

Beginners

- 1) Violin Posture: Body mapping awareness.
- 2) How to Hold the Violin and the Bow.
- 3) Essential Elements Book 1,2 and 3: Why I recommend it.
Suzuki books: Why we need them.

Play along Essential Elements Book 1 (Orange): Page 4, Exercises 2,3,4 and 5
Exercises 49 to 53

Beat = The Pulse of Music

The **beat** in music should be very steady, just like your pulse.

Quarter Note ♩ = 1 Beat of Sound

Notes tell us how high or low to play, and how long to play.

Quarter Rest ♩ = 1 Beat of Silence

Rests tell us to count silent beats.

Music Staff

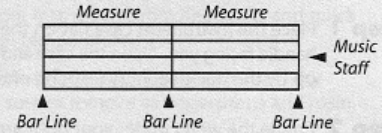
The **music staff** has 5 lines and 4 spaces.

Bar Lines

Bar lines divide the music staff into **measures**.

Measures

The **measures** on this page have four beats each.



1. TUNING TRACK

Wait quietly for your teacher to tune your instrument.

2. LET'S PLAY "OPEN D"

Pizzicato (pizz.) ⇐ Pluck the strings

0 ⇐ Open string

D

3. LET'S PLAY "OPEN A"

pizz.
0

A

Keep a steady beat.

4. TWO'S A TEAM

pizz.

5. AT PIERROT'S DOOR

The melody is on your CD.

pizz.

WORKOUTS

String Levels

Your arm moves when bowing on different strings. Memorize these guidelines:

- **Raise** your arm to play **lower**-pitched strings.
- **Lower** your arm to play **higher**-pitched strings.



Raise arm = lower string
Lower arm = higher string

49. RAISE AND LOWER

50. TEETER TOTTER

51. MIRROR IMAGE

Bow Lift

Lift the bow and return to its starting point.

52. A STRAND OF D 'N' A

53. ESSENTIAL ELEMENTS QUIZ - OLYMPIC CHALLENGE

BOW BUILDER SEVEN

Combining Both Hands

Using notes from the D major scale, echo what your teacher plays.

Example A:

Example B: