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## **Fiddle First Part 2 Unit 1**

### **Dive Right in With Polkas!**

#### **Lesson 1.1: Welcome! Let's Review!**

##### **SUMMARY OF PART 1:**

###### **Bow Hold**

- Beginner (Thumb Under Frog) and Advanced (Thumb Under Stick)
  - 5 Anchor Points for Advanced Bow Hold
- To choke up or not to choke up
- Windshield Wipers
- Intro to Slurring
- Nashville Shuffle
  - Added slurs and shuffles in scales
- Drones, playing 2 strings

###### **Scales**

- Open String Major scales using High 2: A, D, G
- 3<sup>rd</sup> Finger scales using Low 2: 3 on D (G Major), 3 on G (C Major)

**Posture and Ergonomics:** shoulder rests, chin rests, Statue of Liberty

###### **Left Hand:**

- Left Hand Starting Position, Magic X for Vertical Placement
- Cupcakes/Pancakes
- Tetrachords: 4 finger patterns defined by where the half steps are
  - High 2 Tetrachord
  - Started Low 2 Tetrachord
- 4 Piggies
- Block vs. Spider Fingers
- Finger Glue
- Your first double stop (3 on A, and 1 on E)

**Ear Training GALORE!!!!**

**Jigs, Reels, and about 16 songs!**



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### Goals for Part 2:

- Intensive work on slurs
- Intensive work on string crossings
- Work on tone quality and intonation
- Left Hand speed
- In depth work on scales and arpeggios
- Metronome work

### Lesson 1.2A Egan's Polka Part A

- Polkas are spirited lively tunes, similar to reels but with shorter rhythmic motifs
- Sample of me playing Egan's Poka (2:33)
- Learn Part A (4:20) heh heh
  - This tune is in D, so review a D Major Scale (F# and C#)
  - After reviewing the scale and arpeggio, proceed (5:25)
  - **PEARL OF WISDOM:** For Slurred String Crossings, Left Hand should arrive a split second before your bow crosses to the new string. Or at the very least, they should arrive together. (13:11) Practice it with me.
  - Play Whole A together (16:58)

### Lesson 1.2B Egan's Polka Part B

- **PEARL OF WISDOM:** Start using "pitch memory" to recognize when a pitch is re-used!
- **PEARL OF WISDOM:** Start recognizing when whole SNIPPETS are re-used! You will notice many fiddle tunes re-use whole snippets!
- Try the whole B Part with me 6x in a row! (5:04)
- Try the whole A Part with me 6 x in a row, and then the B Part 4x without stopping! (6:39)

Apply these tips to the whole tune:

- Clip the last note of each slur: this gives the characteristic POLKA SOUND! (9:33)
- Let's explore how to do the whole tune without slurs (10:22)
- Explore the "SKI LIFT" in the hard bar of Part A. Start embracing the idea of lifting the bow off the string! (11:34)

### Lesson 1.3A John Ryan's Polka, Part A

- Demo of tune (1:03)
- Learn Part A (3:46)
  - The first bar has 4 fast notes! Use Finger Glue on 1<sup>st</sup> finger! (4:17)



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- Bar 2: use finger glue on F#, tall cupcake, and practice the slur! (5:32)
- Bar 3 is the same as bar 1, then Bar 4 is unique.
- But Bar 5-6 is almost an exact repeat of Bar 1-2 (8:06)
- Learn the last snippet of A (8:33)
- Run through Part A with me (10:25)

### Lesson 1.3B: John Ryan's Polka, Part B

- Bar 1-2; Bar 1 starts a question; Bar 2 features LOW 2! (1:29)
- Bar 3-4 uses REVERSED BOWINGS, but it's ok! (2:46)
- Bar 4 is a little horn call (3:35)
- Bar 5-6 (5:24) This starts the "answer" portion of Part B
- Bar 7-8 is the same as bar 7-8 of Part A! (8:08)
- Drill whole B with me (9:37)

### Lesson 1.4 The Wonderful World of Tetrachords!

- Tetrachords combined with Scales and knowledge of "White Notes" is a powerful trifecta culminating in what I call "Fingerboard Geography". It gives you a "map".
- Tetrachords are simply a four finger pattern, distinguished from one another by where the half step occurs. (1:09)
- High 2 Tetrachord (1:28) Half step is between 2<sup>nd</sup> and 3<sup>rd</sup> finger
  - This is the beginner's tetrachord because it uses many of the notes found in G, D, and A Major. Most beginner's tunes are in these keys.
  - Physically, a half step between 2 and 3 is easier.
  - Learn the notes of the High 2 Tetrachord! (3:18)
  - Learn the notes ascending, descending, and randomly.

### Lesson 1.5: Drilling Bow Rhythms from John Ryan

- First, let's review fundamentals (1:35)
  - Establish good posture
  - Bow hold
  - Greasy Elbow
  - Mid-Bow
  - Middle Lane (lane 3)
- Exercise 1 (4:12)
  - Play the rhythm on each note of a High 2 Tetrachord



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- **Nugget of wisdom:** Avoid bad intonation by monitoring your Left Hand Starting Position (5:01)
  - Do this exercise on all four strings
- Exercise 2 (7:31)
  - 0 0 01234 4 43210 0
  - Do this exercise on every string
  - Remind your left thumb not to squeeze!
- Exercise 3 (10:02)
  - Play the snippet from John Ryan's Polka (3 3 12310 0)
  - Playing with a metronome is optional at this point

## Lesson 1.6 Scale and Arpeggio Review

- I am not requiring you to learn all the notes of your scales right now, but I DO want you to learn the tetrachords on each string for each scale!
- Open String One Octave Scales (1:20)
  - SPOILER ALERT: It's a HIGH 2 TETRACHORD for all your Open String one octave scales.
  - String Crossing is the only tricky thing about these scales and arpeggios.
  - A Major Scale and Arpeggio (1:34)
  - D Major Scale and Arpeggio (5:19)
  - G Major Scale and Arpeggio (6:23) G string employs your HIGHEST ELEVATOR LEVEL!
  - Nashville Shuffle and Slur Drills (7:11)
- Third Finger One Octave Scale (12:49)
  - Scales starting with 3<sup>rd</sup> finger use the LOW 2 TETRACHORD on both strings.
  - Nashville Shuffle and Slurs (17:12)
  - String Crossing or 4<sup>th</sup> Finger? A Conundrum! (19:17)
    - Sometimes, using 4<sup>th</sup> finger or Open String can avoid a slurred string crossing!

## Lesson 1.7 Calisthenics #1: "Stance and Teeter Totter"

- Rolland Calisthenics have become a core part of my teaching. This video is from another course, "Bridge the Gap", but it applies universally to violinists and fiddlers alike.
- Each time you lift the fiddle to play, check your stance!
  - Spaced feet, lead with left foot
  - Shift weight from foot to foot
  - Bend your knees
- Teeter-Totter with both hands (3:20)
  - Bend arms, thumbs down, shake the salt shaker, and watch as your elbow bobs up and down; Humerus bone rotates. DO THIS THOUSANDS OF TIMES!



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| Lesson /<br>Video                 | Part 2 Unit 1 Practice Assignments                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Review Part 1</b>              | <ul style="list-style-type: none"> <li>• Take a few minutes to read through your old notes from Part 1</li> <li>• Make sure you are on top of all the concepts taught in Units 1-9</li> </ul>                                                                                                                                                                                                                           |
| <b>Scales &amp;<br/>Arpeggios</b> | <ul style="list-style-type: none"> <li>• Practice Scales only on days that you eat.</li> <li>• Review all Open String scales: KNOW the TETRACHORD ON EACH STRING</li> <li>• Review all 3<sup>rd</sup> Finger scales: KNOW the TETRACHORD ON EACH STRING</li> <li>• Alternate using open string versus 4<sup>th</sup> finger (this maps your fingerboard)</li> <li>• ALWAYS include arpeggio after each scale</li> </ul> |
| <b>Technique:</b>                 | <ul style="list-style-type: none"> <li>• Practice Teeter Totter and Stance together several times a day</li> <li>• Practice High 2 Tetrachords with the John Ryan Polka rhythm; make sure both hands are synchronized; use greasy elbow</li> <li>• Please frequently check your Left Thumb placement</li> <li>• Slurred string crossings are a HUGE part of technique! Give them lots of love!</li> </ul>               |
| <b>Ear Training</b>               | <ul style="list-style-type: none"> <li>• Try to play ANY simple tune by ear! No special ET lessons this unit, except learning the new tunes.</li> </ul>                                                                                                                                                                                                                                                                 |
| <b>New Tunes</b>                  | <ul style="list-style-type: none"> <li>• Egan's Polka: ISOLATE and PRATICE the slurred string crossings!</li> <li>• John Ryan's Polka: Work on coordinating Left and Right hands on the fast notes</li> <li>• Practice the A part a zillion times</li> <li>• Practice the B part a zillion times (don't always play ABABAB)</li> </ul>                                                                                  |
| <b>New Fiddle Tricks</b>          | <ul style="list-style-type: none"> <li>• No new tricks this week! Review old tricks</li> </ul>                                                                                                                                                                                                                                                                                                                          |
| <b>Review Tunes</b>               | <ul style="list-style-type: none"> <li>• Use the playalong videos and audio tracks to drill your songs until they feel EASY!</li> <li>• Learn to control speeds and repeat the videos on "loop" to drill drill drill!</li> <li>• Speed your tunes up, push yourself to go just a bit faster!</li> </ul>                                                                                                                 |