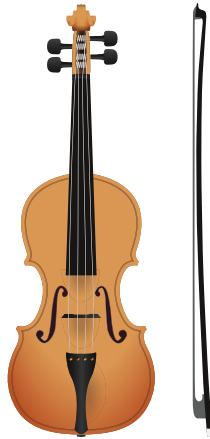


# 15 Ways to Optimize Violin Practice

*(please see correlating video on YouTube for explanations)*



- 1- Left hand only (finger pop, violin up or down).
- 2- Right hand only (air bow or open string reduction).
- 3- Use the “hand bow.”
- 4- Play air violin to work on choreography.
- 5- Videotape self & watch.
- 6- Walk while playing.
- 7- March while playing.
- 8- Sing for intonation, phrasing, dynamics & memorization.
- 9- Use an abacus or counting stones to count repetitions & set goals.
- 10- Add in some type of a technical for 30-60 seconds (*i.e. spider crawls, bunny flips, vibrato exercises & open string warm-ups*).
- 11- Play with eyes closed to engage other senses.
- 12- Vision in your imagination.
- 13- Watch your sheet music while listening to a professional performer.
- 14- Create a practice log (*i.e. 1 pro & 1 con from that day's practice session*).
15. Make it personal with your own idea.