

# I Hate to Practice: How to Make the Most of Your Time

Penny Thompson Kruse ([krusep@bgsu.edu](mailto:krusep@bgsu.edu)) and Steven Kruse ([kruse.s@sbcglobal.net](mailto:kruse.s@sbcglobal.net))

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Amway Hotel Imperial

## Practice Routines for Developing and Maintaining Technique

### 15-Minute Routine

1. Designed for beginning students who have started scales, learning positions and basic bow strokes.
2. Designed for students with a busy schedule and limited practice time.
3. Designed for maintenance practicing at current technical level.

### 30-Minute Routine

1. Designed for intermediate-level students committed to improving their skills and increasing their practice time.
2. Designed for intermediate- and advanced-level students with limited practice time who want to improve but are unable to make a greater time commitment.

### 45-Minute Routine

1. Designed for intermediate- and advanced-level students wishing to make progress and learn new skills.
2. Designed for students who play in youth orchestras and/or chamber music groups.
3. Designed for the refinement of technical skills required in more advanced solo repertoire.

## Practice Routine

<u>Area of Practice</u>	<u>15-Min. Allotment</u>	<u>30-Min. Allotment</u>	<u>45-Min. Allotment</u>
Warm Up and Stretching Exercises	2 minutes	3 minutes	4 minutes
Left-Hand Dexterity Silent Practice	2 minutes	3 minutes	3 minutes
Tone Production: Open Strings, <i>Son file</i>	2 minutes	3 minutes	4 minutes
Scales, Arpeggios, and Double Stops	3 minutes	9 minutes	15 minutes
Shifting and Vibrato Exercises	3 minutes	6 minutes	9 minutes
Bowing: Control, Flexibility, Articulation	3 minutes	6 minutes	10 minutes

*Routines do not include practice time for solo repertoire and orchestra/chamber music pieces.*

## Suggested Materials

Material to be used at this session will be available online at [www.stringplayforall.com/conferences](http://www.stringplayforall.com/conferences)

### Area of Practice Beginning Level

#### **Warm Up and Stretching Exercises**

Movement Games  
Dalcroze/Eurhythmics  
Phyllis Young: *Playing the String Game*

#### **Left-Hand Dexterity Silent Exercises**

Schradiack: *School of Violin Technics*, Bk. I  
Wohlfahrt: *Foundation Studies*  
Strengthening Exercise

#### **Tone Production Open Strings Son file**

Creeping hand up bow, bow perpendicular to floor.  
Pinky tapping while drawing whole bows  
Silently placing bow on different strings in different parts and directions.

#### **Scales, Arpeggios, Double Stops**

Whistler: *Scales in First Position*  
Hřimaly: *Scale Studies for the Violin*  
Mogill: *Scale Studies for the Viola*

#### **Shifting, Positions, Vibrato**

Fischbach & Frost: *Viva Vibrato!*  
“Polishing” strings, wrist & arm motion  
Finger joint flexibility exercise  
Wohlfahrt: *Foundation Studies*, Vol. II

#### **Bowing: Control, Flexibility, Articulation**

Wohlfahrt: *Foundation Studies*, Vol. I  
Kayser: *36 Elementary and Progressive Studies*, Op. 20

### Intermediate Level

Rolland: *The Teaching of Action in String Playing*  
Kato Havas: *A New Approach*  
Menuhin: *Six Lessons*

Ševčík: *School of Violin Technique*, Op. 1  
Flesch: *Urstudien*  
Kruse: *Silent Left-Hand Exercises*  
Primrose: *Technique is Memory*

Creeping hand up bow, bow on string  
Rotating bow in hand, bow perpendicular to string  
Alternating and changing weight of fingers on bow

Flesch: *Scale System*  
*One-position scales and arpeggios*  
Barber, *Scale Studies for Young Violinists*

*The Sixteen Shifts*  
Whistler: *Introducing the Positions*, Vol. I  
Kayser: *Elementary and Progressive Studies*,  
Op. 20, Nos. 17, 22, 31  
Ševčík: *Shifting the Position*, Op. 8  
Mazas: *75 Melodious and Progressive Studies*  
Book 1, Nos. 7, 13, 20  
Kruse: *The Lost Position: Adventures in  
Half Position*, Vol. I

Ševčík, *School of Violin Technique*, Op. 2  
Mazas: *75 Melodious and Progressive Studies*,  
Op. 36  
Ševčík, *40 Variations*, Op. 3  
Kruse: *Itsy Bitsy Bows*

### Advanced Level

Alexander Technique  
Feldenkrais Method  
Yoga, Tai Chi  
Winberg and Salus: *Stretching for Strings*  
Türk-Espitalier: *Musicians in Motion: 100 Exercises  
with and without Instruments*

Dounis: *Violin Players' Daily Dozen: To Keep  
the Violinist Technically Fit for the Day's Work*  
Pinky  
Kievman: *Practicing the Viola Mentally & Physically*  
Vamos: *The Violinist's Daily Warm Ups & Scale System*

Simon Fischer: *Warming Up*  
Three-octave scales and arpeggios

Barber: *Scales for Advanced Violinists*  
Trott: *Melodious Double Stops*  
Ševčík: *Preparatory Exercises in Double Stops*

Whistler: *Introducing the Positions*, Vol. II  
Hans Sitt: *Etüden*  
Kreutzer: *42 Etudes or Caprices*, Nos. 10, 11, 12  
Simon Fischer: *Basics*  
Kruse: *The Lost Position: Adventures in Half  
Position*, Vol. II  
Kruse: 2, 4, 6, 8: *Positions We Don't Appreciate*  
Paganini: *24 Caprices*

Kreutzer: *42 Etudes or Caprices*  
Rode: *24 Caprices*  
Paganini: *24 Caprices*