

Home Practice Guide #1—Cellos
Due the Week of January 5, 2015

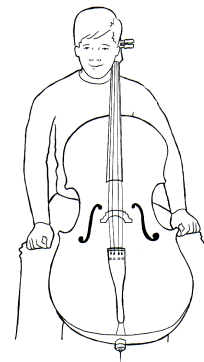
Posture & Position Information for Parents:

Posture:

- Student's back is straight as a board and is not touching the back of the chair.
- Both feet are flat on the floor.

Playing Position:

- Back of the instrument should rest flat and comfortably in front of the student with the neck of the cello resting over the left shoulder.
- Left hand should be resting on the left shoulder of the cello.

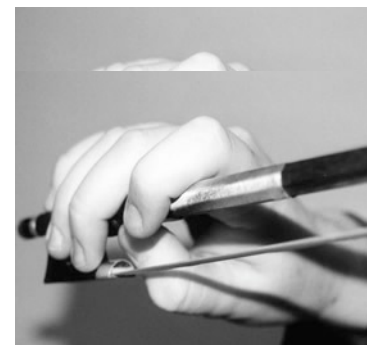


Bow Hold Information for Parents:

- Thumb should be bent and tip of thumb should touch the wood space.
- First finger should wrap around the grip and middle & ring finger pads should rest over the frog.
- Little finger also rests over the frog, not on top of the stick. All fingers should be curved except the thumb. The thumb should be bent.

Posture & Position Questions for Students:

- Are you on the front edge of your chair?
- Is the back of the cello resting in front of you?
- Does the C peg line up with your left ear?
- Is your back straight?
- Is your left thumb bent and resting on the back of the neck?
- Is your left elbow up?
- Are both of your feet flat on the floor?



Bow Hold Questions for Students:

- Is the tip of your thumb touching the wood space?
- Is your first finger wrapped around the grip and are your two tall finger pads touching the frog?
- Is your little finger touching the frog?

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Instructions for Home Practice Guide Completion: Each week, your child’s practice should have a specific focus. We are providing you with practice goals and objectives for each week of the month. In most cases, your child will receive instruction on the material prior to playing the material at home. Each week, he/she needs to practice the assigned material repeatedly. Once your child feels prepared to play the assigned piece(s) for you, he/she will give you a short concert and/or explanation of the material. Once the concert is completed, please sign the appropriate week’s box.

| Date | Page #s | Pages Completed/Song(s) Played | Parent Sig. |
|------|----------------|--|-------------|
| | 8 5 4 | Explain each of the 5 steps to “a good bowgrip” to a parent while you model a good bowgrip #8: Cycle of Strings #3: Rock Tango and #4: The Twist | |
| | See below 4 | Parts of the instrument (fill in the blanks below) Play #3, #4 (review), #5: Lazy Afternoon and #6: Skip to My Lou | |
| | 6 7 19 | #9: Teeter Totter #15: Open String Blues #49: Hot Cross Buns (on the A string) | |
| | | WINTER BREAK Choose 2-3 songs to play for fun | |

The diagram shows a violin with 13 numbered arrows pointing to various parts. To the right of the diagram is a list of 13 blank lines for labeling. A box labeled 'STRING NAMES' is positioned near the strings.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____