



# Violin/Viola Instrumental Updates - 1



Hi everybody! Each half term, we will be sending you some hints and tips to keep you motivated in your practice. There'll be different areas to focus on, plus links and resources for you to have a look at. If you have any questions about your practice, you can email the Musica office and they will pass it on. I will do my best to answer them. We would love to see how you are getting on, so if you would like to send us a video of your playing you can send it as a direct message to [hello@musicakirklees.org](mailto:hello@musicakirklees.org) or hashtag your videos with [#musicakirkleesathome](https://www.instagram.com/musicakirkleesathome)

## TUNING UP

Having not been able to have your usual lessons each week, you may have found that your instrument has slipped out of tune. This can make trying to practise quite frustrating. Unless you have been shown how to tune your violin/viola by your teacher, it is best to ask an adult to help you follow the instructions set out in the guidelines below. Remember to be very careful when tuning your instrument to avoid any broken strings.

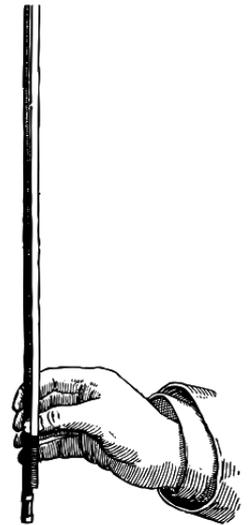
[https://www.musicakirklees.org/get/file//content\\_media/5eb1897ae1644\\_Tuning\\_your\\_violin\\_or\\_viola.pdf](https://www.musicakirklees.org/get/file//content_media/5eb1897ae1644_Tuning_your_violin_or_viola.pdf)

## FOCUS 1 – BOW HOLD

I'm sure you have all been told by your teachers how important a good bow hold is to your playing, and unfortunately this is not something which is perfected overnight! It can take many years to develop a flexible and relaxed bow hold as you tackle all the bowing techniques required. Don't feel downhearted if you've been playing a while and still have work to do on it, that's completely normal.

When you practise this week, try to think about your bow hold before you start playing, whenever you stop for a moment, or maybe even part way through playing. If you haven't done so yet, have a quick look at one of the videos below for some tips and things to look out for. There are also a few exercises to try away from the violin.

<https://youtu.be/SmOsp-BtXqI> - a reminder of how to create a good bow hold  
<https://youtu.be/empkWLiNzZk> - for those needing to refine a bow hold  
<https://youtu.be/1odBkmw8rVk> - exercises for developing a flexible bow hold



## WARM-UPS

On our Musica Kirklees YouTube channel there are some videos to give you some ideas of how to warm up for your practice.

For beginners, why not try some copycat rhythms? These can be played pizzicato if you have not yet moved onto the bow...

<https://youtu.be/XB8Jp39PE6I>

...or try some scales to get those fingers warmed up. Pick one scale and try playing it with a few different rhythms. For those of you who are working towards Grade 1 or 2, you can try playing your scales and arpeggios along with a backing. Just follow the link below.

<https://www.kathyanddavidblackwell.co.uk/downloads/fiddle-time-scales-1-audio/>



## VIRTUAL BENEDETTI SESSIONS

Some of you may have seen the Facebook post that went up regarding the Benedetti Foundation Virtual Sessions. I'm sure many of you have signed up and are having lots of fun taking part. For those of you who haven't enrolled, never fear! Lots of the resources are available to browse at your leisure on YouTube or on the Benedetti Foundation webpage.

[www.youtube.com/thenicolabenedetti](http://www.youtube.com/thenicolabenedetti) (click on playlists)

[www.benedettifoundation.org/virtualsections](http://www.benedettifoundation.org/virtualsections)

- **Warm ups** – these are split by instrument and ability and are great for your day-to-day practice
- **Sheet music** – if you wish to learn one of the ensemble pieces, the sheet music is available to download from <https://www.benedettifoundation.org/your-music>. Parts are available for different abilities (see below)
- **Tutorials** – if you choose to have a go at learning the repertoire, there are tutorials for each section to help you learn your part
- **Play-along** – once you've got to grips with your part, why not try to play along with the tutors?

**Beginner** – Grade 1-2

**Intermediate** – Grade 3-5

**Senior** – Grade 6+

Keep a check on the Benedetti YouTube channel, as videos will be uploaded daily throughout May. There are some great tutors to learn from and even some hints and tips from Nicola Benedetti herself.

## A GOOD PRACTICE ROUTINE



To make your practice as effective as possible, try to follow these steps:

1. Prepare your instrument – use your shoulder rest and don't forget to rosin your bow!
2. Check your practice diary – there are probably some really good reminders, hints and tips in here from your teacher.
3. Check your posture, playing position, and bow hold before you start.
4. Try one of the warm up activities that you're used to doing with your teacher at the start of a lesson. If you're not sure, try one of the suggestions above.
5. Decide which piece or part of a piece you are going to work on. If it's a long piece, just choose one section that you know needs work and try to focus on that.

Why not try printing off one of our practice charts to keep a track of your practices?

[https://www.musicakirklees.org/get/file/content\\_media/5eb18913cdaf8\\_Reward\\_Chart.pdf](https://www.musicakirklees.org/get/file/content_media/5eb18913cdaf8_Reward_Chart.pdf)

Have fun and keep playing!



Miss Chappell

