

Warm-Up Routines for Violin Using Open Strings for Beginners-Intermediate-Advanced Violin

Please watch the correlating video for examples.

Beginner Level (4 bow strokes per string):

We introduce the warm-up and set the expectation for one-point focus, quality, and a beautiful tone. Also, we teach the student a simple way to transition the mind into violin practice.

Technique objectives:

- 1- Posture
- 2- Elbow

Intermediate (frog to tip):

- 1- Specific full use of the bow.
- 2- Metronome (optional marching)
- 3- Bow divisions (1st general, 2nd specific)
- 4- Shifting & vibrato integration

Advanced (technique building):

1- Specific focus at tip & frog:

- 4 notes at tip/frog
- Thumb removed at frog
- Violin plays the bow
- Finger movement

2- Unequal bow division with or without a metronome.

