

Holy Cross Academy Strings ~ Sample Weekly Practice Chart

Class: E – second grade beginners

Dates: 9/11-9/18

Theme of the Week: Introductions

Practice Points:

- Introducing strings classes and explaining the format
- Strings Class Passes and how they work
- Materials: what should be in your instrument case
- Basic instrument care
- What is the Suzuki Method? How do we do this at HCA?
- Suzuki Repertoire & the four stages to learning a piece of music
- Listening to some tunes
- Figuring out tentative lesson groups and class names
- Instrument fittings, if needed

Home Practice (Sample assignments for a first-year student)

- I. Listening – Listen to Twinkle & Fiddle Tunes on the website (5 min/day)

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday

- II. Violin Setup – Practice going from rest position to playing position(5x/day)
- a. Feet; head, ear, shoulder; head up, over, down; relax, then gently let go!
 - b. This is super important! Be patient through all the steps and everything in strings will be easier!

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday

- III. Violin Setup – Building a great bow hold (5x/day)
- a. Shake & flop; ring finger covers the eye; pinky perches like a bird; pointer wraps around like a snake; thumb swings like a monkey & lands on the silver.
 - b. Check for curved pinky & bent thumb.

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- IV. 'Pepperoni Pizza' – Perform the pepperoni Pizza rhythm on the A string (10x/day)
- a. Place the bow on the balance point sticker and gently pull the bow to the middle sticker
 - b. Perform the rhythm "pep-per-o-ni pi-za" with the bow.
 - c. If it sounds heavy or scratchy, we have tension somewhere (usually the right shoulder)

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