

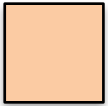
## Color Guide to Watching Videos



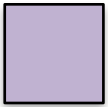
Watch the green videos in order first.



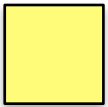
Watch all the blue videos from any section next. You can watch blue videos from the different sections concomitantly.



Watch all the peach videos next.



Then purple.



Lastly yellow.

# *Beginning Lessons: Level 1 Syllabus*

## Getting Started

### Getting Started With the Curriculum

Watch This If You Are a Beginner and New to Violin Lab

Best Practices for your Best Practices: creating effective practice sessions

## Setting Up

Instrument Set Up

Putting Guide Tapes on the Violin

Tuning the Violin with Electronic Tuner

Tuning the Violin with Fine Tuners

Shoulder Pad Styles

Putting on the Shoulder pad

Adjusting the Bon Musica

Tuning the Violin in Fifths

Tightening the Bow

Rosining the Bow

Violin Hold

Comfortability Issues

Note Names of Open Strings

Tuning with the Pegs

## Establishing the Right Hand First

How to Hold the Bow

Bow Hold Exercises

Bow Geometry	
Preparing the Bow Arm	
First Bow Strokes	
Guided Practice Introduction	
Guided Practice #1: Playing in the Middle of the Bow	
Playing at the Tip of the Bow	
Bowing at the Frog	
Guided Practice #2: Playing at the Frog and Tip	
Crossing Strings	
Guided Practice #3: String Crossings	
Whole Bow Strokes	
Guided Practice #4: Whole Bow Strokes	
<div>Establishing the Left Hand Next</div>	
Thumb and Left Hand Placement	
Finger Action of the Left Hand	
Finger Action and Finger Pressure	
Adding Fingers to Bow Stroke	
2-3 Finger Spacing Pattern	
Fingers and Bow Strokes: Pre-Twinkle Exercises	
Note Names for Finger Spacing Pattern 1	
<div>Technique</div> <div>Tone and Intonation: Development Stage 1</div>	
Tone Production 1: Finding the Ring Tones	
Intonation: part 1	
Intonation: part II	
Consistent Finger Placement and Intonation	

<div>Right Hand</div>	
Bow Arm Tension: Getting Rid of the Bounce	
Bow Retakes	
Stiffness in the Wrist and Fingers of the Bow Arm	
Maintaining a "Straight Bow" part 1	
Maintaining a Straight Bow prt. 2	
Maintaining a "Straight Bow" prt.3	
Maintaining a "Straight Bow" prt.4	
<div>Left Hand</div>	
Fingertips hitting other strings	
Left Hand Mobility and Relaxation	
Playing Comfortably on the G String	
Guided Practice #5: Finger Spacing Pattern 1	
Using 4th finger	
Guided Practice #6: Skips, part 1	
Guided Practice #7: Skips, part 2	
Block Fingerings	
Consistent Finger Placement and Intonation	
<div>Repertoire</div> <div> <div>Suzuki Book 1 and Violin Lab Repertoire</div> </div>	
Twinkle, Twinkle, Little Star Lesson 1: Variation A	
Twinkle, Twinkle, Little Star: Lesson 2: Variation C	
Twinkle, Twinkle, Little Star: Lesson 3: Variation D	
Twinkle, Twinkle, Little Star: Lesson 4: Variation E	

Twinkle, Twinkle, Little Star: Lesson 5: Variation B	
Twinkle, Twinkle, Little Star: Lesson 6: Learning the Left Hand	
Twinkle, Twinkle, Little Star: Lesson 7: Putting it All Together	
Twinkle, Twinkle, Little Star: lesson 8: Twinkle Theme	
Twinkle, Twinkle, Little Star: performance	
French Folk Song	
Lightly Row: tutorial	
Song of the Wind: tutorial	
Go Tell Aunt Rhody: tutorial	
May Song: tutorial	
O Come, Little Children: tutorial	
Are You Sleeping in A major	
Long, Long Ago: tutorial	
Allegro: tutorial	
Perpetual Motion: tutorial	

## Etudes, Scales, and Exercises

Exercises and Concepts  
to Review

Bow Hold Exercises	
Whole Bow Strokes	
Left Hand Mobility and Relaxation	
D Major Scale (practicing the scale)	
Broken Third Pattern	
Guided Practice #7: Skips, part 2	
Intonation: part II	
Maintaining a "Straight Bow" prt.4	

Etudes and Scales

Superstudies book 1: #5	
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Superstudies book 1: #1	
D Major Scale (note demonstration)	
D Major Scale (practicing the scale)	
Superstudies book 1: #4	
Art of Practicing: part 1: Isolating	
<p style="text-align: center;"><b>Watch Even Though You Are Not There Yet</b></p> <div style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 80%;"> <p style="text-align: center;"><b>Key Concepts of Right Arm Technique</b></p> </div>	
Stiffness in the Wrist and Fingers of the Bow Arm	
Slurs	
Maintaining a Straight Bow #8: The Bi-Fold Door and the Bow Arm	
More on Straight Bowing: part 1 Keeping on track	
Elements of Tone Production: Sounding Point, part 1	
String Crossings Series: part 1: Maintaining Tone	
<div style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 80%;"> <p style="text-align: center;"><b>Key Concepts of the Left Hand</b></p> </div>	
(FREE) Left Hand Squeezing: part 1: Why We Do It	
Left Hand Squeezing part 2: Security Matters	
Left Hand Squeezing: part 3 - Restructuring	
Left Hand Squeezing: part 4 - Strengthening the Hand	
Left Hand Squeezing: part 5 - How Much Space, Really?	
Left Hand Squeezing: part 6: First Finger and the E string: No Scrunching!	
Left Hand Squeezing: part 7: Extras	
Left Thumb: Issues with Placement and Pressure	
Tension when using the Low 2nd Finger	
Weaning off Tapes	
Left Hand Conditioning: Strengthening and Stretching, part 1	
Left Hand Conditioning: Strengthening and Stretching, part 2	

