

## Practice Routine

### 1) Bow hold

- ☐ Bow hold steps (page 11)

- ☐ Play your open strings (no fingers down). Use your whole bow. Make sure your bow is parallel to the bridge and halfway between the bridge and fingerboard. Open and close your elbow, keeping your shoulder still.

- ☐ Play rhythms on your open strings (short short long; long short short).

### 2) D Major Scale

- ☐ Play pizzicato until you are able to move your fingers at the correct times and they go down in the correct spots (on the tapes).

- ☐ Play arco (with your bow).

### 3) Book Exercises/ Orchestra Songs

- ☐ Play the exercises we have circled in the book. Play pizzicato until you are able to move your fingers at the correct times and they go down in the correct places.

- ☐ Play arco (with your bow). Then review the song.