

Daily Warm-Ups #1

1. Half notes (2 beats each) on each open strings.
Use slow bows and focus on playing just one string at a time.

1 2 3 4 5 6 7 8

slow-bow slow-bow

2. Everybody Down Up rhythm on each string. Keep a steady rhythm, and make sure your bow "Stop-Stops" on the Down Ups. (Staccato)

1 2 3 4

quickly quickly stop stop

3. Notes on the E String with rhythms

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

long long short short short short short short long quickly quickly stop stop slow-bow long long

4. Notes on the A String with rhythms

1 2 3 4 5 6 7 8 9 10

long short short short short long long slow-bow long long slow-bow short short short short motorcycle motorcycle