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

Stage five: *spiccato* on each soundpoint

Stage six: *martélè* on each soundpoint

Stage seven: double stops on each soundpoint