

Music Tech Tips #1 – Daily Ten-Minute Warm-ups

Crazy Fox's *Three T's to Build Technique, Key Literacy, & Endurance*

1. Tuning
2. Three Scales a Day (two Major and one minor)
3. Technical Etude or Study



What is needed?

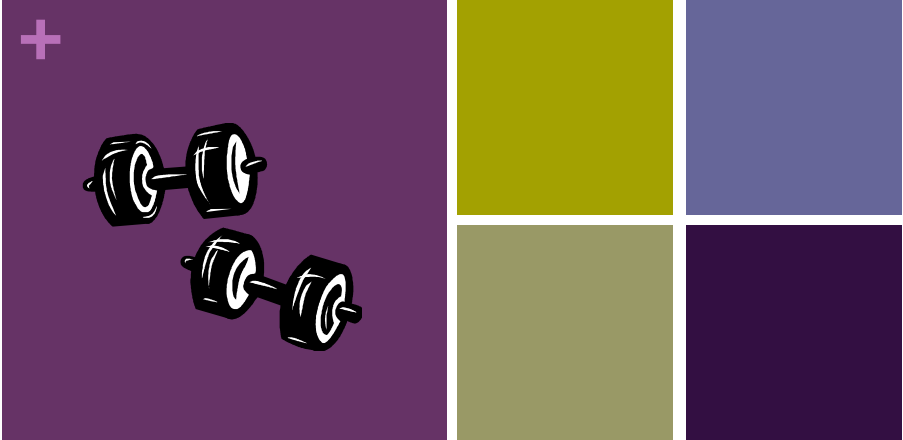
- SmartMusic, eTuner, or other standalone digital tuner
- Practice Guides or Contest Scales distributed in class or on Mr. Fox's HS Teacher Pages
- *Essentials for Strings* (Grades 6-12) or *Essential Elements 2000 for Strings* Book 2 p. 44-45
- Violin or Viola Etudes: VIOLIN/VIOLA: Wohlfahrt Foundation Studies Book 1 or Wohlfahrt Foundation Studies Book 2*
- Cello Etudes: Sebastian Lee or Alwin Schroeder*
- String Bass Etudes: Simandl*
- Other instruments: any etude appropriate to your instrument *(ask your private teacher)

Recommendations

1. Per daily warm-up, perform two Major scales and one minor scale.
2. Play one scale slow with focus on natural tone production/vibrato and precise intonation.
3. Play one scale fast with emphasis on articulation or bowing style.
4. Play one scale using unique rhythmic, slurring, melodic patterns, shifting or in positions.
5. Play at least one of the above scales in a flat key (Major or minor).
6. Depending on level of achievement, two octaves is the norm; one octave for novices or playing new keys starting on D (violin), G (viola/cello), A (bass) strings, C (all other instruments); three octaves for advanced string students.
7. Check off the different keys you play on the Circle of Fifths. (The goal is that all string musicians should be able to play scales in keys of 1-5 sharps and 1 to 4 flats.)
8. Vary your workout to include a range of expressive elements including articulations (staccato, marcato, legato, spiccato, hooked bows, pizzicato) and dynamics (forte to piano).

Definitions

- Major Scale: Do-1 Re-2 Mi-3 Fa-4 Sol-5 La-6 Ti-7 Do-8 half steps between 3-4 and 7-8
- Natural Minor: Do-1 Re-2 Me-3 Fa-4 Sol-5 Le-6 Te-7 Do-8 half steps 2-3 and 5-6
- Harmonic Minor: Do-1 Re-2 Me-3 Fa-4 Sol-5 Le-6 Ti-7 Do-8 half steps 2-3, 5-6, and 7-8
- Melodic Minor UP: Do-1 Re-2 Me-3 Fa-4 Sol-5 La-6 Ti-7 Do-8 half steps 2-3 and 7-8
- Melodic Minor DOWN (same as Natural Minor)
- Speedy Rhythm Drill (looks like an upside-down pyramid): four sixteenth notes per scale note (up and down), three sixteenths, two sixteenths, and one sixteenth
- Speedy Slur Drill (looks like a normal pyramid): one quarter note (once up and down), two eighth notes slurred played twice, three notes (triplet) slurred played three times, and four sixteenth notes slurred played four times.
- Slow-Fast drills: four eighth notes followed by four sixteenths (or vice versa)
- The 2 + 1 Pattern (or 1 + 2): Triplets Do-Do-Re (or Do-Re-Re), Mi-Mi-Fa, Sol-Sol-La, etc. playing the entire scale using a steady beat in a moderate to fast tempo.
- The 3 + 1 Pattern (or 1 + 3): Sixteenths Do-Do-Do-Re (or Do-Re-Re-Re), Mi-Mi-Mi-Fa, etc. playing the entire scale using a steady beat in a moderate to fast tempo.





South Hills Junior Orchestra

**Scales & Conditioning:
Ten Minutes of Exercises**

Daily Practice on Orchestra Instruments to Build
Technique, Key Literacy/Reading, and Endurance

+ Building Technique & Endurance

- Repetitive drill (this means many revolutions/repeats)
- Consistent drill (this means every day for ten minutes)
- Creative drill (this means use variety and invention)
- Focused drill (this means no distractions or interruptions)



+ The Three T's Basic Workout

- **T**uning (SmartMusic, eTuner, or standalone digital tuner)
 - Match the "A" (or B-Flat for band instruments)
 - Open String Warm-up (strings)
 - Double Stops Warm-up (strings)
 - Harmonics Warm-up (strings)
- **T**hree scales
 - At least two different Majors and one minor
 - Three different rhythms
 - Slurs from two to thirty notes (Are you kidding?)
 - Slow-Fast or Fast-Slow patterns, Speedy Rhythm or Slur Drill, etc.
- **T**echnical Etude or Study



+ Scale Variations

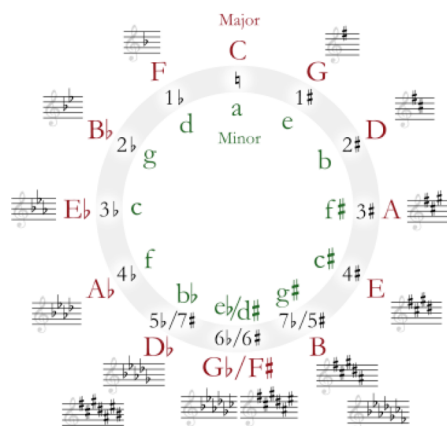
Your imagination should not be wasted!

- Word rhythms
 - Noodles
 - Strawberries
 - Watermelon (or Peanut Butter)
 - Hippopotamus
 - Pizza toppings
 - Ice cream flavors
 - Names, vacation spots, etc.
- Repeated notes (2 to 30 bows per note)
- Speedy Rhythm Drill
- Slurs (2 to 30 notes per bow)
- Speedy Slur Drill
- Slow-Fast patterns
- 2 + 1 and 1 + 2 (triplets)
- 3 + 1 and 1 + 3 (sixteenths)
- Hooked bowings (Wicked)
- Intervals
 - Scales in Thirds
 - Do-Re-Mi pattern
 - Do-Mi-Sol pattern
 - Do-Re Do-Mi Do-Sol, etc.



+ Circle of Fifths

How many of these can you play?



+ Technical Etudes for Strings

- VIOLIN/VIOLA: Wohlfahrt Foundation Studies Book 1 or
- VIOLIN/VIOLA: Wohlfahrt Foundation Studies Book 2
- CELLO: Sebastian Lee or Alwin Schroeder
- STRING BASS Simandl (string bass)

Be sure to vary the bowings
(slur-separate note combinations)

