

Marti's Practice Notes

\$20 for the fingerboard sleeve

2026 Goals:

- Complete Suzuki Book 1 and start Suzuki Book 2 by the end of the year
- Dream Pieces: Master What a Wonderful World and Ocean
- Review Canon in D (get it clean)

Practice Goals:

- 60 minute practice sessions
- 6-7 times a week
- 1-2pm or 2-3pm

Practice Session Format:

- Scales (10-15 minutes)
- Exercises (5 minutes)
- Suzuki
- Piatti
- What a Wonderful World

Focus Points/Keep in Mind:

- Pull your RH thumb out of the bow nook so that just the very tip/corner of the thumb is barely touching the little nook
- Focus on the LH thumb oscillating underneath the fingerboard (to the right when on the A and D strings, to the left when on the G and C strings)
- Drag the hand across the tapes as the elbow lifts and lowers

Daily Routine:

Piatti, Duet No. 5

- LH thumb focus!
- Left hand focus, drag fingers across the tapes when you go from string to string

Vibrato Exercises

- more weight and width in your vibrato - like oldschool opera singer

D Major Scale

- 60bpm, 2 beats per bow, bowing variation No. 1 (long, short short)
- bow never stops - no pauses!

Finger Spacing with the Tuner

- focus on staying pronated during your pivots

What a Wonderful World

- start learning the notes, no bowings, no rhythms

Pluck Open Elbow

- to work on thumb position and elbow lifting and lowering

Suzuki:

Rigadoon

Whole Bow Every Bow; open strings only

- 80bpm, 100bpm, 120bpm pick one speed per practice session
- Finding the magic spot per string
 - 2 beats per bow

Shift Exercise:

- Move on to playing this on any string!
- Five shifting rules
 - Slow
 - heavy
 - shift on the old finger, old string, and the old bow
 - Extend or shift, never a combo of the two
 - Stay pronated no matter where you shift
- finger 1 shifts
 - see video on phone

Pieces:

Open String Workouts No. 7

- Internalize the rhythm - "saying 1 and uh, 2 and uh, 3 and uh, 4 and uh"
- Only practice one line at a time, 3x correct per line
- Treat each line as an individual lesson, stopping and repeating the line if necessary
- 60bpm
- bow never stops!

Oceans:

Stretch stretch stretch your first finger!

Reach reach reach your fourth finger!

- one line at a time, practice methods
 - 1. Pizzicato only: goal is left hand form and intonation
 - Stretch farther with fingers 2,3, and 4
 - Every time you place an extended 4, all the fingers should be placed on the fingerboard
 - 2. No rhythm, no bowing practice method
 - Bow every note two times to allow focus
 - Treat each note like it's own project
 - Red light green light, bow each note as many times as it takes to get it beautiful in tune with a nice tone