





Warm-ups for String Orchestra by Loreta Fin



- Introduce YOURSELF – I only have ONE rule
- Students: Introduce yourself to your deskie
- Stretches – for long rehearsal periods (Does anyone here practice for 3-6 hours a day?)
- **EXPLAIN:**
 - Parts of the Bow – Silver, Gold, Middle and Balance Point
 - Paint brush – what thickness, colour, what would staccato look like?
 - Flagpole (Stop talking) and Statue of Liberty (prepare correct bow arm height)
 - Vertical Bowing - Show me the bow hold your teacher taught you (& Bow direction)
 - Pussycat’s PAW, not Pussycat’s CLAW – Jelly fish tentacles/ floating
 - Check your C-Curves on both sides for bow placement and straight bows
 - Legs – forward on chair, feet flat 1 2
 - ONE rule – when I’m speaking, you’re not speaking or playing - repeat this often)
- **D Major 1 Octave** – don’t repeat top note
 - Spiccato** – find balance point, B marks the spot under the stick, tilt, on the spot, L - R
 - Staccato** and **Martelé**; WBs – silver to gold; **Collé** – catch the string, as opposed to spicc bounce; **Pizzicato** – firm LH and correct RH placement on fingerboard. Which hand is at fault? **Rhythms** used in the pieces, esp. dotted rhythms (Subdivide- ti or SDV-ca; Crescendo and decrescendo: Volume switch? SAY the dynamics/ use vertical bowing; **Stories** (see next page for Dynamics, Articulation and Phrasing stories)
- **Intonation** – **Explain Unison and Octave “out of tune”**
 - Hands and fingers can be on automatic pilot, but ears can NEVER be automatic pilot
 - Demonstrate “unison” and 8ve Orchestra plays unison ----- and 
 - Narrow, wide, return to unison
 - Orchestra plays chord for more advanced players. ----- and 
 - D Major Canon (don’t repeat top note) or use **CHORALE**
 - Sing D into f-holes
- **Beat and Subdivision** – **TIC TOCS: Dodgy watch/heart/ SHOW heartbeat**
 - Celli/B: Grandfather; VLA and V2 Wall Clocks; V1 Wrist Watch – where did we meet?
 - Swap parts around the ensemble - choose any
 - Other rhythms, like *subdivide ti* or *SDV-ca* over tics for accuracy of dotted rhythms
 - A rest is a NOTE that has no sound – so I can’t leave it out.

CONCERT ETIQUETTE

- Concert notes? Stand for Conductor; Bow at the end – Conductor only or all?

CATCH CRIES and DESCRIPTIONS

- Control your paint brush / bow – for volume and articulation
- Bow – push down/pull up/mountains and valleys
- Open out the bass of your fan – LH can’t open the fan if bass is locked and 54321 **PTO**
- Check your home base note – 1st finger
- If you get sick of saying bend your thumb – time to give up teaching
- As soon as you think of 10 ways to explain, you meet the 11th child
- **CRITERIA for PERFORMANCE and ADJUDICATION**