

Mr. K's warm up

## SCALES

### 1. Bowing

2 to a beat, 4 to a bow

3 to a beat, 6 to a bow


4 to a beat, 8 to a bow

6 to a beat, 12 to a bow

12 to a beat, 24 to a bow

NOTE: it doesn't get fast, you only add notes to the beat

### 2. Rhythms

12 to a bow: 

### 3. Martelé

sharp “icktus” on teach note; clear, sharp tone

1 per beat, 2 per beat (and per bow), 3 per beat, 4, 6, 8 – etc.

### 4. Spiccato

completely relax upper arm; use fingers and lower arm (elbow pivoting)

2 per beat, 3,4,6,8,, etc.

### 5. Detached bowing

2 per beat; 2 per bow + 2 detached

3 per beat; 3 per bow + 3 detached

4 per beat; 4 per bow + 4 detached

6 per beat; 6 per bow + 6 detached

8 per beat; 8 per bow + 8 detached

### 6. Colé

at frog, fingers only, sharp icktus

(All for use with Galamian 3-octave scales)