

Stage

1

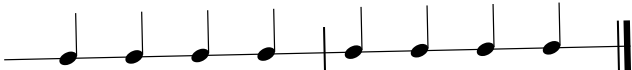
Fact file

Pizz. (pizzicato) = pluck the string


Rhythm box

♩ = crotchet (quarter note) – count 1 beat

♩ = crotchet rest (quarter-note rest) – count 1 beat


Clap: 

Count: 1 2 3 4 | 1 2 3 4

Clap: 

Count: 1 2 3 4 | 1 2 3 4

Open strings



C G D A

1 Tuning notes: your teacher will tune your open strings for you.

Warm-ups

Before you play

Head, shoulders, knees and toes

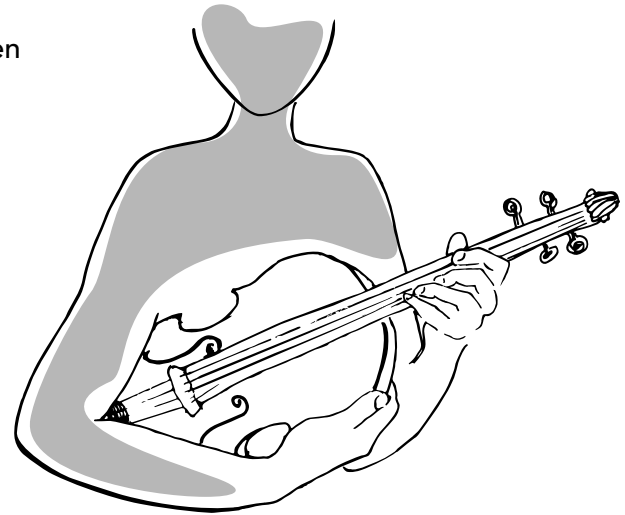
With your fingertips, tap your head, shoulders, knees then toes four times each. Repeat, tapping each three times, then two and finally once each.

Polishing the neck

In rest position, slide your left hand up and down the neck of the viola.

Getting ready to play

Put your viola up ready to play, with your left hand on the front right shoulder of the viola. You won't need your bow yet. Pluck (*pizz.*) all the pieces in this stage. Your right thumb should be tucked under the corner of the fingerboard.



Going up!

pizz.



Going down!

pizz.



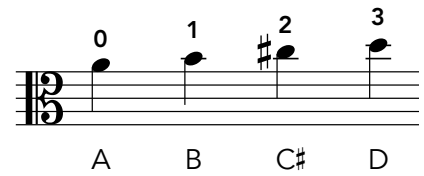
Stage

9

Fact file

- *Cresc. (crescendo)* = becoming louder
- *Dim. (diminuendo)* = becoming quieter

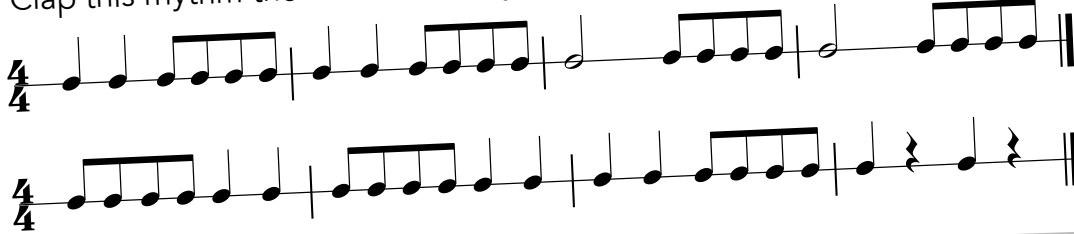
New notes on the A string



Rhythm box

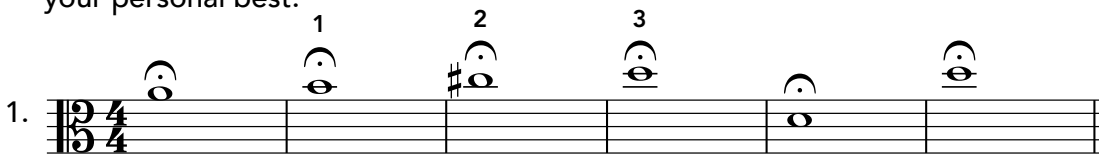
♪ = quaver (eighth note) - ♪♪ = ♪

Clap this rhythm then bow it on any string.

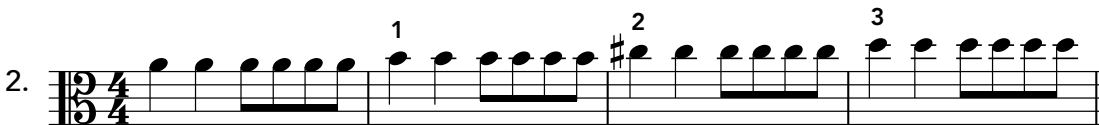


Warm-ups

Play this with long bows and concentrate on keeping your bowing arm relaxed. How many seconds can you play each note for? Keep a note of your personal best.



Use less bow for the quavers (eighth notes):



The quavers in bars 1 and 3 will be in the top half of the bow. Where will they be in bars 2 and 4?



Listen to your sound on the long notes: check there are no wobbles.



Personal best

Date	Seconds