**Lesson 4**

**3:45/4:45 Class:**

So far we are on schedule for this semester. The past class we covered the previous steps (please catch up with your lessons plans to make sure you are not leaving anything behind), it includes the following:

-Warm up - stretching

-Rest position- feet together, make a v, take a step

-Statue of Liberty

-Play position

-tap the rhythm over the high dot (smiling face) with the left hand

Our rhythms:  cheeseburger, popcorn and candy, Mississippi river

Our songs:

     Eggs (see the lyrics in the lesson 2),

     GDG song:   GDG rest

                            GDG rest

                            GGDD

                            GDG rest

now with the second part: DAD rest

                                            DAD rest

                                            DDAA

                                            DAD rest

Bow (please look photos from last lesson):

-keep fingers relaxed and loose

-if the fingers are loose they will have a curved shaped form, keep that while holding the bow

-the first knuckle of the fingers rests over the stick of the bow, bend the thumb

To exercise the bow hold:

-Tap finger while hold the bow (first finger, two middle together, pinky and thumb)

Some games to play while holding the bow, looking for a perfect bow hold

-rocket around the room

-stir some soup

-windshield wipes

-Pinocchio,

-unicorn

-shark

Play the rhythms on the shoulder with the bow, to get use to the bow, open and close the forearm.  I included a video, please check out. It is a video for teacher with some technical words, however shows how you can help your kid practice at home.

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If you have any questions, please get in touch with me: [dsdacruz@valdosta.edu](mailto:dsdacruz@valdosta.edu)

**4:15/5:15 Class:**

So we began with review (see notes from last week):

-Rest position to playing position. Make sure that your feet are apart, not next to eachother. When coming down from Statue of Liberty, students are doing better at finding that comfortable home for the violin on their shoulder/collar bone. But make sure you find the place that's most comfortable for you while continuing to have good posture!

-Next we practiced EGGS- plucking each string three times. This was greatly improved! But we are still working on having all the students play together at the same time. Practice this at home, while counting inside. You can even practice it while marching in rhythm.

- Then we reviewed our rhythm taps- Cheeseburger, Mississippi Hot Dog, Pop Corn and Candy, and Strawberry. I want to hear the tap on the strings on the fingerboard, over the high dot. Use more motion in the hand, like you are waving at yourself.

- Next we went to bowhold. For the 4:15 class it was partly review and for 5:15 it was new. Please see pictures and notes from last week about hold on pencil! Center of the hold is an A-OK symbol between Mr. Bent Thumb and the first inside knuckle of your middle finger. Place the pencil in between this connection. Let other fingers hang over and pinky is put on top, curved. With working on the bow hold on the pencil, make sure you practice this with a straight and or relaxed wrist. There shouldn't be any tension in the arm!

-Then we practiced our pencil exercises (see attached photos from for straight fingers to flat knuckles and teeter totter from last week)

-Teeter Totter- try to execute this with the wrist first. Tilt pencil to left, straight, then right, then straight, left… etc. Next try to execute this with the fingers only. This is hard. Release weight of pinky on top, let pencil fall left. Then push pinky back down on pencil to ben right, etc…

-Straight fingers to flat knuckles. This exercise was a little complicated. We will try it more next week. Preparation: without pencil, make a fist, then flatten knuckles. Then bend fingers straight down to floor, forming L with palm and fingers, and then back to flat knuckles. Once you've mastered this, try it with a pencil in your hand, moving it up and down only with the fingers in this way.

Bow grip on the bow (see attached photos and video) : Next, we took the bow, and put our bow grip on the bow by holding the stick (not the hair!!) with our left hand in the center of our body, so that the frog is directly in front of your right arm. Stretch your right arm to begin to place the bow hold. Make sure thumb is placed between the frog and the grip- bent outward. Only the tip of the thumb should touch. Let your middle finger rest on top, touching the stick at the first knuckle. Then rest other fingers over the bow. The ring finger can cover the eye of the frog. But if your ring finger is not long enough, it doesn't have to. And the pinky rests on top of the stick (on the flat side) curved. Once you have your grip established, let go of left hand, and try to hold the bow with right alone.

Then, we practiced three bowing games, while keeping our bow grips correctly on the bow: 1) windshield wiper 2) stirring the pot 3) the rocket

Lastly, we begin bowing over our left shoulder. Make a rectangle with your torso, your right arm (bent at elbow,) and the bow. The hair touches your left shoulder. Begin bowing up and down on the shoulder. Practice long and short bows and the rhythm tap exercises with the bow. For example, Cheeseburger, begin in the middle of the bow. Move bow to the tip on "Cheese." Then do two short, bows at the tip on "burg-er." Then back to the middle on "Cheese," and two short bows in the middle on "burg-er," etc... Repeat until the student feels comfortable. So it's a long- short- short action with the bow.

What To Practice:

Students should try to get in around 10 minutes a day at this point, with maybe a day off on the weekend. Spend 1 to 2 minutes, practicing rest position to playing position. Another 2 to 3 minutes on pizzicato, EGGS, and rhythm taps. And the last five minutes this week should be spent on getting comfortable with the bow grip, and practicing bowing rhythms and exercises over the shoulder. These times and ideas are general, and do not work for everyone! At school or during down time, students can practice their bow grip and exercises with the pencil, anytime. The most important thing to remember when practicing is that it's about quality not quantity. So it's better if you do one thing really well on a practice day, rather than 4 things not so well. Good luck and see you next Tuesday!

Good video showing excellent bowgrip and explains the functionality of each finger:

https://www.youtube.com/watch?v=w\_hGdGVruH8

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