

## Violin Training 2 - Worksheet 2

\*Note: Use a pencil and an eraser for all your worksheets

### **1. Review and practice all bowings from Worksheet 1:**

***Itsy-Bitsy Spider:*** climb up the bow and then use "spider legs" to climb back down to the frog!

***Al-li-ga-tor:*** place your bow at the frog on the string and play tiny four moves spelling *al-li-ga-tor* - do it four times in a row! Only move your fingers!

***Violin Yoga:*** get full lungs of air, place the bow at the frog and breathe out when you move down-bow; then breathe out when you move up-bow! Time your bow speed to your breath size!

### **2. Guess which string I am bowing here:**

String Name \_\_\_\_\_



String Name \_\_\_\_\_



String Name \_\_\_\_\_



String Name \_\_\_\_\_

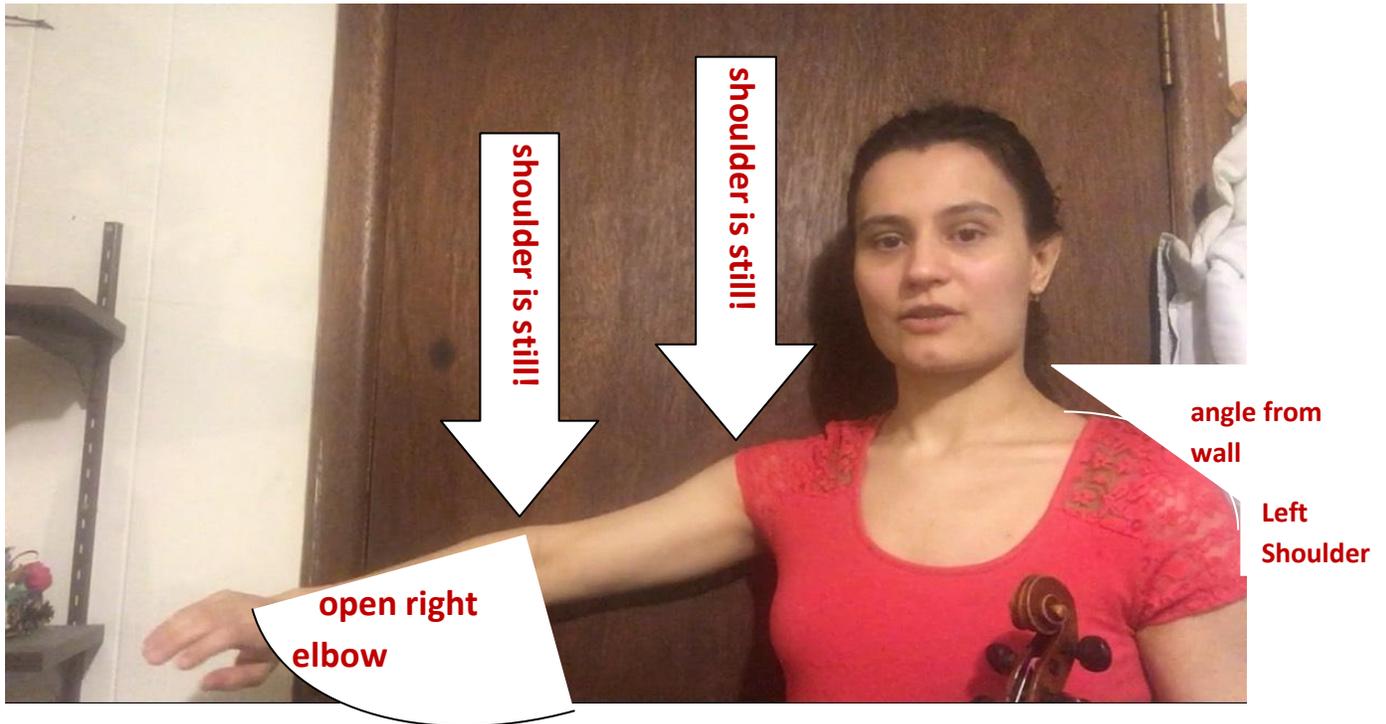


**3. Practice bowing from frog to tip and back.**

Count: *al-li-ga-tor* 1 - 2 - 3 - 4

Slow down your bow speed and time it with me in the video!

## 4. Practice at the wall!



- a. stand against a wall or a door, with your right shoulder fixed in position;
- b. move the elbow - open and close
- c. keep the shoulder still
- d. do not try to move your instrument! Move the bow!
- e. count: *al-li-ga-tor* 1 - 2 - 3 - 4

**Great Work!**

\* Scan your homework and send me in the email then wait for your grade to arrive!

In "subject" put: Your Name OMC Homework

I can't wait to see your work!

*Vira*

***Your Online Music Coach***