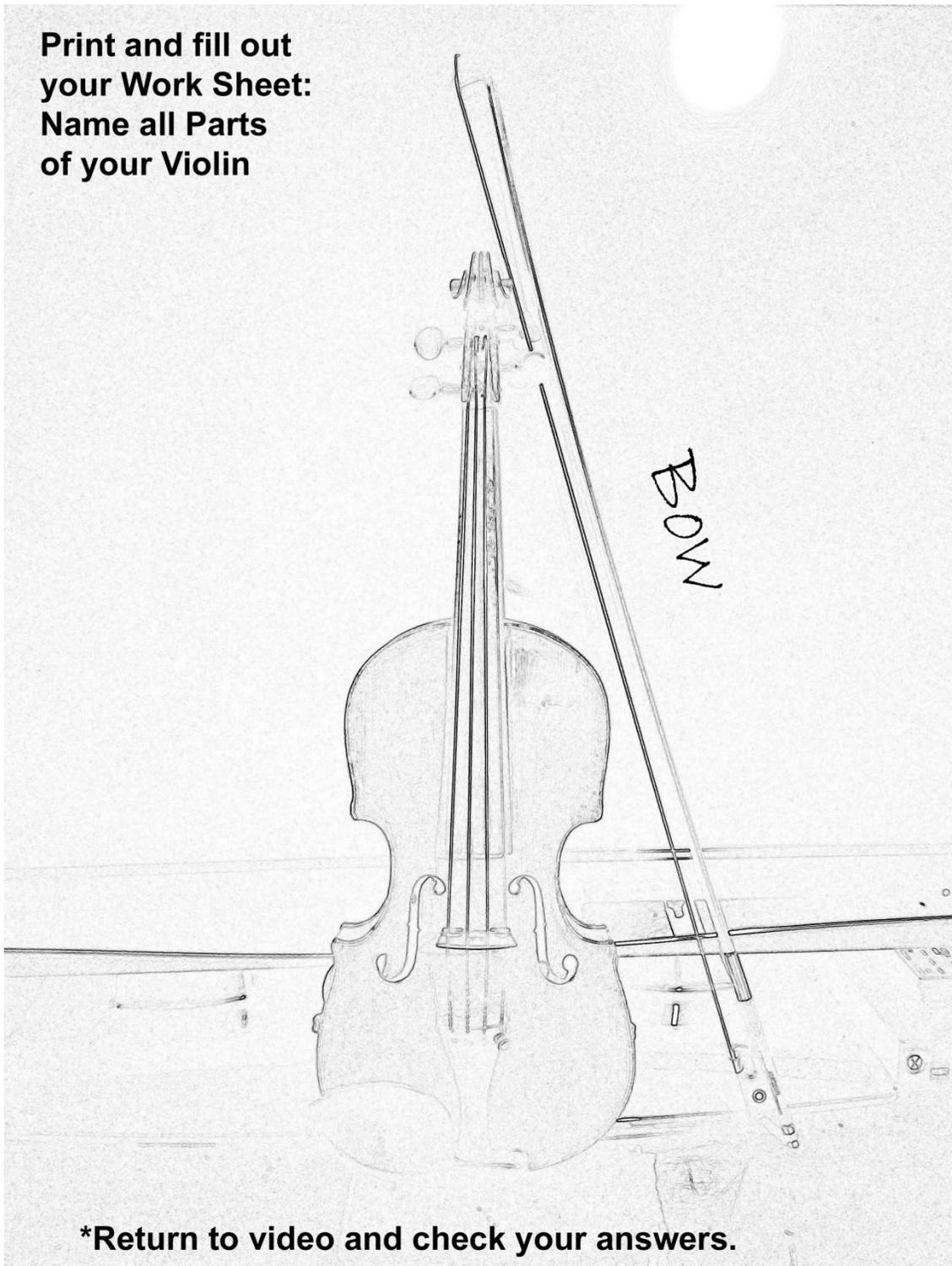


# Violin Training 1 - Worksheet 1

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

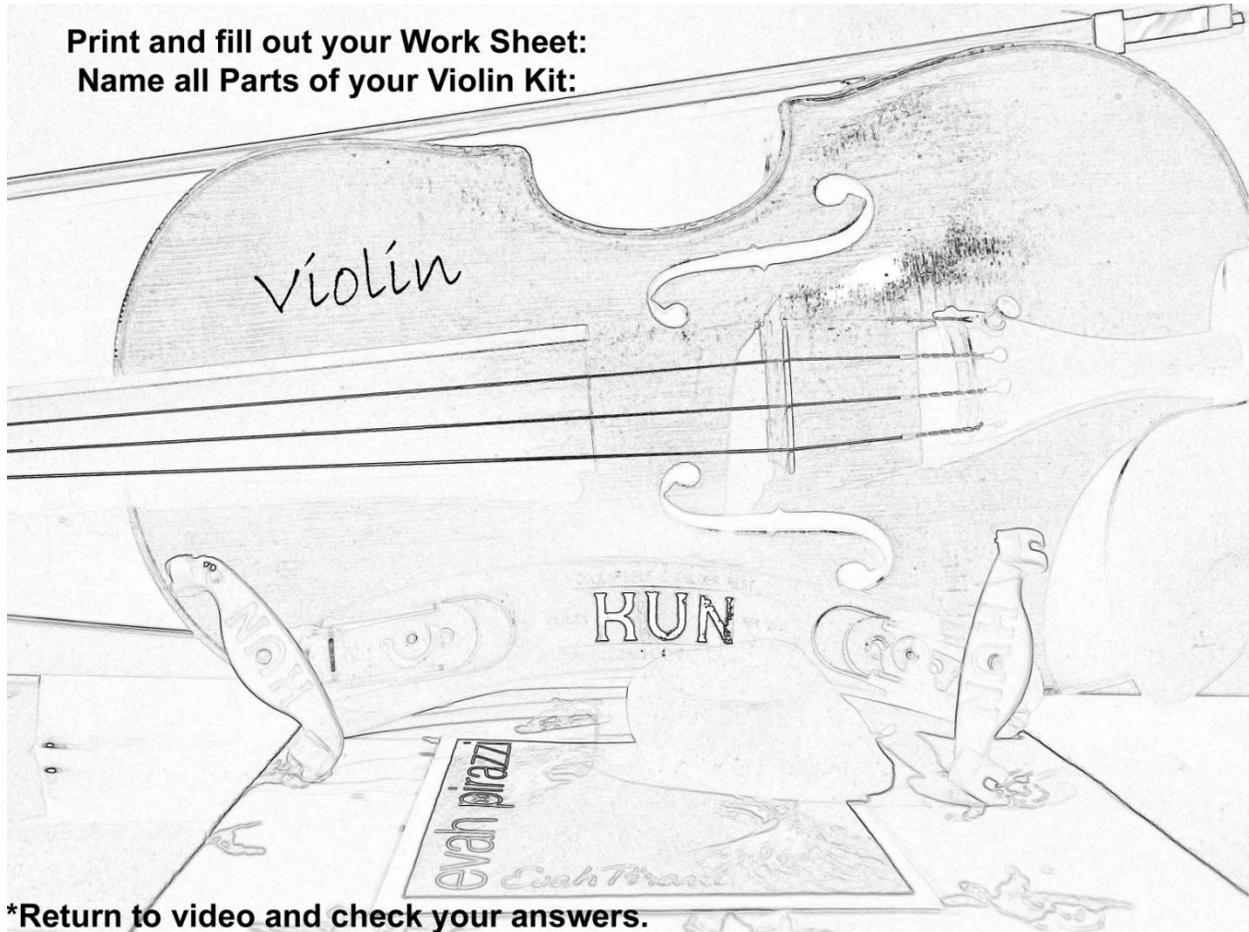
**1. Name all parts of your violin that you remember:** *bow, frog, tip, fingerboard, bridge, pegs, fine tuners, strings E A D G, chin rest, shoulder rest.*

**Print and fill out  
your Work Sheet:  
Name all Parts  
of your Violin**



**\*Return to video and check your answers.**

**2. Name all components inside your violin toolkit. Check your answers in the *Introduction* video.**



**3. Practice holding your bow:**

Curve your fingers around the frog, hide the knuckles and get your hand closer to the frog!



Make sure your thumb is curved inside the frog and also relaxed! All your strength should go to the fingertips - this is where you can control your bow movement!



Make sure the pinky is curvy and relaxed on top of the bow - use it to help balance the bow!



#### **4. Practice *Bowing Exercises:***

***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!

#### **4. Practice *Twinkle-Twinkle Little Star open strings:***

Play A A A A E E E E pattern on the entire song!

Place your bow in the middle on the A string, keep it right between the fingerboard and bridge, like we did!

Play with the slow track then the faster one attached!

Wait for the intro, then go!

Have fun!

**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***