

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.

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

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

Musical notation for Stage four, showing two staves of music. The first staff contains two measures of music. The first measure is marked *f sostenuto* and includes soundpoint markers SP2 and SP3. Above the notes are labels 'Fr M Pt' and 'M Pt'. A '5cm' measurement is indicated above the first measure. The second measure is marked *mf simile*. The second staff contains two measures of music. The first measure is marked *p* and includes soundpoint marker SP4. The second measure is marked *pp* and includes soundpoint marker SP5.

Stage five: *spiccato* on each soundpoint

Musical notation for Stage five, showing two staves of music. The first staff contains two measures of music. The first measure is marked *pp* and includes soundpoint marker SP5. Above the notes are labels '4' and 'simile'. The second measure is marked *p* and includes soundpoint marker SP4. The second staff contains two measures of music. The first measure is marked *f* and includes soundpoint marker SP3. The second measure is marked *ff* and includes soundpoint marker SP2. Above the notes are labels '4' and '4'.

Stage six: *martelé* on each soundpoint

Musical notation for Stage six, showing two staves of music. The first staff contains two measures of music. The first measure is marked *ff* and includes soundpoint marker SP2. Above the notes are labels 'simile' and 'f'. The second measure is marked *f* and includes soundpoint marker SP3. The second staff contains two measures of music. The first measure is marked *p* and includes soundpoint marker SP4. The second measure is marked *pp* and includes soundpoint marker SP5.

Stage seven: double stops on each soundpoint

Musical notation for Stage seven, showing four staves of music. The first staff contains two measures of music. The first measure is marked *pp* and includes soundpoint marker SP5. Above the notes are labels 'Fr Pt' and 'sostenuto'. A '30cm' measurement is indicated above the first measure. The second measure is marked *simile*. The second staff contains two measures of music. The first measure is marked *mp* and includes soundpoint marker SP4. The second measure is marked *f* and includes soundpoint marker SP3. The third staff contains two measures of music. The first measure is marked *f* and includes soundpoint marker SP2. The second measure is marked *ff* and includes soundpoint marker SP2.