10 WAYS to PRACTICE

1. 7 Basic Rhythms:

2. 7 Basic Bowings:
   - Point
   - Frog
   - Middle
   - Full Bow

3. Repetition:
   a. of each note (4x, 3x, 2x, single)
   b. of the passage

4. Reversing the Passage:
   Play:

5. Accentuation:

6. Soft - Loud:
   - Soft (no bow pressure - strong, lest hand articulation)
   - Loud (strong bow pressure - light rest hand articulation)

7. Slow - Fast:
   - Slow (minimum amount of bow)
   - Fast (maximum amount of bow)

8. Keeping Fingers Down (on fingerboard)

9. Using No Left Thumb (scroll against the wall if necessary)

10. Progressing - Alternating Bowing (see concentrated exercise - page)