

# BEGINNING STRINGS PRACTICE JOURNAL

Name: \_\_\_\_\_ Period: \_\_\_\_\_

For the practice week of *Quarter* \_\_\_\_ *Week* \_\_\_\_ : Monday, \_\_\_\_\_ – Sunday, \_\_\_\_\_.

Please record your practice minutes every day, and turn in the journal, signed by a parent, **MONDAY**, \_\_\_\_\_.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm-ups: long tones, whole notes							
Scale							
Thirds							
Chromatic -							
Lesson Book: Lines in class, make perfect							
Music:							
Private Lesson/Tutor Music							
Fun music, songs							
Other:							
Total Daily Minutes							
Total Weekly Minutes:							

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 126

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.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_