

ASTA Conference

TOPIC: It's Your Choice: Practice These Three Sheets or 25 Studies?

Violin and Viola Technique Made Easy

Date: Friday, March 20, 2009

Time: 8:00 AM - 9:00 AM

Location: Atlanta Marriott Marquis,

265 Peachtree Center Avenue

Atlanta GA 30303



Description: "Here's the deal – promise me you will practice these three sheets and I promise that I won't give you 25 studies."

Loreta Fin will provide useful and simplified handouts incorporating easy ways of teaching scales, arpeggios, dominant and diminished sevenths, chromatic scales and double stops – quickly and from memory. This will also include handouts for using the violin/viola/cello/bass strings to memorize key signatures. Bring your instrument!

Presenter - Loreta Fin

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Composer – Wilfin Publications



Alfred Publishing

Learn • Teach • Play Music

Daily Exercise Plan For Really Fit Fingers....Part 1

CIRCLES with thumb and each finger: press/release. Keep fingers ROUND. These will make your fingers stronger....especially that pinkie!

Learn the four main left hand finger patterns.			
OPEN (O)	HIGH (H)	MIDDLE (M)	LOW (L)
No semitone	Highest 2 fingers = semitone	Middle 2 fingers = semitone	Lowest 2 fingers = semitone
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

See if you can show OHMLMHO or HMLMHMLM etc.
 Use your left hand, with palm facing you.
 Place your right index finger where the tones occur. Feel how close the semitones are.

Four by four exercise: Where are the semitones? Remember the patterns
 Start on low 1st. Move up by semitones. Use a different string each day.
 NB More advanced players can start with OHML. Less advanced players can start with just HML

First Finger Scale Pattern 1 2 3 4 H pattern (3rd and 4th fingers close)
 "Crabwalk" to the next string and repeat 1 2 3 4 H pattern (3rd and 4th fingers close)
 Start low 1st on any string; play H four times; go up by semitones...as high as you dare!
 Play each pattern 4 times then DOUBLE the time 4 times. Move on to next pattern. Then move up



Daily Exercise Plan For Really Fit Fingers.....Part 2

Finding each finger in 3rd position AND Learning Intervals

Count up each interval from open string first, (eg 0123) then swap first position finger for 3rd position finger.

Play each one at least 4 times before moving on.		
Scale: 0123 30 ↗ 10 ↘ :	Perfect 4th	SAY: What used to be 3 is now 1
Scale: 01234 40 ↗ 20 ↘ :	Perfect 5th	SAY: What used to be 4 is now 2
Scale: 0123 0 Low 1 L10 ↗ L30 ↘ :	Minor 6th	SAY: What used to be L1 is now L3
Scale: 0123 0 Norm 1 H10 ↗ H 30 ↘ :	Major 6th	SAY: What used to be H1 is now H3
Scale: 0123 0 1Low2 L20 ↗ L 40 ↘ :	Minor 7th	SAY: What used to be L2 is now L4
Scale: 0123 01 High 2 H20 ↗ H 40 ↘ :	Major 7th	SAY: What used to be H2 is now H4
Scale: 0123 0123 30 ↗ +40 ↘ :	Perfect 8ve	SAY: What used to be 3 is now +4 (ext 4 harm.)

ONE STRING SCALE in 1st and 4th position (do Major and melodic minor)				
Major	0 1 2 3	then go to 4th position	↗ 1 2 3 4	(M ↗ H)
Harmonic	0 12 3	then go to 4th position	↗ 12 +34	(L ↗ L+3)
Melodic	0 12 3	then go to 4th position	↗ 1 2 3 4	(L ↗ H)
(descending)	4 -3 -2 1	then go to 1st position	↘ 3 2 1 0	(L ↘ L)

CHROMATIC EXERCISE – Do this exercise on a different string each day		
Start in ½ position, playing SEMITONES:	012 shift up to ↗ 1 :	(repeat this 4 times)
Stay on 1 and play semitones	1 2 3 4 :	(repeat this 4 times)
Then go backwards	4 3 2 1 :	(repeat this 4 times)
	1 ↘ shift back to 210 :	(repeat this 4 times)
Then go up and down, using different slurs:	2s,3s,4s and 6s	

That's the end of your finger workout.....sure beats 25 studies, doesn't it?



Scales and Arpeggios – One and Two Octaves

Left Hand Finger Patterns															
OPEN (O)				HIGH (H)				MIDDLE (M)				LOW (L)			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4

One Octave Major Scales			
Starting on:			
Open String	M pattern	GDA	
1st Finger	H pattern	AEB, AbEbBb,	move up
2nd Finger	O pattern	BbF (play Auld Lang Syne: 2 -1 2)	move up
3rd Finger	L pattern	CG	move up

N.B.FOR ALL SCALES AND ARPEGGIOS THAT BEGIN ON 2ND FINGER,
 PLAY the first 3 notes of the National Anthem "AUSTRALIANS"
 TO PREPARE THE HAND FOR GOOD INTONATION
 NB For USA, use "Auld Lang Syne" (PERFECT 4TH: 2 -1 2)

Two Octave Major Scales					
String-	G	D	A	E	
G	M	M	L	L	
A	H	H	M	M	move up
Bb	O	O	H	H	move up (PLAY "Australians" 2 -1 2) (For USA play "Auld Lang Syne")

Two Octave Harmonic Minor Scales					
String -	G	D	A	E	
G	L	-1+2M	-1H	+1L	
A	M	L+3	L	-1+2M	move up
Bb	H	M+4	M	L+3	move up (PLAY "Australians" 2 -1 2)

Two Octave Melodic Minor Scales								
String-	↑G	D	A	E	↓E	A	D	G
G	↑L	M	-1O	L	↓-1	H	-2-1	L
A	↑M	H	L	M	↓-2-1	L	L	M
Bb	↑H	O	M	H	↓L	M	M	H

Arpeggios – Play the circled note HIGH for Major and LOW for minor								
G	0	②	0	3	①	3	2	
A	1	③	1	0	②	0	3	Move up using 4
Bb	2	④	2	1	③	1	4	move up (PLAY "Aust")



Scales and Arpeggios – One and Two Octaves

Dominant 7ths (commencing on)										
G	0	+2	0	-2	3	+1	3	-1	2	
A	1	+3	1	-3	0	+2	0	-2	3	
Bb	2	+4	2	-4	1	+3	1	-3	4	move up (PLAY "Aust")

Diminished 7ths - Preparatory Exercise				
0	-2	-4	-2	UP AND DOWN 4 TIMES – all minor 3rds
N1	N3	L1	L3	UP AND DOWN 4 TIMES – all minor 3rds

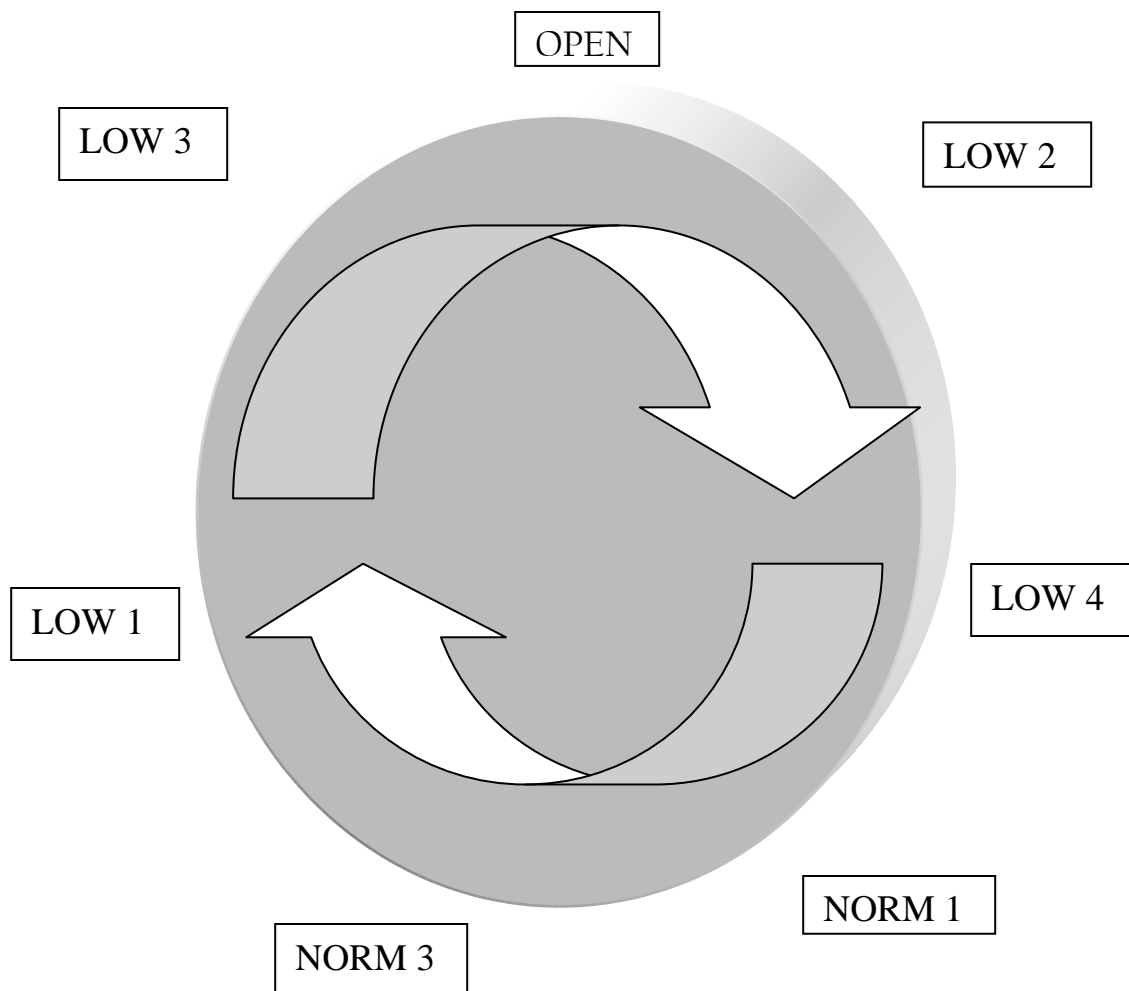
Diminished 7ths Circle (commencing on)									
Find the starting note and go clockwise all the way around the circle, plus one. This works commencing on G, A and Bb.									
From B natural up: 2 4 -2 -4 1 3 -1 -3 +4									

Chromatic Scales – Preparatory Exercise											
0	1	2	↗1	Repeat 4 times – all semitones							
1	2	3	4	Repeat 4 times – all semitones							
4	3	2	1	Repeat 4 times – all semitones							
1	↘2	1	0	Repeat 4 times – all semitones							
0	1	2	↗1	2	3	4	3	2	1	↘2	1
Repeat 4 times – all semitones											
SCALE is:	0	1	2	↗1	2	3	4				
	0	1	2	↗1	2	3					



Diminished 7th Circle

Clockwise ascending; Anti-clockwise descending



Key signatures – using strings to help you remember

VIOLIN
Use the open strings going UP to learn MAJOR KEYS with SHARPS:
G major has 1 sharp
D major has 2 sharps
A major has 3 sharps
E major has 4 sharps
Use the LOW first fingers going DOWN to learn MAJOR KEYS with FLATS:
F major has 1 flat
Bb major has 2 flats
Eb major has 3 flats
Ab major has 4 flats
Use NORMAL 1st finger going UP to learn MINOR KEYS with SHARPS:
A minor has NO sharps
E minor has 1 sharp
B minor has 2 sharps
F# minor has 3 sharps
Use 3 rd finger going DOWN to learn MINOR KEYS with FLATS:
A minor has NO flat
D minor has 1 flat
G minor has 2 flats
C minor has 3 flats

VIOLA
Use the open strings going UP to learn MAJOR KEYS with SHARPS:
C major has NO sharps
G major has 1 sharp
D major has 2 sharps
A major has 3 sharps
Use the LOW 2 nd fingers going DOWN to learn MAJOR KEYS with FLATS:
C major has no flats
F major has 1 flat
Bb major has 2 flats
Eb major has 3 flats
Use HIGH 2 nd finger going UP to learn MINOR KEYS with SHARPS:
E minor has 1 sharp
B minor has 2 sharps
F# minor has 3 sharps
C# minor has 4 sharps
Use 3 rd finger going DOWN to learn MINOR KEYS with FLATS:
Dminor has 1 flat
Gminor has 2 flats
Cminor has 3 flats
Fminor has 4 flats

You can do a similar thing with celli: just adjust the fingers.



Double Stops – 3rds and 6ths

Scales in 6ths:	Major	STTS STTS		
	Minor	TTST SSTT	Think about “crabwalks”	
Scales in 3rds:	See the table below			
	Learn 1 st pos 3/1			
	Learn 3 rd pos 3/1			
	Learn 1 st pos / 3 rd pos - 3/1 shift			
	Think in patterns:	12, 12,	34, 34	then try double stops
		Do L, then M	in 1 st pos	
		Do H	in 3 rd pos	
	Try G major 2 octaves in 3rds			

Exercises for Thirds

Violin

Viola

1st pos. slide 1st - 3rd pos. slide 3rd - 1st pos. 1st pos. opens 3rd pos. opens

4 L Pattern - First Position

5 M Pattern - First Position

6 H Pattern - Third Position



Scales in ONE POSITION – the easy way!

Major				
Key	G string	D string	A string	E string
(Bb or B)	L	-1 0	H	H
(Ab or A)	H	H	M	M
(G)	M	M	L	L
(F)	L	L	-1 0	H
(Eb or E)	O	H	H	M
(D)	H	M	M	L
(C)	M	L	L	-1 0

Minor				
Key	G string	D string	A string	E string
(Bb or B)	V	-1 M +4	M	L +3
(Ab or A)	M	L +3	L	-1+2 M
(G)	L	-1+2 M	H	+1 V
(F)	H	+1 V	-1 M +4	M
(Eb or E)	M +4	M	L +3	L
(D)	L +3	L	-1+2 M	H
(C)	+2 M	H	+1 V	-1 M +4



Three Octave Scales and Arpeggios

(↗ ↘ = SHIFT up or Down)

G MAJOR SCALE							
G String	M	O	1	23			
D String	M	O	1	23			
A String	L↗ H	012 ↗	1	2	34		
E String	O	1	2↗1	2	3	+4++4	
(Move high 4th up ANOTHER semitone)							
Same Fingering Descending							(F# G)

G HARMONIC MINOR uses same fingering, but patterns are:		
G String	L	
D String	-1 +2 M	
A String	-1 2 ↗ L+3	
E String	L ↗ M +4 ++4	(Move high 4th up ANOTHER semitone)
Same Fingering Descending		

G MELODIC MINOR uses the same fingering ASCENDING:	
G String	L
D String	M
A String	-1 2↗ H
E String	L↗ O +4

DESCENDING is DIFFERENT:
DON'T lower the 4th. From the TOP G, it goes
4 -3 -2 ↘ 3 -2 -1 ↘ 3 -2 -1 then home to open G (low the 7ths and 6ths)

ALL OTHER THREE OCTAVE SCALES
START on 1st Finger
They go up on the A String: 0 1 2 ↗ 12 3 4

THE FINAL OCTAVE for MAJOR and HARMONIC MINOR is:							
1	2	↗1	2	↗1	2	3	4
↘4	3	2	1	3	2	1	

THE FINAL OCTAVE FOR MELODIC MINOR is:							
1	2	↗1	2	↗1	2	3	4
↘3	2	↘3	2	1	↘2	1	
LISTEN CAREFULLY to WHERE THE TONES and SEMITONES OCCUR							

ARPEGGIO - 3 OCTAVES:
G = 0 ② 0 ↗1 ③ ↗1 ③ 1 4 (same desc)
A = 1 ③ 1 ↗1 ③ ↗1 ③ 1 4 (same desc)
CIRCLED notes are HIGH for Major and LOW for minor

