Designed for maintenance practicing at current technical level.

30-Minute Routine

1. Designed for intermediate-level students committed to improving their skills and increasing their practice time.
2. Designed for intermediate- and advanced-level students with limited practice time who want to improve but are unable to make a greater time commitment.

45-Minute Routine

1. Designed for intermediate- and advanced-level students wishing to make progress and learn new skills.
2. Designed for students who play in youth orchestras and/or chamber music groups.
3. Designed for the refinement of technical skills required in more advanced solo repertoire.

Practice Routine

<u>Area of Practice</u>	<u>15-Min. Allotment</u>	<u>30-Min. Allotment</u>	<u>45-Min. Allotment</u>
Warm Up and Stretching Exercises	2 minutes	3 minutes	4 minutes
Left-Hand Dexterity	2 minutes	3 minutes	3 minutes
Silent Practice			
Tone Production: Open Strings, <i>Son file</i>	2 minutes	3 minutes	4 minutes
Scales, Arpeggios, and Double Stops	3 minutes	9 minutes	15 minutes
Shifting and Vibrato Exercises	3 minutes	6 minutes	9 minutes
Bowing: Control, Flexibility, Articulation	3 minutes	6 minutes	10 minutes

Routines do not include practice time for solo repertoire and orchestra/chamber music pieces.

Suggested Materials

Material to be used at this session will be available online at www.stringplayforall.com/conferences

Area of Practice Beginning Level

Warm Up and Stretching Exercises	Movement Games Dalcroze/Eurythmics Phyllis Young: <i>Playing the String Game</i>
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Left-Hand Dexterity

Silent Exercises	Schradeick: <i>School of Violin Technics</i> , Bk. I Wohlfahrt: <i>Foundation Studies</i> Strengthening Exercise
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Tone Production

Open Strings

Son file

Scales, Arpeggios, Double Stops

Shifting, Positions, Vibrato

Bowing: Control, Flexibility, Articulation

Intermediate Level

Rolland: <i>The Teaching of Action in String Playing</i>
Kato Havas: <i>A New Approach</i>
Menuhin: <i>Six Lessons</i>

Ševčík: *School of Violin Technique*, Op. 1

Flesch: <i>Urstudien</i>
Kruse: <i>Silent Left-Hand Exercises</i>
Primrose: <i>Technique is Memory</i>

Creeping hand up bow, bow perpendicular to floor.

Rotating bow in hand, bow perpendicular to string

Alternating and changing weight of fingers on bow

Flesch: *Scale System*

<i>One-position scales and arpeggios</i>
Barber, <i>Scale Studies for Young Violinists</i>

The Sixteen Shifts

Whistler: *Introducing the Positions*, Vol. I

Kayser: <i>Elementary and Progressive Studies</i> , Op. 20, Nos. 17, 22, 31
Ševčík: <i>Shifting the Position</i> , Op. 8

Mazas: <i>75 Melodious and Progressive Studies</i> Book 1, Nos. 7, 13, 20
Kruse: <i>The Lost Position: Adventures in Half Position</i> , Vol. I

Ševčík, *School of Violin Technique*, Op. 2

Mazas: <i>75 Melodious and Progressive Studies</i> , Op. 36
Ševčík, <i>40 Variations</i> , Op. 3

Kruse: <i>Itsy Bitsy Bows</i>

Advanced Level

Alexander Technique
Feldenkrais Method
Yoga, Tai Chi
Winberg and Salus: <i>Stretching for Strings</i>
Türk-Espitalier: <i>Musicians in Motion: 100 Exercises with and without Instruments</i>

Dounis: <i>Violin Players' Daily Dozen: To Keep the Violinist Technically Fit for the Day's Work</i>
Pinky
Kievman: <i>Practicing the Viola Mentally & Physically</i>
Vamos: <i>The Violinist's Daily Warm Ups & Scale System</i>

Simon Fischer: <i>Warming Up</i>
Three-octave scales and arpeggios

Barber: *Scales for Advanced Violinists*

Trott: <i>Melodious Double Stops</i>
Ševčík: <i>Preparatory Exercises in Double Stops</i>

Whistler: *Introducing the Positions*, Vol. II

Hans Sitt: <i>Etüden</i>
Kreutzer: <i>42 Etudes or Caprices</i> , Nos. 10, 11, 12
Simon Fischer: <i>Basics</i>
Kruse: <i>The Lost Position: Adventures in Half Position</i> , Vol. II
Kruse: <i>2, 4, 6, 8: Positions We Don't Appreciate</i>
Paganini: <i>24 Caprices</i>

Kreutzer: *42 Etudes or Caprices*

Rode: <i>24 Caprices</i>
Paganini: <i>24 Caprices</i>