

Why Do We Have to? Practical and Engaging String Warm-ups that Work

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Warm-ups: What are they?

A routine that prepares the mind and body to practice, rehearse, and perform at the highest level, while reducing the risk of injury

Athletic Training Perspective - "Slow to fast, simple to complex"

Phases:

- Raise, Activate, Potentiation

Connecting with Yourself: The Primary Instrument

Techniques from yoga, Alexander Technique, athletic training

- Constructive rest, inhibition, direction
- Mindfulness techniques
- Static stretching
- Dynamic stretching/warm-ups

Warm Ups for the Private Lesson Setting

Scale/Arpeggio Ideas:

- Chromatic looped scales (breadth) vs. Galamian scale accelerations (depth)
- One finger on one string
- Harmonics, pizz, unusual techniques

Expandable Warm-up (Rhodes)

The Suzuki Method:

- Tonalization and Review Pieces

Require:

- 45 minutes, with 3 main components: bow engagement exercises, scales/arpeggios, double stops
- vibrato and shifting are combined

Warm Ups for the Ensemble Setting

- Warm up goals can include: improvisation, following the conductor, musicality, bowing styles, intonation, advanced techniques.

Resources:

- Practice by Simon Fischer / Basics by Simon Fischer
- Teaching from the Balance Point by Ed Kreitman
- Daily Warm Ups - Michael Allen
- <https://athletesacceleration.com/warmitup.html>
- Five Tasks of Constructive Rest by Barbara Conable
- <https://www.scienceforsport.com/warm-ups/#toggle-id-1>
- *Zing Went the Strings of (ahhh) My Neck* by Donna Shryer in Strings Magazine
- The Teaching of Action in String Playing: Violin and Viola by Paul Rolland and Marla Mutschler
- www.stringskills.com
- Contemporary Violin Technique by Ivan Galamian