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Fiddle First Part 2 Unit 4

Ash Grove Waltz and Sandy Boys

Lesson 4.1 Let's Talk Big Picture

- I understand I have been pushing you hard
- This unit teaches slightly easier songs to allow you to catch your breath
- HOWEVER, there are still some new technique concepts introduced in this unit to conclude certain topics (for awhile).
- In Unit 5, we will take a really fun break from technique, learn some fun and useful tunes, AND review the MOUNTAIN of stuff we have learned thus far.

Lesson 4.2: White Notes

- We are going to park on the High 2 and Low 2 tetrachords for awhile so that we can explore some other topics while really getting comfortable switching from Low 2 to High 2.
- The last 2 tetrachords to learn are the High 3 and the Low 1 tetrachord. (1:28)
- Piano White Note landmarks: half steps between every E/F and B/C. (same on fiddle!) (5:11)
- Now on the fiddle: (7:16)
 - G string uses a High 2 tetrachord for white notes
 - D and A uses a Low 2 tetrachord for white notes
 - E uses the strange Low 1 tetrachord for white notes (no half steps!)
- Your Assignment: (10:54)
 - 1) Ascending: Play your white notes from Low G to 4 on E, and NAME THE NOTES
 - 2) Descending: Play the white notes descending, and name them.
 - 3) Play and name the white notes for each FINGER on each string, and identify the fingers that don't match the others
 - 4) Play Random white notes, and name them
- Homework Coach: Let's do it together! (12:13)

Lesson 4.3: Circle of 5ths (quickie)

- You need your own copy of the Circle of 5ths (included in your materials)
- Give it a glance, and notice how it changes if you read it clockwise, and how it changes if you read it counter-clockwise.
- Use it to memorize your key signatures for each key.



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Lesson 4.4: Woodshedding Sandy Boys

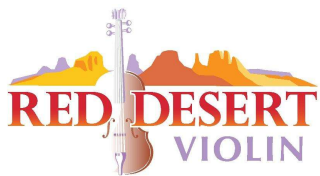
- This song is in A Mixolydian (1:28)
 - It uses the key signature of D Major (F#, C#)
 - But it uses A as its tonic. (imagine playing a D Major scale which starts and ends on A, and that's A Mixolydian.
- Woodshed Part A, Bars 1-4 (2:39)
- Woodshed Part A, Bars 5-8 (5:47)
- Woodshed Part B, Bars 1-4 (11:21)
 - You must start the B part with bow circles (down down) It's the signature of the tune
- Woodshed Part B, Bars 5-8 (18:46)

Lesson 4.5: Woodshedding Ash Grove Waltz

- In G Major! Play your scale to prepare for this tune
- Time signature of a waltz is $\frac{3}{4}$ time (there are 3 beats per measure)
- Learn Part A (bars 1-4) (3:06)
- Learn Part A (bars 5-8) (7:08)
- Learn Part B (10:18)
 - The B part is just a repeating sequence!

Lesson 4.6: Technique: Two-String Control

- Of course, you need to be able to hit ONE string only when desired.
- BUT, as a fiddler, you will also need to be able to hit 2 strings (on purpose!)
- Change strings by changing the altitude of the FROG; this takes you to the desired string level
- Concept #1: Change strings by changing the altitude of your FROG (0:54)
- Concept #2: Long bows are much harder to keep on 2 strings than short bows; Therefore, we develop that skill separately (2:26)
- String Crossing motion is HUGE at the tip, but very small at the frog
- You can raise and lower the frog FOUR WAYS. You only need 1 and 2 right now. (7:06)
 - 1) Humerus Bone (shine light out of your armpits) Best for big string crossings
 - 2) Forearm/Elbow: Best for medium or RECURRING string crossings
 - 3) Wrist: useful in spiccato, leggiero, sautillé', classical type playing
 - 4) Fingers: This is called "colle"
- EXERCISE 1: (7:05)
 - Do this exercise at mid-bow, and just use a moderate amount of bow
 - Do the exercise on ALL STRING PAIRS
 - Do not play this exercise loud; PRECISION, not force.



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- Master the Exercises with EYES OPEN, then do them again EYES CLOSED
- “B” means BOTH STRINGS TOGETHER
- Exercises are included with this unit’s supplemental materials
 - EEEE AAAA BBBB (think of this as HALF a string crossing when you go to BOTH)
 - AAAA EEEE BBBB
 - EEEE BBBB AAAA
 - AAAA BBBB EEEE
- EXERCISE 2: (13:20)
 - Do this exercise on all string pairs
 - Master with eyes open, then with eyes closed
 - Do not play this exercise loud; use precision!
 - Try to keep on Lane 3, and keep a straight bow
 - Pick any string pair
 - Play 4 quarter notes on A and E
 - Play 2 Half Notes on A and E
 - Play 2 Whole Notes on A and E
 - Notice that you can use MORE BOW on the longer notes
 - Notice that you can also SLOW your bow speed down on the longer notes

Lesson 4.6: Fiddle Tricks for Sandy Boys

- Trick #1: On Part A, Bar 4 and 8 you have those long A half notes.....add the little “B” grace note to the 2nd A half note. (0:26)
- Trick #2: third finger slides (2:33)
 - The very first note of Part A is a 3rd finger. Bring the finger down to where 2nd finger goes, and slide up to ringy-3.
 - Really LEAN on the C# 2nd finger slide in bar 2
- Trick #3: Slide Pinky into a UNISON with Open E (6:02)
 - Part B: first 2 notes, play E, then on the next E, play 2 strings (pinky on A, and open E)
- Trick #4: Open E drone in Part B, for most of the B part



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Lesson / Video	Part 2 Unit 4 Practice Assignments
Ear Training	• Learn your new tunes by ear • As you learn, try to recognize whether the pitch is going up or down. NOTICE when it changes direction! Try to differentiate skips from steps! • Recognize when you run out of fingers, you have to CROSS STRINGS • Try to play ANY tune of your choice by ear
Scales & Arpeggios	• Learn the 2 Octave C Major Scale • Practice your 2 octave G Major scale and arpeggio, as this will help you with your new tunes. Watch string crossings! (2 min) • Practice G Major with the GALAMIAN treatment (this will take 10 minutes a day at first) • Review all your One Octave Scales and Arpeggios 3x per week: (3 min) ◦ KNOW the TETRACHORDS on every string! ◦ Always follow a scale with the matching arpeggio
Rhythm Work	• Clap and count all note values with metronome • BOW all note values with metronome: try going from whole note to 16ths and back!
Technique:	• Left Hand Drills: Two Finger drills • Practice Ringy 3's (pledge 5 minutes for this EVERY DAY) • Review Arm Swing, Shuttle, Bout Taps, and if you like, Twinkle Whoosh (2-3 min) • Be aware of "Finger Glue" opportunities
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	• Nashville Shuffle over Seneca Squaredance and Polly Wolly Doodle • Polly Wolly Doodle double string variations • Polly Wolly Doodle melodic variation
New Tunes	• Skip to My Lou in G: review until this feels EASY! • Redwing in G: review until it feels EASY!
Review Tunes	• Use the play-along videos and audio tracks to drill your songs until they feel EASY! • Learn to control 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 20 songs and that takes maintenance!