

Tuong Practice Notes

Focus Points/Keep in Mind:

- Pull your RH fingers farther out on the bow - line up your pinky with the dot
- Keep the very tip of the rh thumb in the nook of the cello grip (don't let it slip through the hole on to the pad of the finger)

Daily Routine:

The First Noel

Canon in D - pizzicato only to study pivots and tunnels

C Major Scale

- 1. Play with a C drone
- 2. 60bpm, 2 beats per bow, 4 eighth note pulses per bow
- 3. 60bpm, 4 beats per bow, low and slow

Pluck Open Elbow (Goal to memorize this exercise to keep eyes on the mirror the whole exercise)

- Find the magic spot!
- Drag the fingers across the strings after the first note, lifting the elbow to deliver the fingers to the next string - the goal is to never have to lift the fingers off the string
- Metronome at 60bpm

Suzuki:

- O Come Little Children, 60bpm
 - bow only practice, keep the weight in the upper half of the bow
 - Pizz only to find tunnels and pivots
 - both bow and left hand together - phrase by phrase practice

Exercises on the Open Strings No. 3-4

- full bows always
- Lift the upper RH fingers in the upper half of the bow, sticky bow applying more pressure in the upper half of the bow
- Roll the bow from string to string with the same amount of weight

Whole Bow Every Bow; tone exercise

- 180bpm-200bpm, 2 beats per bow
- Finding the magic spot and optimal volume for every string
- Watch for even bow speed

Open String Workouts: No. 3

- Focus on a string light weight
- 60bpm
- full bows for half notes
- $\frac{1}{2}$ bows for quarter notes
- $\frac{1}{4}$ bows for eighth notes

Pivot point:

- crawling from string to string, maintain contact with one string while traveling to the next string

First Duo's, Pages 1 and 2 (with the bow now!)

Goal: to become familiar with the reading the open strings of the cello on the staff