

VIOLIN BREVE

ALWAYS REMEMBER POSTURES!

WARM-UP AND STRETCHING ROUTINES

Always do the warm-up movements before beginning to stretch.

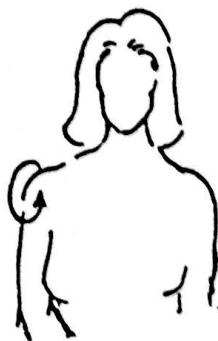
Breve (Brief) – Do this when a few minutes are available before playing. It should take 3–5 minutes.

WARM-UP – See complete descriptions in chapter 2.

- (W14) Arm circles with hands shaking. This is a very efficient method of warming up the hands, wrists, arms and shoulder girdle.



- (W6) **Shoulder Sequence**
Place your hands on your quadriceps and do the following with your shoulders:
A. Circle forward and backward
B. Bring forward and back
C. Lift and lower



STATIC STRETCHES – See complete descriptions in chapter 4.

- (30) **Shoulder Blade Squeeze**

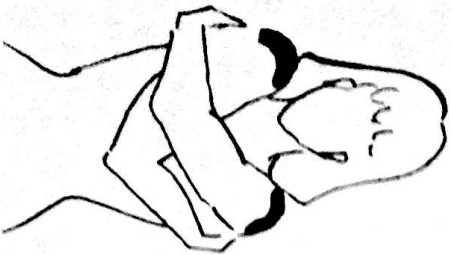


Inconspicuous and effective

(36-36B)

Trapezius Sequence

- A. Hug and hold 10 seconds
- B. Chin to chest 10 seconds
- C. Ear to shoulder



36



36A

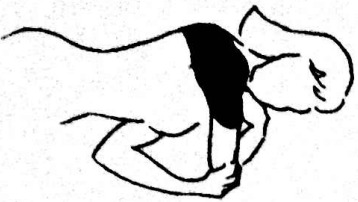


36B

(42-42B)

Deltoid Sequence

- A. Deltoid
- B. Then ear to shoulder an additional 5-10 seconds
- C. Back to deltoid
- D. Then look over shoulder - hold 5-10 seconds
- E. Repeat for the other side



42



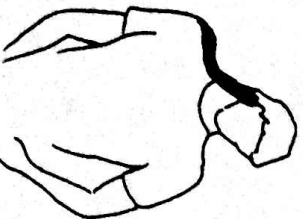
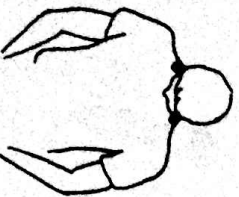
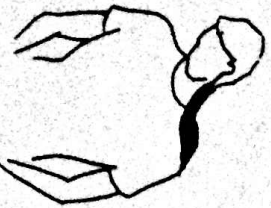
42A



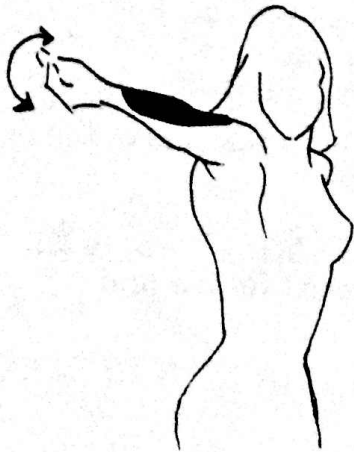
42B

(45)

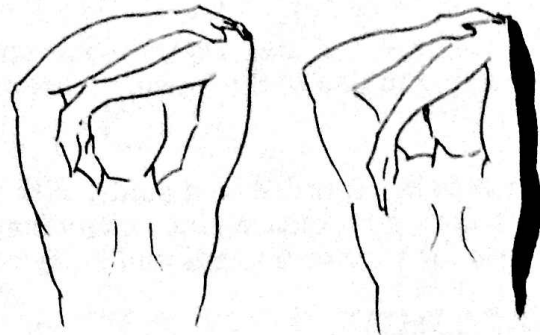
Neck Rolls



(51) Biceps



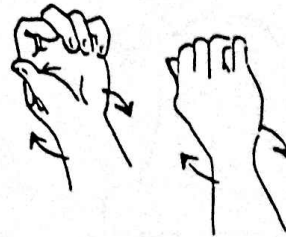
(49) Triceps



Do the following with your arms relaxed:

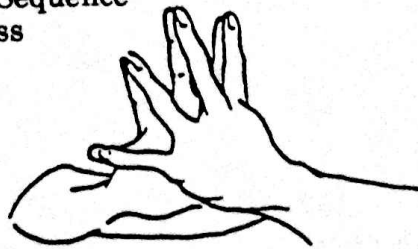
(83) Wrist Rotation Sequence

- A. Rotate wrist forward, ear to shoulder
- B. Rotate wrist backward, ear to other shoulder

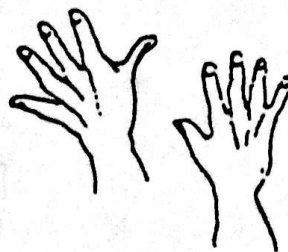


(86) Oppositional Finger Press Sequence

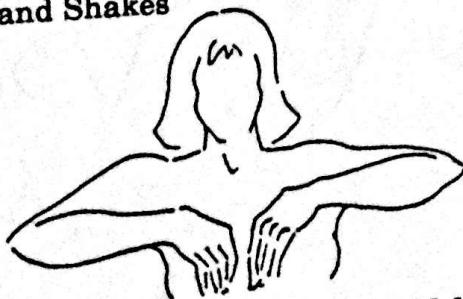
- A. Oppositional finger press
- B. Chin to chest



(87) Hand and Finger Extension



(90) Hand Shakes



Always end with your hands held loosely overhead
This should take 3-5 minutes if done correctly - don't rush!!

VIOLIN INTERMEZZO

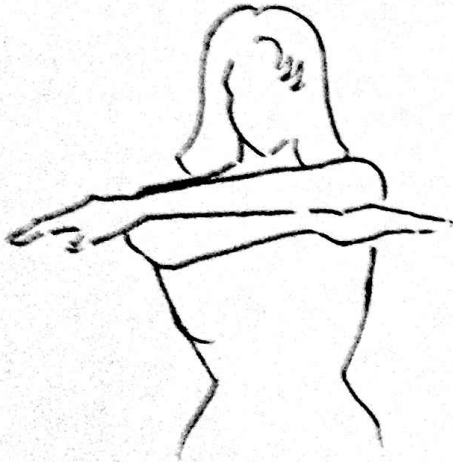
INTERMEZZO (Intermediate) Do these movements daily for 15–30 minutes. If possible, do them before playing in lieu of the breve. Otherwise, try to do them as early as possible in the day to avoid fatigue.

The following is to be regarded as a guide, with much leeway for alternate choices. Above all, avoid needless boring repetition since many movements cover similar areas. Refine and customize these for your own needs and enjoyment.

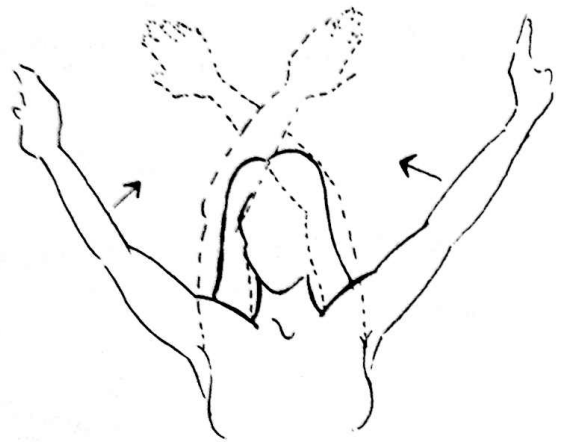
REMEMBER POSTURE!

WARM-UP – See complete descriptions in chapter 2.

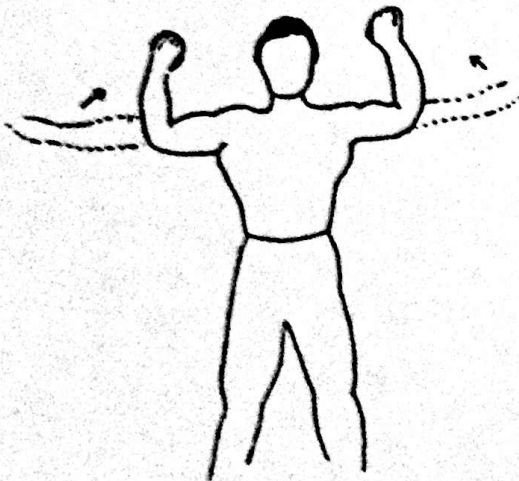
(W1) Sitting Horizontal Crisscross



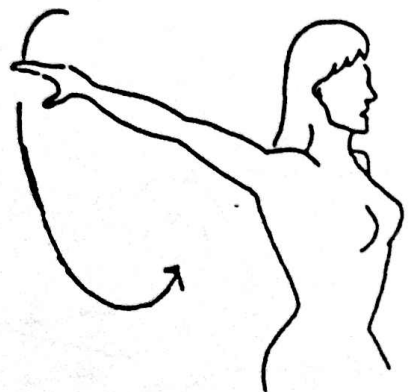
(W2) Vertical Crisscross



(W7A) Lateral Biceps Curls with Fists Clenched and Unclenched



(W10) Marching Arm Circles



The above can also be done standing or marching.

(W6)

Shoulder Sequence

Place your hands on your quadriceps and do the following with your shoulders:

- A. Circle forward and backward
- B. Bring forward and back
- C. Lift and lower

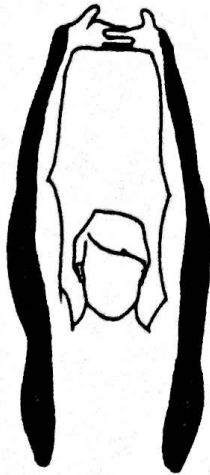


The above can also be done standing or marching.

STATIC STRETCHES – See complete descriptions in chapter 4.

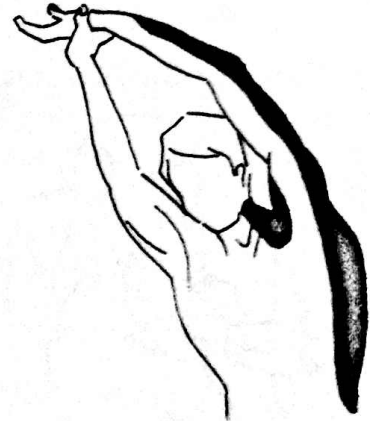
(2)

Overhead Hands Interlaced



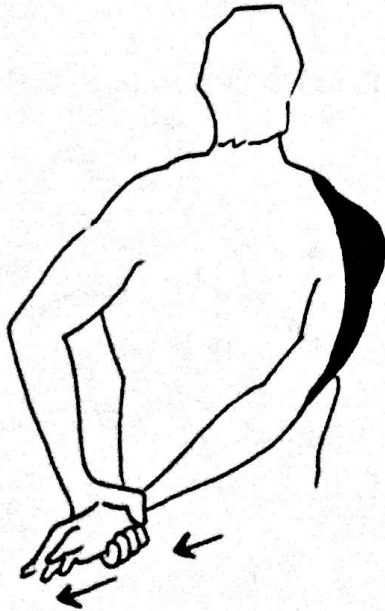
(8)

Overhead Extended Hand-held Side Bend



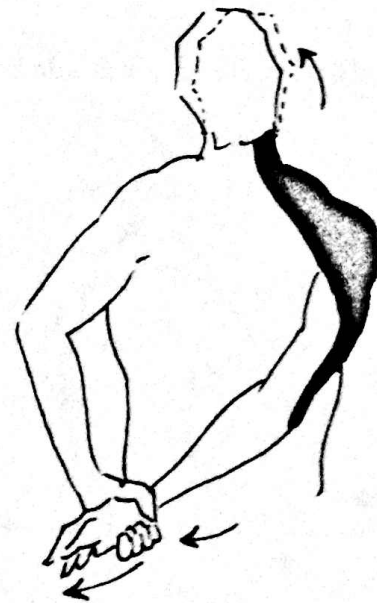
(26)

Posterior Side Arm Pull OR



(26A)

Posterior Side Arm Pull Variation



(42-42B) Deltoid Sequence

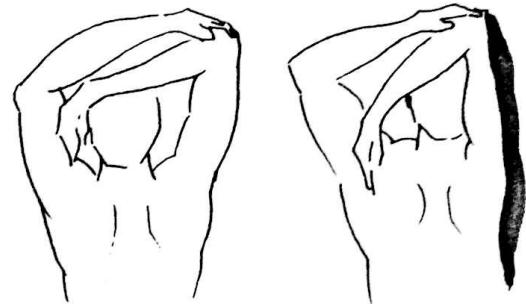
- A. Deltoid**
- B. Then look over shoulder—hold 5-10 seconds**
- C. Back to deltoid**
- D. Then ear to shoulder an additional 5-10 seconds**
- E. Repeat for the other side**



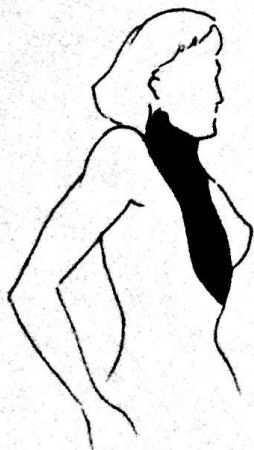
(44) Shoulder Girdle Rotation



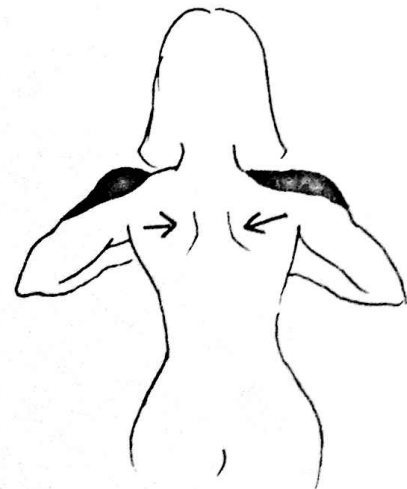
(49) Triceps



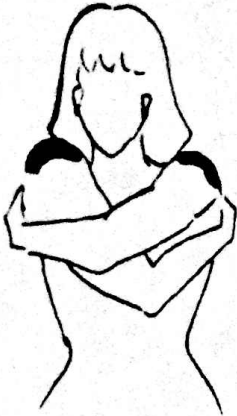
(30) Sitting Shoulder Blade Squeeze OR



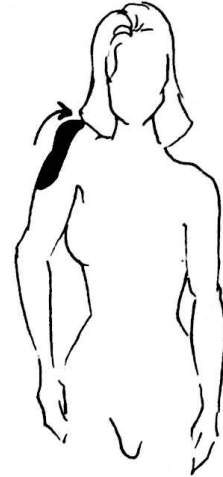
(29) Bent Elbow Shoulder Blade Squeeze



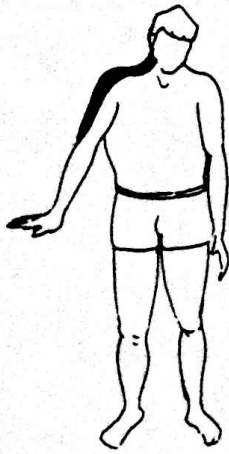
(36) **Trapezius**



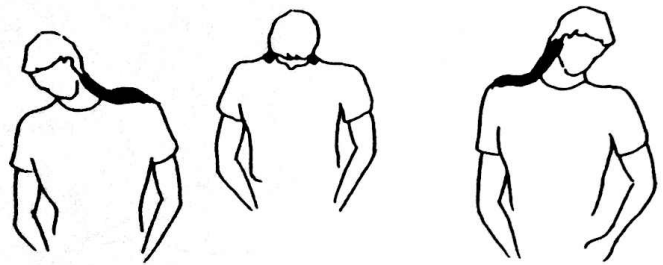
(39) **Shoulder Circle Sequence**



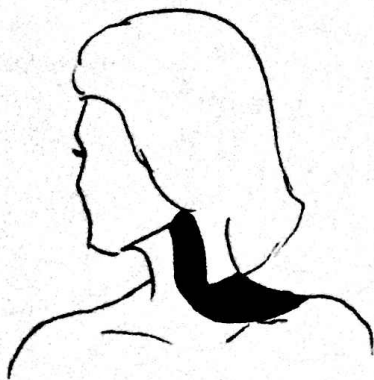
(47) **Ear to Shoulder Tilt with Arm**



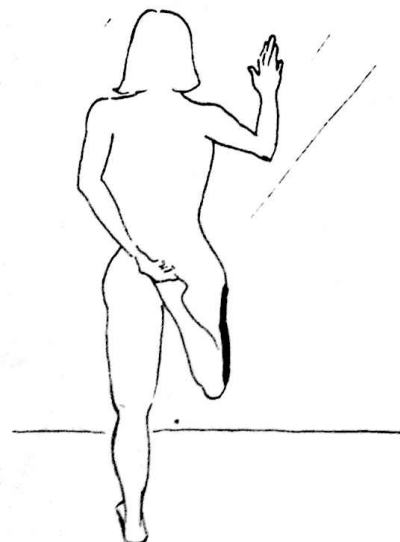
(45) **Forward Neck Roll**



(48) **Look Over Shoulder**



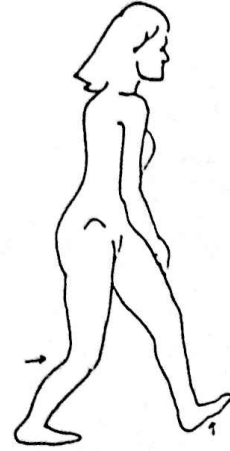
(67) **Standing Quadriceps**



(69) Standing Calf



(70) Standing Hamstring

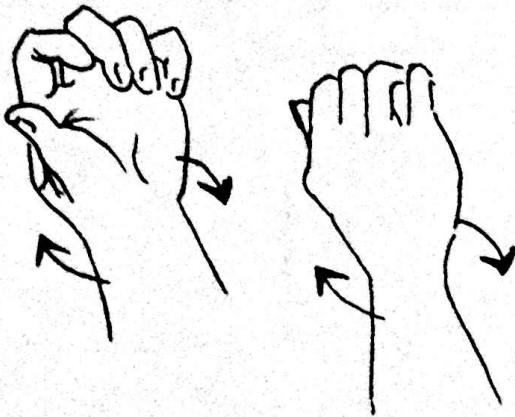


(54) Standing Groin

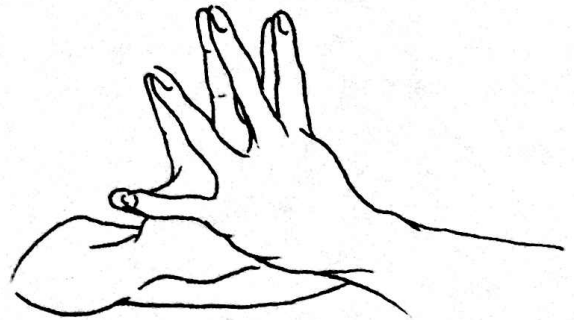


Keep your arms relaxed for the following:

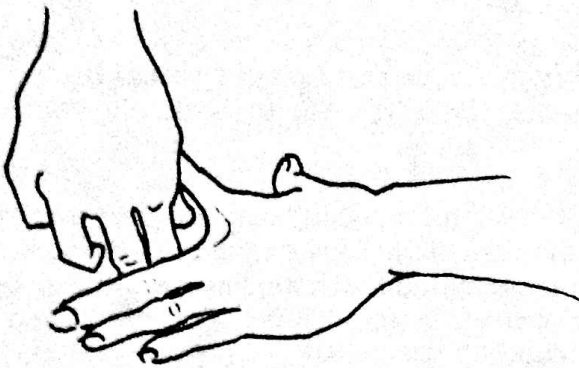
(83) Wrist Rotations



(86) Oppositional Finger Press



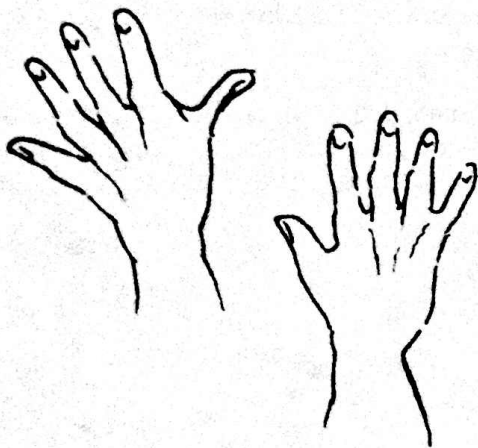
(89) **Passive Lateral Finger**



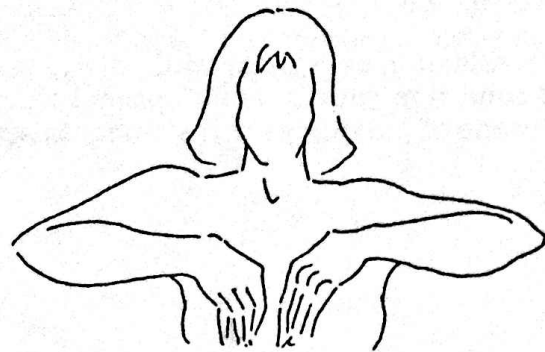
(88) **Fist Clench and Unclench**



(87) **Finger Extensions**



(90) **Hand Shakes**



Always end with your hands and arms held loosely overhead.

NOTE—Once you are familiar with these stretches, they will be done easily in the time allotted.