

Weekly practice plan

Right hand

3 variables awareness (Simon Fischer Tone)
mixing slurs and separates, slurs and off-string (Kreutzer 2, 8)
martele (Kreutzer 4)
arm levels (Kreutzer 7)
two types of string crossings (Kreutzer 13)
slurs and string crossings (Kreutzer 14, 29)

Left hand

left-hand dexterity within the frame (Schradieck, Kreutzer 9)
combining shifting with frame integrity (Kreutzer 11)
shifting vs reaching (Dont 2)
trills ("trill drill", Kreutzer 15-22)
double-stop combinations in frame (Kreutzer 32, 38)
vibrato
 Simon Fischer motions
 rhythms
 metronome work

Combination

scales
 detache
 slurred
 off-string
 2-octave for speed
 3-octave for pitch and smoothness
 arpeggios (overlap with Sevcik, Kreutzer 12)
 3rds
 octaves
 fingered octaves
3 and 4-note chords (Dont 1, Bach fugues)
shifting (Sevcik)
 old and new fingers
 finger combinations
 varied timing
 separate and slurred

Five times a week

scales
trills
vibrato

Three times a week

3 variables
LH dexterity
Sevcik

Two times a week

3 and 4-note chords
combining shifting and frame
double-stop combinations in frame
mixing slurs and separates
shifting and reaching

Once a week

Grab bag! Pick anything fun