

Ellery Lesson

Zoom, accompaniment 👍

Keep in Mind:

- Keep the bubble in your palm
- The elbow should just move up and down
- Keep your thumb underneath fingers 2 and 3
- Experiment playing on the side of the hair on the bow

Daily Routine:

Whole Bow Every Bow

140bpm and 160bpm

D Major Scale with a D Drone

- elbow lift
- Really pronate with the fingers
- Upper octave - bend the wrist to keep the bow straight

C: 1 x 2 x 4

G: 0 1 x 2 4

D: 0 1 3 4

A: 0 1 3 4 1 3 1 2 1 2 3

Chromatic Double Stops:

- Beginner #1 #2
- Play the notes together now with the metronome at 60bpm - 2 beats per bow

Hammer and Pluck, 180bpm, 1 beats per click, playing quarter notes

On the A string: boxes at 144 section

- Relax right shoulder down
- Check in with your tapes every so often

Hey Jude

- Play in Sections using the below practice methods:
 - no rhythm, no bowing
 - Hear every shift - shifting focus
 - Left, Right, Go
- Pluck along with audio
- When super comfy plucking with audio, bow with audio

Allegretto, 60bpm

- Pluck only to focus on notes and rhythms
- Bow only to make sure you have enough bow on your half notes
- Start in the middle of the bow so you have enough bow for half notes