**VIOLIN/VIOLA BASICS**

**Mr. Willard, Salem Hyde/Dr. King**

**WHITE BELT**

**Bow Hand Shape**

Cookie Monster with pencils, Scratch the itch, Paint Brush, Bow Chants with the following actions:

*“Thumb Bent, Thumb Bent, First Finger away. Huggers on the frog and move parallel with the bridge*

*“Up like a rocket, Down like the rain. Back and forth like a choo choo train. Round and Round like a big bass drum. Back once more and kiss our bent thumb (smooch)”*

Windshield Wipers, Small Circles, Big Circles, Wash the arm, Wash the neck,

**7 steps to holding instrument (Start in rest position)**

1. Feet in V-shape
2. Move right foot back so feet are at shoulder width
3. Left Hand on upper bout
4. Fully Extend left hand and instrument, place right index finger on the end button, lining up nose/scroll/elbow/left foot
5. Lift Head
6. Swing instrument around in a circle, landing on the collarbone with the end button touching the neck
7. Drop chin on chin rest, left hand on right shoulder

Now do “Swinging Arm” test, walking with instrument.

**Open String bowing**

1. Left palm in “traffic cop” on the upper bout; wrist is straight
2. “Lift, Lower, Settle” the bow on highest string at the yellow tape
3. Rest right elbow on hip as in “wash the arm” exercise
4. *Mississippi Stop-Stop*: Keep bow parallel to the bridge and bend the elbow, not the shoulder. E String for Violin, A String for Viola
5. Rotate wrist and repeat this for the other three strings while naming them out loud.

**YELLOW BELT**

**Left Hand Position**

1. Reach up to the “top shelf” to get the “can of corn.” Turn the can around to see the “expiration date.” THIS SHOULD BE THE SHAPE OF YOUR LEFT HAND
2. Allow your Base joints (where fingers meets the hand) to relax on the top edge of fingerboard
3. Allow your relaxed fingers to gently settle on the first three tapes of the 2nd string.
4. Make the bunny cave and “don’t crush the bunnies.”
5. Tap thumb lightly on left side of neck (“get outta here…”) and keep it relaxed.

**Orchestra Karate Belts**

*All Repertoire taken from Essential Elements volume 1 book unless otherwise stated*

**White Belt** *IWBAT (“I Will Be Able To…”)*

1. Pass the “Parts of my Instrument” test.
2. Demonstrate correct Bow Hold and Chants (see attachment)
3. Demonstrate the correct way to hold my Instrument (see attachment)
4. Walk with your instrument in proper position without the help of your arms. *(Violin and Viola only)*
5. Demonstrate proper Open String bowing by playing “Mississippi Stop-Stop” on your top three strings
6. Play #6, “Jumping Jacks,” with a steady beat.

**Yellow Belt***IWBAT*

1. Demonstrate proper Left Hand Position (see attachment)
2. Play # 16 with a steady beat

**Orange Belt** *IWBAT*

1. Identify notes of the D Major Scale by letter name on flash cards and play them on my instrument.
2. Play #19, “Rolling Along” and #22, “Lightly Row”
3. Explain and Demonstrate “W.A.S.P” technique and “Ring” to class using these songs

**Green Belt** *IWBAT*

1. Play #86 “Ode to Joy” and #89 “B’il ‘em Cabbage Down“
2. Perform a selection generated by *Sight Reading Factory--*  Level 1, D major, 4/4

following NYSSMA procedures.

1. Play Three Major scales [D, G, and C for Viola and Cello-- A, D, and G for Violin], ascending and descending on “Mississippi Stop Stop” and one other rhythm.
2. Demonstrate *Baroque* vs. *Detaché* bowing and the three basic strokes (upper half, lower half, full stroke)

**Blue Belt** *IWBAT*

1. Play *Allegro* AND “Long, Long Ago,” (from Suzuki Book) demonstrating the "Tunnel"
2. Identify and play flash cards using either the first four notes on the E String (Violin) or G String (Viola or Cello)
3. Perform a selection generated by *Sight Reading Factory--*  Level 2, G major (Viola, Cello) or A Major (Violin) , 4/4 following NYSSMA procedures.
4. Accurately tutor another student on one of the songs required for Green or Orange Belt to help them improve some part of their “W.A.S.P” technique and/or “Ring” of the instrument.

*[Rev. 8-18]*

**Purple Belt** *IWBAT*

1. Play *#101* Baa Baa Black Sheep OR #102 “This Old Man”
2. Play #’s 135 and 149 using low 2 fingering for the C Major Scale
3. Play a 2-octave scale (without shifting). Violin: G Major, Viola and Cello: C Major
4. Perform a selection generated by *Sight Reading Factory--*  Level 2, G major, 4/4

following NYSSMA procedures.

1. Identify and play flash cards using either the first four notes on the G String (Violin) or C String (Viola or Cello)

**Brown Belt** *IWBAT*

1. Play *#163 Big Rock Candy Mounty or #166 Academic Festival Overture*
2. Play a 2 octave scale with shifting—Violin: D Major, Viola and Cello: G Major
3. Perform a selection generated by *Sight Reading Factory--*  Level 2, G major, 3/4

following NYSSMA procedures.

1. Demonstrate hooked bowing with #176 Pop Goes the Weasel

**Red Belt** *IWBAT*

1. Play #193, Minuet 1 or Minuet 2 (Suzuki)
2. Play 2 more two-octave scales with shifting
3. Perform a selection generated by *Sight Reading Factory--*  Level 3, C major, 2/4

following NYSSMA procedures.

**Black Belt** *IWBAT*

1. Play Minuet 3 AND either “The Happy Farmer” or “Gavotte” (Suzuki)
2. Play 2 more two-octave scales with shifting
3. Perform a selection generated by *Sight Reading Factory--*  Level 3, F major, 2/4

following NYSSMA procedures.

*[Rev. 6-18]*

**CELLO BASICS**

**Mr. Willard**

**Salem Hyde/Dr. King**

**WHITE BELT**

**Bow Hand Shape**

Cookie Monster with pencils, Bow chants with actions:

“*Thumb Bent, Thumb Bent, Waterfall fingers, High wrist, Heavy Arm, Parallel with the Bridge*

*“Up like a rocket, down like the rain. Back and forth like a choo choo train. Round and round like a big bass drum. Back once more and kiss our bent thumb (smooch!)”*

Windshield Wipers, Small Circles, Big Circles, Paint Brush, Jet Plane

**Holding the Instrument**

1. Contact points: Knees and sternum (chest)
2. Forward in Chair
3. Feet flat on floor, right knee covers entire side, left knee just touches side
4. Shoulders down and relaxed
5. Scroll near the ear

**Open String Bowing**

1. “Lift, Lower, Settle” the bow on D-String at the Frog
2. Pullthe bow quickly
   1. Make a parallel line with the bridge
   2. Keep your “heavy arm”
   3. Go from the frog to the Middle of the Bow
3. Push the Bow back to the frog as above
4. Repeat this action for the three other strings while naming each one aloud.
5. Extend this action into “Mississippi Stop Stop” as demonstrated

**YELLOW BELT**

**Left Hand Position**

1. Make a “C” with the thumb and 2nd finger
2. Rest the thumb lightly on the bottom of the neck with a raised elbow (4th position)
3. “Mountain Peaks” with knuckles
4. First finger “peak” points toward scroll, touching string on the side of the finger, find the harmonic with the 3rd finger.
5. Gently slide down to 1st position tapes, keeping "chicken wing" with elbow

*[Rev. 7-18]*