

Vibrato Check List

Vibrato Readiness

- _____ Violin Posture
- _____ Correct Left Hand and Wrist Position
- _____ Relaxed thumb (thumb taps and swipes)
- _____ Relaxed index finger (1st finger taps and swipes)
- _____ Table top fingers
- _____ Harmonic Exercise
- _____ Sliding Fingers
- _____ 1st-3rd Exercise
- _____ Perpetual Motion in Bb
- _____ Shifting Scale in BbM and BM

Preliminary Vibrato Exercises

_____ **Egg Shaker**

with the hand/arm in correct position
“out-straight” movement while watching egg
loose finger, egg should be able to be knocked out of the hand easily
shake with metronome and use the Twinkle rhythms

_____ **Guitar Polish**

swing hand and arm with thumb as the anchor
slide finger 1 to 2nd tape and then back to 1st tape 10-20xs
repeat with all fingers on all strings

_____ **Finger Flexes**

fingers round and touching thumb to make a circle
move the top knuckle in and out to work on flexibility

_____ **A String Polish**

Same as guitar polish but in “play position”
repeat with all 4 fingers
Make sure that the violin is held firmly with the head

_____ **Rocking Chair**

rock from table top to flat position
repeat with both arm and wrist vibrato movement
try with all 4 fingers
inside of the index finger should not be touching

_____ **Dice Review**

Roll the dice to review all the above exercises

Vibrato Exercise

The next several exercises should be done in 3rd position and with a metronome

_____ **Cheese Pizza**

“Cheese” Down Bow and the pitch, Up bow roll down for the lower pitch
“Pizza” Down bow roll the finger from the pitch to the lower pitch, repeat up bow
Make sure the rolls are even are rythmical
Repeat for all fingers on the E and A string (10-20 Cheese and 10-20 Pizza)

_____ **Italy**

Three pitch changes in a bow for “It-a-ly”
Down bow: high low high Up bow: low high low
repeat with all 4 fingers on E and A 10-20 each

_____ **Pepperoni**

Same as Italy but in a pattern of 4
repeat with all 4 fingers on E and A 10-20 each

_____ **Black Olive/Green Olive**

Same as above but in a 6 pattern
repeat with all 4 fingers on E and A 10-20 each
Reminder: all fingers should remain relaxed and curved

_____ **I like Pizza**

same as above but in an 8 pattern, start to count just the top pitch due to the faster tempo

_____ **First Independent Vibrato**

“My turn, your turn”
Listen for even rolls and slow bow
Remember to stay relaxed and keep index finger away from neck

_____ **First Position Vibrato**

Review Cheese, Pizza, Italy, Pepperoni, Black Olive/Green Olive, I like Pizza
Repeat each pattern 10-20 and with all 4 fingers on E and A

_____ **2, 3, 4, 6, 8**

8 beats of each pattern without stopping in between

_____ **Vibrato in Book 1 pieces**

Focus on longer notes
“My turn, your turn”

_____ **77 Variations Book**

Begin vibrato exercises

_____ **Vibrato in Current Piece**

Teacher Assisted

_____ **Vibrato in Current Piece** (no assistance)