## Warming up tone production

Here is a sensational warm-up sequence for tone. You can play it in about seven minutes from beginning to end. Try it through just once and see how extraordinary your bow arm feels afterwards. Once you have experienced the result it gives you will want to return to it again and again.

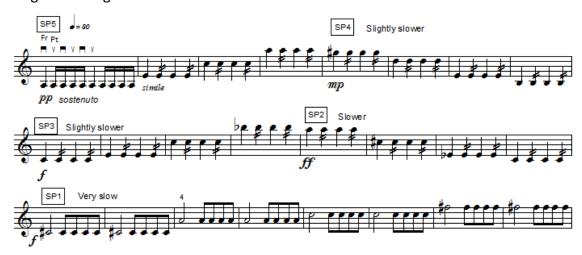
The sequence consists of repeating simple patterns on each soundpoint, beginning near the fingerboard (soundpoint 5) or near the bridge (soundpoint 1).

There are many ways you can play around with the different sensations of speed of bow and pressure, or weight, on each soundpoint. The time-saving way given here is neat and fun to play: up the strings from G to E all on soundpoint 5, then down (E to G) on soundpoint 4, up again on soundpoint 3 and so on.

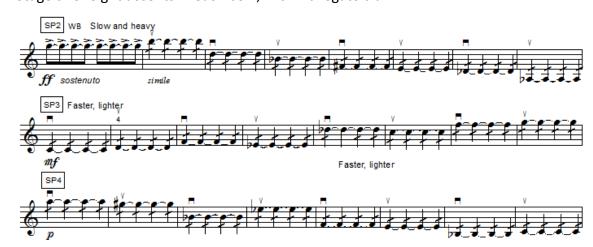
## Replace the notes given here with different ones every time you play through

## Play through all seven stages as one continuous sequence

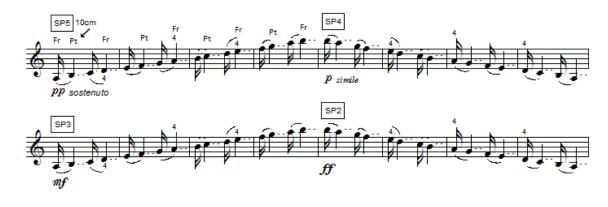
Stage one: long and short detached strokes



Stage two: eight accents in each bow, within a legato slur



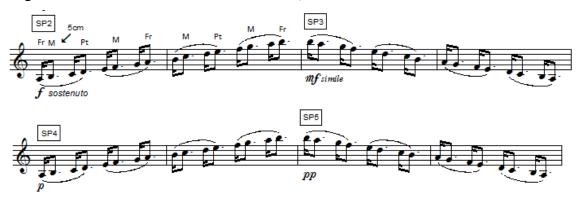
Stage three: one fast-slow stroke in each bow, whole bows



## Symbols

- SP1 Near the bridge
- SP2 Between the bridge and the centre point
- SP3 At the centre point
- SP4 Between the bridge and the end of the fingerboard
- SP5 Near the end of the fingerboard
- Fr Frog
- Pt Point
- WB Whole bow
- 10cm 10 centimetres of bow length

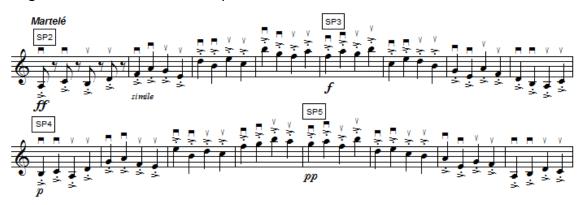
Stage four: two fast-slow strokes in each bow, half a bow each



Stage five: spiccato on each soundpoint



Stage six: martelé on each soundpoint



Stage seven: double stops on each soundpoint

