

## **Tonalisations**

### **Level 1**

Open ended Staccato  
Circle Action  
Shaping hand from 3rd finger...matching octaves ...ringing notes  
Thumb Pinch  
Tunnels & shaping left hand...using 4th fingers  
elbow swings  
lift / land / sink in ... use of soft knuckles to “give” weight to the string  
Down / up / up bow stroke  
Down / Down with resonant tone  
Warm ups

### **Level 2**

Coming to heel  
Up bow Staccato  
Casals  
String Crossings  
Elbow swings  
Independent fingers  
Ornaments  
lift / land / sink in ... use of soft knuckles to “give” weight to the string  
Shifting / Vibrato  
Warm ups

### **Level 3**

Shifting  
Vibrato  
Up bow staccato  
Double stops  
Bow Distribution  
Ornaments  
Lifted Bowings  
String Crossings  
lift / land / sink in ... use of soft knuckles to “give” weight to the string  
Walking Fingers / Diminished 5th  
Start & end of Tone  
Fingerobics  
Bow / wrist flexibility  
Detache  
Sautille  
Martele  
Warm ups

### **Level 4**

Vibrato styles  
off string bowing  
Casals...also for disguising shifts  
Double stops  
Square & open shaped fingers

continued over..

#### **Level 4....continued**

Bow distribution

Detache

Sautille

Ornaments

lift / land / sink in ... use of soft knuckles to “give” weight to the string

High Positions

Bow / wrist and finger flexibility.....string crossings

Warm ups

#### **Level 5**

Ricochet

Detache

Vibrato styles

Mozart type bowings

High positions

Bow distribution

Ornaments

lift / land / sink in ... use of soft knuckles to “give” weight to the string

Bow /wrist / finger flexibility

Warm ups