

Home Practice Guide #1—Violins/Violas  
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:**

- Instrument should rest on the student's collarbone and left shoulder with the jaw resting on the chinrest. Head should be turned toward the instrument before placing the jaw in the chinrest.
- Left elbow should be bent and left wrist should be straight.

**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 sits curved on top of the stick, not the tension screw. 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 your violin/viola held on your shoulder with your chin rest?
- Is your back straight?
- Is your left wrist straight?
- Is your left elbow under the instrument?
- Are both of your feet flat on the floor?



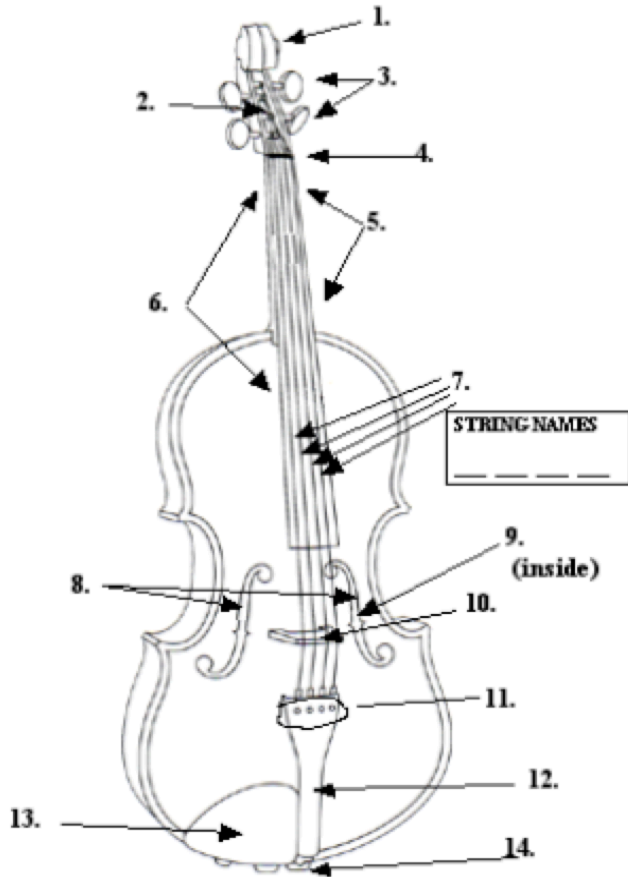
**Bow Hold Questions for Students:**

- Is the tip of your thumb touching where 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 curved on top of the stick instead of the tension screw?

**Due the Week of January 5, 2015**

**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	



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