

Practicing Outline ...

I-Basics (pick 3)

- (15") Yost or OneStringScales (target 3 exercises for 5 min each)
- (20") Schradieck or Essentially Schradieck (target 10 exercises for 2 min each)
- (15") Dounis
- (10") Various excercises (Vibrato, LH touch, etc.)
- (40-50" total)

II-Scales (pick 3)

- (15") 3 8va Scale (1 < 24 notes per bow, bow strokes, vibrato, shifts, etc.)
- (15") Arpeggio (1, 3, 9 notes per bow, shifts, etc.)
- (15") Double stops (6ths, 3rds, 8vas, fingered 8vas)
- (15") Concerto scales
- (45" total)

III-Etude/Paganini

- (15") target 3 specific work areas to work on 5" each, with a break after each 3 areas.
- (10") target 2 larger work areas to work on 5" each
- (15") 1 or 2 play throughs
- (40" total)

IV-Concerto/Solo work (single movement)

When starting to learn the work use multiple 15" time limits to become familiar with notes, fingerings, rhythms & bowings. Do this daily until you have finished the movement. When this is finished, continue with the following:

- (30") target 6 specific work areas to work on 5" each, with a break after each 3 areas.
- (10") target 2 larger work areas to work on 5" each
- (15") 1 or 2 complete play throughs
- (55" total)

V-Solo Bach/Ysaye (single movement)

When starting to learn the work use multiple 15" time limits to become familiar with notes, fingerings, rhythms & bowings. Do this daily until you have finished the movement. When this is finished continue with the following:

- (30") target 6 specific work areas to work on 5" each, with a break after each 3 areas.
- (10") target 2 larger work areas to work on 5" each
- (15") 1 or 2 complete play throughs
- (55" total)

Total approximately 4 hours per day