

Topics Covered in Parent training  
(ARD, Fall 2016)

**Most important in all of this is LISTENING, both to Suzuki CD and to Special Listening repertoire. The Suzuki Method does not work without this :)**

1. Bowing feet, playing feet

Generally, feet should be underneath shoulders

-feet are "rooted" in the ground

-bowing feet, toes together

-playing feet, make a V with feet then take a small step

2. Twinkle rhythms

Mississippi Hot Dog

Down Sticky, Up Sticky

1,2, Shh, 4

Washington, Washington

Wish I Had a Watermelon

3. Methods for practicing Twinkle rhythms, with Step by Step CD

Shaking hands

Soap the arm

Body bowing

Whisper tube (only after bow hold is comfortable and easy)

4. Bow hold, key points: (see picture in Suzuki Book 1 for reference)

-Bow touches 3 fingers on crease of first knuckle, pinky curled and on its tip, thumb on inside corner. All fingers should be relaxed and curled slightly

-Thumb is halfway on the silver, halfway on the hair, bent so that edge of nail touches hair

-Middle finger across from thumb

-All fingers are curled with as little tension as possible, slight gap between pointer and middle finger, middle finger and ring finger are friends

-"mouse hole" (bent thumb and middle finger make a circle, don't squeeze together)

5. Bow Hold practice methods: (repeat 500 times!)

Train

Monkey on a branch

Up Like a Rocket

Stir the soup

Write your name on the ceiling

## M&M game

6. Bow arm posture: elbow is slightly below wrist, right shoulder is relaxed and “melted” down

7. Drive the bow on shoulder, my turn, your turn (similar to shaking hands)

\*check to make sure pinky stays curled and on its tip, thumb stays bent, pointing up into the bow

8. Violin posture

- scroll is higher than chin rest,
- use seam of shirt as "landing strip"
- violin touches neck
- jaw rests in jaw rest, head leans back very slightly
- violin is "on the table", not "on the wall", shoulder is hidden
- NEST- Nose, Elbows, Strings, Toes, should all be in line

9. Independence of violin hand from instrument

- should be free to swing at the side, move to violin's shoulder, move to plucking position, etc, without disturbing the violin position.
- violin hand does not hold up the violin, but floats underneath the neck; the instrument should be fully supported by the head when moving the left hand from curvy spot to open string position, for example

10. The bow on the string

- All bow strokes start from middle of the bow and go "down-bow" (in the direction of the frog) first
- Let the bow rest on the string before and after playing

11. Discussion of tone- what makes good tone?

- Contact point with the string, aka "the bow highway"
- Pull and release

- Weight of the arm vs. pressing
- "dense" sound to start with

## 12. Left hand position

- LH fingers should have 2 bumps
- always lift fingers from the base knuckle ("dumping games")
- neck of violin touches inside of left thumb, with the 1st finger touching the peg box for "open string position"
- 1st finger is across from thumb, as you would shake hands
- finger pattern: , space between 1 and 2, 2 and 3 are touching, but not squeezing
- "water hose" idea for left hand thumb
- LH thumb helps a little, but should not squeeze

13. Developing stillness and focus. Practice standing on playing or bowing feet while listening to one Twinkle variation, or other early Book One piece. Practice "pointing your eyes" at different parts of the violin, the hand, etc, and see how high you can count. (Parent or teacher counts.)

## Songs:

"AEA, Stomp" (plucked, with violin pinky in 5th position. Thumb rests gently in "curvy spot" neck (where the neck meets the violin. Pinky pulls the string from left to right, from the base knuckle.)

A, E, A, Stomp (with the right foot)

A, E, A, Stomp

A, A, E, E,

A, E, A, Stomp

(Repeats one time)

Backwards scale: (listen to recording on Step by Step CD. Prepare by setting up 3 fingers on fingerboard, one at a time, on E string. 2 and 3 should be touching but not squeezing.

On A string

3rd finger, ready, play: Mississippi Hot Dog

2nd finger, ready, play: MSHD

1st finger, ready, play: MSHD

A string, ready, play: MSHD

Note names in backwards scale: D, C#, B, A

Note names in A Major Scale (**forwards, complete**): A, B, C#, D, E, F#, G#, A

## Twinkle Twinkle Little Star

Form is: Bread, Cheese, Cheese, Bread

Bread:

"A string, ready, play", MSHD

"E string, ready, play", MSHD

"F# (f sharp), ready, play", MSHD

"E string, ready, play", MSHD

(now on A string, drop 3<sup>rd</sup> finger on thumb side)

"3rd finger, D, play", MSHD

"2nd finger, C#", MSHD

"1st finger, B, play", MSHD

"A string, ready, play", MSHD

Cheese:

"E string, ready, play", MSHD

(now on A string, drop 3<sup>rd</sup> finger on thumb side)

"3rd finger D, play", MSHD

"2nd finger, C#", MSHD

"1st finger, B, play", MSHD

## "Up Like a Rocket"

Up like a rocket,

Down like the rain,

Back and forth like a choo-choo train

Round and round like a great big sun,

Land on your hand, curved pinky, bumpy thumb.

## "Dr. Suzuki Twinkle Variation Lyrics (1, 2, shh, 4)

("shh" happens wherever there are commas)

Dr., Suzuki, says never, be lazy,

And practice, and practice, until you, go crazy,

So practice, on Monday, and Tuesday, and Wednesday,

And Thursday, and Friday, and Saturday, and Sunday,

Hey Dr., Suzuki, says never, be lazy,

And practice, and practice, until you, go crazy, Hey!

**Don't always stop to correct, stop to celebrate!**