

# The First 10 Minutes...for Four Years!

Several Approaches to String Fundamentals through Daily-Drill

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**Each underlined title below** is a hyperlink to a web address or the sheet music for violin. Music for all instruments is available at <https://www.petermarkes.com/resources>.

**The resources** below are just a few of my favorites that might not be as ubiquitous as others (albeit some are!). *Please share your ideas and successes* with me and our colleagues.

**The order of events** below are simply a suggestion, and several categories and resources overlap.

Consider these additional “Fundamental Skills” headers as you create your lesson plans:

1. Left Hand, Right Hand, and/or Left & Right Hand
2. Student-Led Warm-ups
3. Creativity, Theory and/or Improvisation
4. New Skills & Techniques
5. Polishing & Review

**\*Peter's Picks:** These resources have proven to be really effective for my students over the years.

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## Tuning

*Objective:* Develop the ability to accurately tune “Quickly & Quietly (The 2Q's)”

1. \*Four A's
2. The Aftertaste
3. Harmonic Material

## Tone Production, Articulations & Bow Control

*Objective:* Develop skills to change tone intentionally through control of bow arm use & right hand posture.

1. \*[PAWS](#) (Placement, Angle, Weight, Speed)
2. \*[String Fundamentals & Daily Warm-ups](#) 3. Down for 9, Up for 8, Down for 7, Up for 6, etc.
4. Blind Bow Grab
5. Chorales (Bach & Before for Strings)

## Scales

*Objective:* Develop facility, muscle memory, and improved intonation to correctly read in any key.

1. [One-Octave Scale & Arpeggios](#)
2. [Bowling & Rhythm Patterns for Scales](#)
3. [Two-Octave Scales](#)
4. [\\*Scale Rotations](#) (one & two octave)
5. [\\*Progressive Scales](#)
6. [Scale Mastery](#) (Advanced)
7. Three Octave Galamian Scale Pattern (Advanced)
8. [\\*Cello Drones & Canons](#)

## Rhythm

*Objective:* Develop the ability to internalize subdivision and read rhythms in melodic context.

1. [Rhythm Grid](#)
2. *Rhythm a Week* by Anne Witt, pub. Alfred
3. Rhythm Runners from *String Techniques for Superior Musical Performance* (info below)

## Sight Reading

*Objective:* Develop and demonstrate the ability to sight-read in increasing difficulty, both instrumentally and vocally.

1. [\\*Sight Reading Factory](#)
2. *Uni-Tunes* by Carol Nunez, pub. Kjos (consider transposing)
3. [\\*Progressive Sight Singing](#): Flash Cards & Curwen Hand Signs
4. *Rhythm Sessions for Strings* by Fritz Gearhart & Livingston Gearhart, pub. Ludwig Music
5. Chorales & Other Method Book Lines

## Brain Breaks, Stretches & Physical Warm-ups

*Objective:* Create an environment of relaxation, energy, humor, and/or creativity, and develop awareness of physical and mental health for musicians.

1. [\\*Go Noodle](#)
2. Stretches

## Ear Training & Creativity

*Objective:* Develop the “mind’s ear” and improvise music without printed resources.

1. Fiddle Tunes (Call & Respond a tune from *Fiddler’s Philharmonic* or similar)
2. Introduction to Improvisation: [45 Minutes to Improv](#)

## What Else?

1. *Beware of Auto-Pilot!*
2. Communication Exercises

3. Relationships & Confidence
4. Problem Spots

**Method Books that Include Scales, Rhythms & Chorales**

1. *\*Habits of a Successful String Musician*, by Christopher Selby & Scott Rush, published by GIA.  
(and corresponding *Habits...Middle Level String Musician*)
2. *\*String Techniques for Superior Musical Performance*, by Robert Frost, published by Neil A. Kjos Music Company
3. *Advanced Technique for Strings*, by Michael Allen, Robert Gillespie, and Pamela Tellejohn Hayes, published by Hal Leonard Corporation (and corresponding middle level: *Essential Technique for Strings*)
4. *Essentials for Strings*, by Gerald Anderson, published by Neil A. Kjos Music Company

**Suggested Classroom Sets to Supplement Fundamentals**

1. *Superior Strings in Sixteen Weeks*, by Peggy Wheeler and Carrie Lane Gruselle, published by FJH Music Company, Inc.
2. *Bach and Before for Strings*, by David Newell, published by Neil A. Kjos Music Company
3. *Orchestral Bowing: Style and Function WORKBOOK*, by James Kjelland, published by Alfred Publishing Company, Inc.