



15 MINUTE SESSION

ONE FOCUS FOR 15 MINUTES

EXAMPLES:

- C MAJOR SCALE, 2 OCTAVE WITH REST STROKE
- SLURS IN VARIOUS COMBINATIONS
- CHROMATIC OCTAVE SCALE.: FOCUS ON LEFT HAND PREPARATION
- STRING CROSSING : FOCUS ON ALTERNATION
- G MAJOR 3 OCTAVE SCALE: FOCUS ON CLEAN SHIFTS
- C MAJOR EXTENDED SCALE : FOCUS ON FINGERBOARD KNOWLEDGE
- TONE CONTROL
- SPEED BURSTS

30 MINUTE SESSION

10 MINUTES : FUNDAMENTALS

FREE STROKE, ALTERNATION, STRING CROSSING, SOUND PRODUCTION.

5 MINUTES : SCALES

FOCUS ON ONE SCALE AND ONE ELEMENT OF TECHNIQUE. I.E. C MAJOR ONE OCTAVE AND FOCUS ON CORRECT RIGHT HAND ALTERNATION.

5 MINUTES : SIGHT READING

SIMPLE SIGHT READING.

10 MINUTES: REPERTOIRE

SMALL FOCUSED PORTION OF THE REPERTOIRE

1 HOUR SESSION

10 FUNDAMENTALS

OPEN STRINGS, ALTERNATION, TONE CONTROL, SIMPLE EXERCISES

10 SCALES & ARPEGGIOS

ONE SCALE AND ONE ARPEGGIO BE MINDFUL OF TONE CONTROL CONSISTENCY AND EFFICIENT MOVEMENT IN THE HANDS.

5 GIULIANI RIGHT HAND STUDIES

FOCUS ON TONE AND RIGHT HAND BALANCE.

5 SIGHT READING

15 STUDIES OR EXERCISES

CHOOSE A STUDY OR EXERCISE THAT HELPS YOUR TECHNIQUE

15 REPERTOIRE

FOCUS ON ONE PHRASE OF MUSIC OR A FOUR TO EIGHT MEASURE SECTION.

2 HOUR SESSION

15 FUNDAMENTALS

WARM UP AND SIMPLE, LIGHT EXERCISES

15 SCALES & ARPEGGIOS

SPECIFIC FOCUS

15 EXERCISES

TWO TO THREE EXERCISES

15 BREAK & STRETCH

15 SIGHT READING

15 STUDIES

USE STUDIES THAT COMPLIMENT YOUR EXERCISE FOCUS

15 REPERTOIRE 1

FOCUS ON SPECIFIC SECTIONS OF MUSIC

15 REPERTOIRE 2

MORE FOCUS WORK OR PLAY TIME



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5 SCALES

5 SIGHT READING

10 REPERTOIRE

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10 SCALES & ARPEGGIOS

5 GIULIANI RIGHT HAND STUDIES

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15 STUDIES OR EXERCISES

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2 HOUR SESSION

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15 SCALES & ARPEGGIOS

15 EXERCISES

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15 STUDIES

15 REPERTOIRE 1

15 REPERTOIRE 2