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Fiddle First Part 2 Unit 6

Back in the Saddle with JIGS!

Lesson 6.1a: Skills Re-Cap (Long Version)

- This video “explains” the skills in a very brief way. If you need to a refresher, watch this version!
- NEW EXERCISE, VERY IMPORTANT: (4:02)
- Third Finger (1:17)
 - Ringy 3’s
 - Ring Finger “Corner Targets”
 - Resist 3rd finger triggering “Pinky Jail”
 - How to work on Third Finger:
 - ✓ Arpeggios: these isolate your 3rd finger (2:13)
 - ✓ Scales (they are predictable and easy!)
 - ✓ 0-3 Marches (4:02)
- Half Scale w/Open String Drones (6:45)
 - Right Hand must learn to hit 2 strings with precision while keeping GOOD TONE
 - Left Hand (7:05)
 - ✓ Must have tall cupcakes
 - ✓ Swing elbow to the right
 - ✓ Slant fingernails toward G string (8:41)
 - ✓ Review Nashville Shuffles on the Half Scale with Open String Drone (10:22)
 - ✓ Practice Open String Drone on your Tunes! (10:42)
- Ten Rolland Calisthenics and how they apply to FIDDLE:
 - 1) Stance (13:37)
 - 2) Teeter Totter (14:39)
 - ✓ String Crossings
 - ✓ Fast Detache’ (saw-stroke)
 - ✓ Assists left hand on string crossings
 - 3) Swing-Strum (16:23)
 - ✓ Supports string crossing and healthy shoulders
 - 4) The Shuttle (17:23)
 - 5) Bout Taps (18:02)
 - 6) Twinkle Whoosh (19:03)
 - 7) Bow Crawling (21:07)
 - 8) Colle’ With Resistance (21:42)



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- ✓ Bow Out Front, pinch bow with right hand
- 9) Bow over shoulder, pinch the bow with right hand
 - ✓ On Shoulder in toilet paper tube
 - ✓ Bow on strings
- 10) Limp Wrist Drops (26:19)

Lesson 5.1b: Skills Re-Cap (Short Version)

- Quick Check of critical skills:
 - Third Finger Ringy, corner targets, good cupcakes, and no pinky jail
 - Finger Marches exercise presented here for your convenience (1:34)
 - Half Scale with Drones (3:01)
 - Ten Rolland Calisthenics (3:38)
 - 1) Stance
 - 2) Teeter Totter (salt and pepper)
 - 3) Swing-Strum
 - 4) The Shuttle
 - 5) Bout Taps (advanced optional)
 - 6) Twinkle Whoosh (advanced optional)
 - 7) Bow Crawl
 - 8) Colle With Resistance (out front)
 - 9) Colle with Resistance (toilet paper tube over shoulder), then on your actual strings
 - 10) Limp Wrist

Lesson 5.2 Fiddle Contests (The low-down on the hoe-down)

- You might get an opportunity to participate in one, so here's the low-down:
 - Judges are behind a screen usually
 - Contests are separated by age
 - You can play with accompaniment or without (usually)
 - Often there are guitar players hanging around who can accompany you
 - Requirements: 1 reel/hoedown, 1 waltz, 1 free choice tune (jig or polka)
 - e

Lesson 5.3a Ear Training Part 1

- You need to have:
 - good pitch comparison
 - detect notes going up or down
 - match pitches on your fiddle
 - detect if notes are a skip or a step apart
 - whole step or half step
 - Snippet matching



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- Pitch Matching -8 questions (3:42)
- Interval Identification (Major 2, minor 2) (12:17)
- Major/minor 3rds (17:41)

Lesson 5.3b Ear Training Part 2

- Major/Minor 3rds, playing BOTH, and you tell me which is which
- Random M/m 3rds (3:34)
- Simon Says (5:47)
- Snippets (8:56)

Lesson 5.4 First Finger Scales and Arpeggios

- New tetrachord: High 3 (so there is a half step between 3 and 4 now)
- Play this scale using 4th finger instead of open strings, so you can see the half step
- Try this scale using open strings (it's much easier this way)
- Use 2 reps on each note if you want to go slower
- B scale (first finger in A) (2:13)
 - Remember to practice scales with "Nashville Shuffle" (grasshoppers) (5:06)
 - B Arpeggio (5:50)
- E scale (first finger on D) (6:56)
 - Arpeggio (9:48)
- A scale (first finger on G) (11:16)
 - Arpeggio (13:21)
 - Grasshoppers on the ARPEGGIO! Yikes! (13:48)

Lesson 5.5 Three Finger Drills

- These drills are designed to increase the speed at which you can play your tunes
- We must start tracking your speed, and pushing you a bit
- Listen for clean note changes.....your Left and Right hand must stay in perfect sync
- But make sure you don't sacrifice your form at the altar of speed: KEEP GOOD FORM (1:29)
 - 3rd finger targets
 - Cupcakes
 - No Pinky Jail
 - Keep fingers curled when lifting them=faster playing and better intonation
- We gonna need a metronome: time to power up the Truth-Teller! (3:48)
- We have 3 pairs of neighboring fingers: (012, 123, 234)



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- Let's do HIGH 2 on the G and D string, and LOW 2 on the A and E string to save time.
- We will play 4, 2, then 1 reps.
- Start the speed slow at 60 BPM

My method is 4 reps 1x through the pattern, then 2 reps 2x through the pattern, then 1 rep 4x through the pattern. IF THIS IS AWFUL FOR YOU, feel free to stop inbetween rep changes (5:50)

- 01210 on the E string, starting at 60, 72, and 80 bpm (10:00)
 - ✓ A string, same routine (14:11)
- 12321 on the D string at 60, 72, 80 (16:27)

ALIGN CERTAIN FINGERS WITH THE CLICK demo: very helpful if you are struggling (17:52)

- Finger Glue reminder (21:19)
- Continue 12321 pattern (22:00)
 - Pattern 23432 on the A string, starting by ALIGNING fingers with the click (24:06)

Lesson 5.6a Off She Goes "Woodshedding Part A"

- Key of D
- Form is Seg 1a, Seg 1b, Seg 1a, 2
- Learn 1A (1:36)
- Learn 1B (6:53)
- Play 1A again, learn Segment 2 (9:31)
- Play whole A Part (13:32)

Lesson 5.6b Off She Goes "Woodshedding Part B"

- Playthrough B part (0:00)
- Learn Segment 3a (0:41)
- Learn Segment 3b (3:38)
- Play whole B part (7:20)
- Play whole tune (8:50)

Lesson 5.7a My Darling Asleep "Woodshedding Part A"

- Key of D, Playthrough (1:14)
- Learn Segment 1 (3:33)
- Learn Segment 2 (6:55)
- Learn Segment 2 prime (10:54)
- Play All (12:54)

Lesson 5.8 Off She Goes Fiddle Tricks

- Trick #1: On Part A, fill in the "Hump-ty Dump-ty" rhythm, so it's "Hum-pump-ty Dum-pump-ty" (0:21)
- Trick #2: On Part A, Segment 1a, add a falling arpeggio (2:32)
 - On Part A, Segment 1b, fill in that long E with "e-d-e" (4:35)
 - ✓ Slur "Thyme" (E-D), so that you can also add an UPPER NEIGHBOR TRIPLET (E,F,E,D) (4:38)
 - ✓ Slur on "BLOOMIN" so you can add an UPPER NEIGHBOR TRIPLET (EFED) (6:13)
 - ✓ Slur "Heather" right after Bloomin...it's just nice.



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Lesson / Video	Part 2 Unit 6 Practice Assignments
Ear Training	• Learn your new tunes by ear • Go through each ear training video as many times as you need to get the answers correct.
Scales & Arpeggios	• OOH! New Scale pattern: Scales starting on 1st finger requires HIGH 3 • Since your new tunes are in D Major this unit, make SURE you practice your D Major scale and arpeggio DAILY! • Remember "Grasshoppers" with scales? Try that on D Major. • Review all your One Octave Scales and Arpeggios 3x per week: (3 min) ◦ KNOW the TETRACHORDS on every string! ◦ Always follow a scale with its matching arpeggio
Rhythm Work	• Take a much deserved break
Technique:	This stuff is too important to forget, so please give it some review if you can: • Left Hand Drills: THREE Finger drills • Practice Ringy 3's (pledge 5 minutes for this EVERY DAY) • Half Scale with Drone • 3rd Finger on Corner Targets, and No Pinky Jail! • Rock and Roll
Old Fiddle Tricks	• Review Potatoes in A, D, and G • Review Shave and a Haircut in A, D, and G • Remember Slidey 2's from Fiddle First Part 1?
New Fiddle Tricks	• Open String Drones are the most challenging fiddle trick, and it only gets better by doing it. If you crunch and squawk, it is either because you are pressing too hard with the bow, or you are touching the open string with flat cupcakes. • Try learning Wind That Shakes the Barley with Nashville Shuffle slurs if possible.
New Tunes	• Off She Goes (jig) • My Darling Asleep (jig) • Play these together as a cute set!
Review Tunes	• Use the play-along videos and audio tracks to drill your songs until they feel EASY! • Learn to control video speeds and repeat the videos on "loop" to drill drill drill! • Speed your tunes up, push yourself to go just a bit faster • Use LOTS of time on reviewing your tunes. You now know almost 30 songs and that takes maintenance!