

The Joy of Pre-Twinkle!

Daina Staggs, USA

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<p>Pre-Twinkle Phase 1: Developing endurance of standing posture and mental focus</p>	
<p>Pre-Twinkle Phase 2: Developing the Bow Hand and Violin Hand Shape; Introducing the Violin Hold Posture</p>	
<p>Activities include:</p>	
Foot chart Work	<p>Rest and Playing Feet Taking a Bow Watching game (breath work and finding stillness) Singing for Endurance of Standing Posture</p>
Bow Hand	<p>Preparing the hand: Peek Hole, Table, Swan Building the Bow Hold</p>
Violin Hold	<p>Rest Position to Play Position Poem: Wee Willy Winky Play Position to Rest Position</p>
Violin Hand	<p>Violin Hand Song Shaping the Violin hand</p>
Bowing	<p>Movement of the bow arm Bowing on the shoulder</p>
<p>Pre-Twinkle Phase 3: Working with Bow Hand and Violin Hand separately</p>	
<p>Pre-Twinkle Phase 4: Working with Bow Hand and Violin Hand together</p>	
<p>Activities include:</p>	
Open String	<p>E string posture Silent Cradle A string posture</p>
With Fingers	<p>Pizzicato for Pinky E string, A string</p> <p>4th Position for Hand Frame (comfortable location, see and focus on fingers, experience fingers on) F# Song: training 1 and 2 Monkey Song: Training 1234</p> <p>1st Position B Song F# Song Monkey Song in A A major Scale Twinkle in Sections Three Fingers Song to develop speed and energy Twinkle with Rests before each note</p>