

ANACAPA MUSIC DEPARTMENT

Beginning Strings WEEKLY PRACTICE SHEET

(TO RECEIVE FULL CREDIT, THIS SHEET MUST BE COMPLETED PROPERLY AND TURNED IN EACH MONDAY)

Student's Name	Period
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PARENTS, please make sure the "TOTAL MINUTES" is expressed in MINUTES before you sign for the week. For the best success, students should practice a minimum of 30 minutes per day, for a weekly average of at least 210 minutes.

WEEK	Su	Mo	Tu	We	Th	Fr	Sa	TOT MIN	SCORE	PARENT'S SIGNATURE

Scores: A = 189 - 210, A+ more than 240 B = 168 - 178, B+ = 179 - 188
 C = 147 - 157, C+ = 158 - 167 D = 126 - 136, D+ = 137 - 146
 F = Less than 125

THINGS TO PRACTICE:

Warm Ups
Long Tones
Whole Notes
Scales
Thirds
Chromatic

Class Book – lines
Band Music
Private Lesson / Tutor Music
Fun music, songs
Other stuff (posture, . . .)

Spend extra time working on a good tone. Practice lots of long tones. Play a long tone on each note of your scale. Make sure to pull from ‘frog-to-tip of the bow’ for long good tones (small triangle, rectangle, large triangle), bowing only in LANE 2. Be sure to relax your bow hand.

Violin/Viola Look in the mirror, checking your left and right hand positions. Also, check the “hold level” of the instrument, making sure it is “table top” flat/horizontal to the ground.

Cello Make sure you are in the proper seating position, resting the cello against your chest.

Bass Check hand positions (L/R). Press down fingers very hard on the fingerboard.

Good tone is the most important part of playing music.