

DAROL ANGER'S ARTISTWORKS SCHOOL OF FIDDLE

FIDDLE PRACTICE: DAROL'S TECHNICAL SUGGESTIONS

First Technique Combined with 2nd :

<p>Bowing/Rhythm</p> <p>Long bows, like Yoga breathing:</p> <ol style="list-style-type: none"> 1. observe the constant change of balance 2. timed long bows with metronome 3. various shuffle bowings at various speeds 	<p>Left Hand</p> <p>Slow major and minor scales Finger placement exercises: see Lessons Arpeggios and Diatonic Arpeggios Modal Scale Workouts All these in various neck positions</p>
<p>SCALES in 2 and/or 3 octaves:</p> <p>Major scale Dominant 7th (Mixolydian) scale Minor scales: Dorian, Natural, Harmonic, Melodic Scale patterns (Sequences) Scale with arpeggios Complex scales such as Diminished and Augmented</p>	<p>All first position Play scale from bottom note of instrument to top of 3rd position- beginning and ending on whatever note in the scale is there. Start scale in 2nd position, stay there; also 3rd & 4th. Shifting between various positions: 1st to 3rd, 1st to 2nd, 2nd to 3rd, 1st to ½ pos.</p>
<p>Bowing... in different speeds</p> <p>Separate bow shuffles with varying accent patterns. Classic Shuffle, one string & with string crossings Georgia Shuffle 3-3-2 Shuffle Cakewalk shuffle String Crossing shuffles: Hot Country shuffle Double Shuffle Mix shuffles at various speeds</p>	<p>Scales or Diatonic arpeggios</p> <p>Playing tunes on one or two strings,</p> <p>Backup double-stops on chord progressions for various songs and tunes</p>

Here are some ideas for the technical side of your practicing. Unless you have all day, you wouldn't want to do everything in one session, because there won't be any time to improve at anything! But the best approach, especially if you have a limited or short amount of time, is to start with the skill that you feel most challenged by— after first warming up with a slow scale and some rhythmic bow work.

For some of us, that might be intonation, so scales and some finger placement exercises might be the thing we start with, possibly with a drone if we have time to get that running. For others, maybe we feel the weakest on our rhythm, so some shuffle work with a metronome might be the first thing to start with.

The secret to getting better is to take on a small enough slice of the technical pie so that we can feel some improvement no matter how short a time we have, and make sure that no matter what tempo and how small a piece we are working on, we manage to play it correctly at least 3 times in a row. This takes focus and thought, so a few seconds' pause between each time we play something difficult can really help our progress. *(continued)*

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This approach really clashes with our desire to get something done quickly and the idea that we must play something many many times to “get it”. But taking that approach often means that we are practicing playing it wrong... and we don't need to get any better at playing something wrong!

There are also things we can do away from the fiddle, such as various stretches, elbow flexes, hand flexibility exercises, singing through tunes either silently or out loud, and mentally visualizing ourselves playing a difficult passage in slow motion.

Give this method a try, and check in with me in a video or a letter in the Forum if you have questions or hit a snag.

Happy Fiddling!

Darol Anger

School of Fiddle at ArtistWorks.com