

# FUNDAMENTALS and DAILY WARM-UPS for STRING ORCHESTRA

## 1 BOW SPEED & LOCATION

Even: 1/2 bow 1/4 bow 4/4 bow 1/2 bow 1/4 bow 4/4 bow

Uneven Bow Speed: Use Whole Bow on Every Note

## 2

4  
simile

## 3

4

## 4

4

## 5 DYNAMICS

*p* < > *f* < > *p* < > *f* < > *p* < > *f* < > *p* < >

## 6 FUNDAMENTAL RHYTHMS

4

4

## 7

4

4

## 8

(avoid accent on down bow)



19 Staccato

20 Retake

simile

21 Collé (at frog or tip)

22 Martelé (hammer stroke)

23 Hooked Bow

simile

24 Louré or Portato

25 Arco v. Pizzicato

26

27 Long Tones  
(arco)

28 DOUBLE STOPS

29

30 STRING CROSSING

31 (simile fingers)

32

4 0 4 0

33 SHIFTING

4 (stay on one string) 4 4 4 simile

34

4 8va 4 8va 4 8va simile

35

0 1 -1 2 1 0

36

37

1 -2 1 1 0 1 2 -1 1 0

38

39

0 -1 1 -1 0 0 -1 1 -2 1

40

41

0 -1 1 -2 1 0 -1 2 -1

42 Crossing Strings in Position  
3RD

43

3 -1 4 1 1 3 3 -1 4 1 1 3

44

3 -1 4 1 1 3 2

45 Shifting from Open String 3RD 1 46 3RD 47 3RD

48 3RD 49 CHROMATICISM (hold) 1-1-1-1-1 1-1-1-1-1

50 4 3 1 2-2-2-2-2 2-2-2-2-2 51 4 2 1 3-3-3-3-3 3-3-3-3-3

52 3 2 4-4-4-4-4 4-4-4-4-4 53 10 10 10 10 1

54 2 1 2 1 2 1 2 1 2 55 3 2 3 2 3 2 3 2

56 3 4 3 4 3 4 3 4 3 4

57 0 1 -1 2 -2 3 4 0 1 -1 2 -2 3

3 2 -2 1 -1 0 4 3 2 -2 1 -1 0