

**Ethos Academy 2**  
**Online Learning Materials**  
**Week of March 23, 2020**

*See March 23, 2020 YouTube videos on [www.EthosMusic.net](http://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 2. Please note that some of the same videos are in use from last week as they are things we practice WEEKLY AND DAILY.*

Videos: <https://youtu.be/I23xph5uT0> – Warm-ups  
<https://youtu.be/fQNOalKskY0> - Orchestra Expressions  
<https://youtu.be/CMzsDrTW1Qg> - This Charming Snake  
<https://youtu.be/aI8XgC2MRC4> - Cripple Creek  
<https://youtu.be/hQG7taLaavg>- New Cripple Creek

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 4<sup>th</sup> 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: Page 22- #'s 60-62; Page 24- #66; Page 25 #'s 67-72, Page 26- #74-76 and Page 27- #'s 77-80. **Yes this is all REVIEW. It is imperative that each and every one of you can read your notes without having to write them in on the music. There is no way that we can move forward as a class until this happens. This is great review for those of you who have already accomplished that.**
  - a. Page 22- #'s 60-62-Be sure that ALL of your fingers are going down when you put 4<sup>th</sup> finger down. Check elbow height. Make sure your bow hand is relaxed, thumb is bent and pointer finger is leading (think about leaning your hand towards the stick and not away from it)
  - b. Page 24- #66- Pepperoni Pizza, Pizza Pepperoni
  - c. Page 25- #'s 67-72- Pepperoni Pizza rhythm- relaxed bow hand wrist, #71 & 72- this is you playing TWO STRINGS at the same time.
  - d. Page 26- #'s 74-76 and Page 27- #'s 77-80- Review of notes on the G string

3. Cripple Creek- play through this figuring out what your notes are. Do all repeats. I will perform this on the recording so you know what the counting is. Feel free to play along with me
  - a. The second video shows what our next step is- embellishments! We are adding glissandos to this piece. Please listen and follow along very carefully. Work through this adding in the glissandos.
4. The Charming Snake- This is one of our concert pieces. The only thing that makes it a bit tricky is that backwards extension (the Eb)- we have to be very careful and ensure that we are getting it. Take out the slurs are you are first learning this. Once you have the notes solidified, add them back in. You are ALL playing the top part.

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 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 😊