

Name: \_\_\_\_\_

## Lesson 1 violin/viola

### Pizzicato & Learn String names (Lowest sounding to Highest)

\_\_\_\_\_

Lowest/Thickest

\_\_\_\_\_

Highest/Thinnest

### Numbers Game (setting up instrument)

Holding the violin/viola correctly is one of the most important things you will learn

- 1 - Start with holding the shoulder of the violin/viola with your left hand in “rest position”/“guitar position”, and with feet in position.
- 2 - Keeping the left hand on the instrument, extend the instrument straight out in front of you.
- 3 - Rotate the instrument counter-clockwise to flip the violin/viola upside down.
- 4 - Turn only your head to look at your instrument, lift your chin.
- 5 - Float the violin/viola down on to your left shoulder and drop your chin on the chin rest.  
(Make sure the sponge lands on your shoulder and not your collarbone/chest!)

### Book Pg. 4-5 #2-9 to practice Open strings - Pizzicato

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Numbers Game 10x							
Pizz. Open strings 10x							
Book Pg. 4: #2 - #9							

### Lesson 1 Objectives - By the end of this week, the student should be able to:

- Demonstrate how to unpack and pack up the violin/viola
- Set up the shoulder rest/sponge on the instrument correctly
- Identify parts of the violin/viola
- Demonstrate proper violin/viola hold
- Identify and pizzicato each open string