**Lesson 5**

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

Dear Parents,

Our last lesson was focused on the bow hold; some exercises are useful for the

development of the bow hold:

-make sure all the finger are loose, the pinky curved and the thumb bent;

-tap the first finger (index finger), the middle fingers (middle and ring finger together), and the pinky

-shake the hand to loosen up before and after practice the bow hold

-play games while holding the bow (Pinocchio, unicorn, rocket, stir the soup, windshield wipers);

Always check the hand for “the perfect bow hold”



1- marks can be drawn on the hand to help the student visualize were place the bow

2- thumb is placed between the middle and ring finger

3- after loosening up the fingers, just let it drop on the bow (or the pencil first, because it is lighter than the bow and easy to control)

4- upside down view

Bow hold, while holding the bow; the thumb should be on the clip, metal part of the frog.

Because next week is Thanksgiving, we do not have class, next class is in Dec 2.

Help and remind your kid to practice at home.

The ideal is the student expend 10 minutes everyday practice rest and play position, bow hold, bow shoulder (with the rhythms learned in the previous lessons: Mississippi River, Popcorn and candy, cheeseburger) and our 2 songs (EGGS and GDG)

One very good way to help (especially the little kids) to associate violin hand and bow hand is asking them during the day, for example during dinner:

Could you show me your violin hand? (Left hand)

Could you show me the bow hand? (Right hand)

It would help the youngest students associate the hands by visualize the instrument in their hands without label right or left.

For the second group class(4:45-5:45), I gave flash cards to practice note reading at home, may you spend a couple of minutes practice that as well.

Have a great week!

For next class we will start the bow and the violin together. See you than!

Any questions, please contact me:

dsdacruz@valdosta.

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

Great job to all the kids so far! We care coming along nicely, and have started to use the bow. Because of Thanksgiving, we will not have a lesson this next Tuesday. So the next time I will see you is December 2nd. Please try to practice around 10 minutes a day at this point. If some you are eager and want to do 15-20 minutes, by all means,go right ahead!

Goals for December 2nd class:

1.) For the next class, everyone should be able to hold their instrument without their left hand helping for at least 20 seconds. We have been working on rest to playing position since we started. Please practice this over a soft surface like a bed or couch, in case the instrument falls. Review steps from previous lessons on going from rest position to playing position. And please add the footsteps we worked on last week. Begin with feet together on rest position. When you put your instrument out in front take a small step to the side so your legs are even with your shoulders. Then when you go into statue of liberty, take a step back and to the side with your right foot- forming a V. But don't make it too big! See attached picture.

2.) Everyone should be able to do the Teeter totter with their fingers alone (not the wrist) on a pencil with a proper bow hand.

3.) Strive to make a good, even sound with the bow these two weeks!!

What we covered in the lesson:

Everything we do is comprehensive. So at least half of each class time is spent on review. From now on I will organize my lesson notes into two sections, review and new material.

Review (please look over previous lesson notes for additional information):

-Rest to playing position

-EGGs song

-Pop Goes the Weasel (plucking E string in rhythm)

-Rhythm taps on fingerboard, waving hand: Cheese-burger; Mississippi Hot-Dog; Strawberry; Pop Corn -- And Candy -- And... Make sure taps are audible. Move your hand!

- Pencil exercises: establishing bow grip (Mr. Bent Thumb, curved pinky on top, fingers hang over evenly spaced); teeter totter with wrist; teeter totter with fingers alone; Straight fingers to flat knuckles- now called finger pushups.

4:15-5:15 ONLY

- Bow grip on the bow- please take time to set up your grip. Hold the bow with the left hand in the middle and take your time to set up the grip correctly and comfortably. Please review pictures and videos from previous weeks.

- Bowing games: windshield wiper, stirring the pot, and the rocket

- Shoulder bowing- Cheeseburger rhythm from middle to tip to middle, etc...

New Material:

5:15-6:15 ONLY

- Bow grip on the bow- please take time to set up your grip. Hold the bow with the left hand in the middle and take your time to set up the grip correctly and comfortably. Please review pictures and videos from previous weeks.

- Bowing games: windshield wiper, stirring the pot, and the rocket

- Shoulder bowing- Cheeseburger rhythm from middle to tip to middle, etc...

EVERYONE

- Please add in footsteps when going from Rest to Playing position. See above notes in goals.

- Finger taps on bow grip: Have your bow in shoulder bowing position. And tap each finger 4 times when prompted. You can practice saying the phrase as you tap. I've highlighted the latter on which you tap each finger on the bow: "Can you Tap your Pink-Y. Middle Fingers all To-Gether. Now Try your First Finger." For parents only: I realized only now as I wrote the above phrasing to be said as the students are tapping, the second sentence may sound and look weird reading it. Please do not be concerned! I'm not teaching your kids to show off their middle fingers in profanity!! haha "Middle fingers all together" is referring to moving the middle finger and ring finger together while tapping...

- Should bowing- Try all the rhythm tap rhythms we have done on your shoulder. Think about what part of the bow you are in. For example in Cheeseburger should move from the middle to the tip continuously on "Cheese," while "burger" is short notes at either part of the bow. You can practice using "Run Puppy" or any other three syllable your child may prefer. For "Popcorn and Candy," the bow moves from middle to tip and visa-versa on the word "And." "poprcorn" as well as "candy" are short notes to be played at the tip or middle. "Strawberry" and "Mississippi Hotdog" can be practiced about 3/4s of the way up the bow, staying in the same place.

-Shoulder bowing- Practice smoothly going from middle to tip and back multiple times.

- Setting up bow on violin. Put your bow in between the fingerboard and bridge, on the A-string half way up bow. And make a box or square with your right arm, the bow, and your violin. Please see attached picture. Once bow is set in place on the strings, make sure your bow is correct and comfortable.

- Rain-BOW: Try not to make a sound when doing this exercise. Move the bow down to the E-string. Now your elbow should be at your side. Move down one string at a time, as you do this your elbow should raise slightly for each string. Never have your elbow above the bow or right hand though, and your wrist should stay slightly higher (think of making a little hill in your wrist.) Then move back in the other direction G-D-A-E. Get used to feeling each elbow level on each string.

-Half bows on A and then D strings: Make sure you are set in the box. Move your bow from middle to tip- stop- then back to middle- stop; repeat. Always listen to your sound and try to get a nice beautiful tone. Once you have this try, without stops. Only practice on A and D now. If it sounds too harsh, perhaps you are pressing too much. If you can't hear it, add a small amount of weight. Move the bow at an average pace. My favorite phrase to remember for bowing is WASP= Weight, Angle, Speed, Placement. I haven't taught the kids this yet, but will go over it next lesson. Try experimenting with the bow these weeks, and find your sound!! But make sure to have a good solid bowgrip at all times when doing it!!

As always if you have any questions or concerns, please contact me!

Thanks much,

Matt Pickart

608-295-5717

mjpickart@gmail.com

www.elliottafterschoolstrings.weebly.com