

Ethos Academy 1
Online Learning Materials
Week of March 23, 2020

See March 23, 2020 YouTube videos on www.EthosMusic.net for more details. You'll see the "Online Learning Materials" link on the first page, then near the top of the page you will see Low Strings-Academy 1. Please note that some of the same videos are in use from last week as they are things we practice WEEKLY AND DAILY.

Goals for this week:

1. Bow Hold- setting up and maintaining proper bow hold through our scales and concert pieces.
 - a. Be sure that your **thumb is bent, wrist is flat, pointer is leading** (I would rather you lean towards your pointer finger like a violinist- than have your hand pointing backwards). Use your **WHOLE BOW**- frog to tip, tip to frog. Be sure that shoulder is relaxed and that your elbow is at the appropriate height.
2. Left arm height- no **CHICKEN WINGS!** Be sure that your wrist is straight and this is achieved by your shoulder being relaxed and your elbow being the same height as your heart. Please see video for examples of what to do and what NOT to do.
3. Playing through assigned materials with good posture, bow grip and tone quality from start to finish.

What do I work on?

1. Scales- C, G and D scales. Slowly with two counts per note and then one count per note. Be sure that you are continuing to use **WHOLE BOWS** and that your fingers are making it on to all of the tapes. Remember that we put ALL fingers down when our 4th finger goes down- we always build up with fingers and block on the way back down. This is a great place to use tunneling! (making a tunnel with all 4 fingers down while you play the open string above it to set yourself up for the switch)
2. Orchestra Expressions (ALL ARCO): Review: Page 19- #47; Page 21- #'s 53-56; Page 24- #66 and Page 25 #'s 67-72.
 - a. Page 19- #47- Be sure that your 4th finger gets ALL the way to the tape. Watch the bow lift (bow circle, bow retake, GO BACK TO FROG- where your hand is) at the end of the first line.
 - b. Page 21- #'s 53-56- Check your elbow height on your LH- is it high enough? Is your wrist flat? Count very carefully through these examples when playing- there are some tricky rests.
 - c. Page 24- #66- Pepperoni Pizza, Pizza Pepperoni
 - d. Page 25- #67- Pepperoni Pizza rhythm- relaxed bow hand wrist; #68- practice each section SLOWLY before you try to add it back together. #69- Dune buggy rhythm; #70- Think "Ice Cream Cone"
 - e. Page 25- #71 & 72- this is you playing TWO STRINGS at the same time. Its fun and may sound scratchy at first but it gets better- I promise!
3. The Little Star and Lightly Row
 - a. Play through The Little Star- top line of the duet only- with all repeats and completing all 3 lines. This will be done ARCO. I will include myself playing the bottom part in the video so that you may play with me if you would like to.
 - b. Lightly Row- figure out what your notes are. Pizzicato FIRST. Be sure that you are using your **SECOND** finger on your A string- that's your middle finger. No third fingers on your A string EVER in this piece. Once you feel comfortable, play through

the entire piece with your bow. I will include myself playing the bottom part so that we can do a duet.

4. Cripple Creek- play through this pizzicato first and then add ARCO. Figure out what your notes are. Do all repeats. I will perform this pizzicato and arco on the recording so you know what the counting is. Feel free to play along with me. This week I will add a separate video that adds some cool embellishments known as glissandos. I will show you how to do them and where to add them into the piece.
- 5.

Please be sure to always be conscious of what your posture and hand positions look like. We talk a lot about No T Rex elbows or chicken wings, right? Have an adult check on you to make sure that your posture looks just like mine. Maintain proper bow grip and be sure that both of your hands stay relaxed. I want you all to practice for at least 30 minutes on the day we normally have class in addition to practicing 10-15 minutes every day that we don't (Monday, Tuesday, Wednesday, Friday, Saturday, Sunday). We still plan to have the concert in April and I want to be sure that you are ready! Any questions, please do not hesitate to contact me 😊