



Central Bucks School District



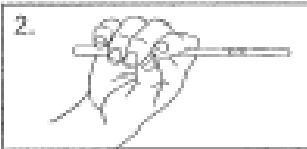
Beginning Viola
Book 1




 **Bow Hold Steps**
(Practice on a straw)



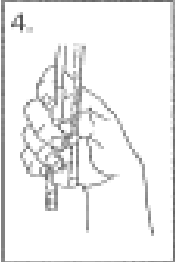
1. Middle fingers curve over the bow




2. Thumb tip touches where frog meets the stick



3. Check for bow hand circle



4. Index finger rests comfortably on bow



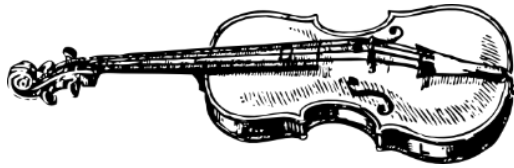
5. Little finger sits on top of stick

 **Arco** = to play using the bow. (Arco is the Italian word for bow). We always play *arco* unless directions say *pizz*.

∨ = **Up bow** = moving bow toward frog

▮ = **Down bow** = moving bow toward tip





Welcome to the Central Bucks Orchestra Program!

Listed below is some information that may be helpful as your child begins his/her exciting experience with a string instrument.

Instrument Care:

- Handle with care!! String instruments are made of thin wood, so please be careful. Always protect the bridge.
- Always store your instrument in its case (Bow tip should go in first – latch it at the frog!)
- Keep your instrument clean! Clean all rosin dust from the instrument, strings and bow stick with a clean, soft cloth.
- Not too hot, not too cold! Protecting your instrument from extreme temperatures will help to keep it in tune.
- Do not try to tune your instrument. Your teacher will do it for you each week!
- If anything on your instrument breaks, do not try to fix it yourself. Bring it to your teacher.

Practice Tips:

- PLAY your instrument at least 15 minutes a day, 5 days per week. (The more you practice, the better you get; the better you get, the better you sound; the better you sound, the more you're going to want to play!)
- Schedule practice time into your daily routine! (Before school, after school, after dinner, before TV/video games – whatever works best for you!)
- Play for an encouraging audience – parents, pets, family, and friends!
- Watch yourself play in front of a mirror.
Good posture + Good bowing = Good sound!

HAVE FUN! 😊

Lesson 1

Beginning String Class: Violin/Viola

Do you know how to care for your instrument?

True or False (T or F)

- _____ 1. Don't handle your instrument with care. It's made of thin wood, but won't break.
- _____ 2. Always store your instrument in its case.
- _____ 3. Do not let your instrument get too hot or too cold. This may cause it to crack.
- _____ 4. Do not try to tune your instrument. Let your teacher tune it for you.
- _____ 5. Let your instrument get dirty. It's OK to leave rosin dust on it.
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Identify the parts of the violin/viola.

- _____ 6. Tuning peg
- _____ 7. Body
- _____ 8. Fingerboard
- _____ 9. Frog
- _____ 10. Bridge
- _____ 11. Bow Hair
- _____ 12. Tailpiece
- _____ 13. String
- _____ 14. Fine Tuner
- _____ 15. Chinrest (jaw rest)
- _____ 16. Neck
- _____ 17. Bow stick
- _____ 18. Scroll
- _____ 19. Tip
- _____ 20. F hole

