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Fiddle First Unit 3: Fiddle + Bow!

Lesson 3.0: Pitch Comparison #3

You know what to do!

Lesson 3.0: Ear Training “Which String Am I?”

- Learn the “voice” or sound of each string.
- Also recognize the approximate pitch range of each string.

Lesson 3.0: Ear Training “Match This Pitch” 1

New Skill: Pitch Matching on your fiddle

- Take as many tries as you need!
- Use all the tools at your disposal!
 - 1) Timbre Recognition: which string is it on?
 - 2) Relative Comparison: find the new note based on where the last note was; higher or lower:
 - 3) Pitch Memory: remember the previous note to help find the new note

Lesson 3.1: Twinkle Twinkle Little Star

- Play all tunes at MID-BOW for now. It is easier to control and avoid bad habits
- Put most of your focus on your bow technique!
 - Bow hold, Lane 3, greasy elbow, elevator string crossings
- Down Bow versus Up Bow! (2:30)
- The form of Twinkle Twinkle is ABBA: know the difference between each part!

Lesson 3.1: ABC’s and Baa Baa Black Sheep

Remember to alternate your bow strokes Down/Up/Down/Up

- These variations make it harder to keep your bowings alternating
- Sing the songs! It will help you!

Lesson 3.1: Apple Pie

No squeezing your left hand!



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Lesson 3.1: Mary Had a Little Lamb

Make this song your own! Feel free to use different rhythms from me

Try to multi-task and remember all your techniques:

- Posture
- Left Hand Starting Position, Caliper, Mousehole, hit those tapes!
- Bow hold, whale mouth, greasy elbow, lane 3, mid-bow

Lesson 3.1: Merrily We Roll Along

This tune uses a little harder rhythm, forcing your left hand to move faster.

Be aware, and you'll get it!

Lesson 3.1: Camptown Races

- Your fiddle rhythm does not have to match the lyrics.
- Form is AAB, however, when playing fiddle without lyrics, AB is acceptable.
- B part is an A Major arpeggio. IMPORTANT: When you reach the top note (3 on E), do not allow your pinky to drop into Pinky Jail! (3:27)

Lesson 3.1: Camptown Races

Part A:

- Practice alternating your down and up bows on every note!
- Focus on string crossings by raising and lowering your humerus bone
 - Look in a mirror as you play
- Practice short, choppy bows at first....it is a really good way to learn to play clean.
- Most fiddle tunes have the form of AABB

Part B: (8:22)

- B part starts with a perfect A Major arpeggio, and ends with material from Part A!

Lyrics are:

Part A: Camptown ladies sing this song, Doo Dah, Doo Dah

Camptown racetrack's 5 miles long, oh Dee Doo Dah Day

Part A: I come down there with my hat caved in Doo Dah, Doo Dah

I go back home with a pocket full of tin, oh Dee Doo Dah Day

Part B: Gonna run all night, gonna run all day

I'll bet my money on the bobtail nag, Somebody bet on the gray.



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Lesson 3.2: New Tune “Grasshopper Variation”

Apply the “grasshopper” rhythm to the melody for “Apple Pie”, and you are playing the tune “Boil Them Cabbage Down”!

Lesson 3.2: New Tune “Frere Jacques”

Use all your ear training to learn this tune with me!

Lesson 3.3: “Conundrum Tunes”

- These are tunes where, if you bow them naturally, then the second time through the bowings are exactly opposite.
- It is a simple matter of even or odd number of total bowings.

Solutions:

- 1) Do nothing and learn to be versatile with your bowings
- 2) “Re-take” the bow at the end and start with a fresh down bow
- 3) Break a long note into 2 short notes near the end to add ONE more bowing

Lesson 3.4: Half Scale in A Major

- Scales are just an arrangement of half steps and whole steps
- Tetrachords are just four-finger patterns
- Use scales to learn your note names
- Multi-Task! Use scales to:
 - Learn note names
 - Reinforce good habits and technique
 - ✓ Left Hand: caliper, no squeezing, cupcakes, tapes, mousehole
 - ✓ Bow: whale mouth, bent pinky, greasy elbow, lane 3
- Use this opportunity to develop your pinky! (4:53)
 - Give pinky as much time as needed
 - Put pinky in a booster chair by rotating elbow or “elevating” your knuckles
 - WOW NEW EXERCISE: Cupcakes to Pancakes on the E string!
- Practice your half scale:
 - 2 Reps per note
 - 1 Rep per note
 - 2 Grasshoppers per note
 - 1 Grasshopper per note



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Lesson 3.5 Pearls of Wisdom for Posture, Balance, Head Freedom

- Activate your lift muscles with Statue of Liberty and “Rock-a-bye Baby in the Treetops”
 - This stretches your neck, achieves better placement, and makes the fiddle feel lighter!
- Cantilever Concept:
 - Paul Rolland’s concept
 - Jaw sits on chin rest, chin sits over tailpiece, fiddle rests on collarbone
 - Cantilever effect: collarbone supports upwards, passive head weight supports downwards, collarbone acts as fulcrum
- Shoulder Rests/Sponges (7:10)

To each his own! Just make sure you have head and arm freedom and you’ll be fine

 - Head freedom:
 - ✓ Turn your head side to side freely; if you cannot do that freely, you are too locked into your chinrest
 - ✓ Look down at your F-holes by lowering your head
 - Arm freedom: (9:00)
 - ✓ “Swing-Strum” exercise (Gerald Fischbach)
 - ✓ Use Swing-Strum to rest or rejuvenate when tired
 - Wedge Shape of shoulder rest
 - ✓ Short side goes on shoulder, tall side goes on chest



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Lesson / Video	Unit 3 Practice Assignments
Ear Training	View the videos multiple times until you get all the answers correct.
Theory	Learn note names on all tapes, on all 4 strings drill upwards ____ downwards ____ and scrambled ____
Posture	Statue of Liberty routine (5x on 20 separate days) (mark x for each day) _____ _____
Cupcakes, Pancakes, Cupcake Taps	Cupcakes-to-Pancakes with all 4 fingers: (20x on 7 separate days) (Mark x for each day) _____ Cupcake Taps: (25x on each finger on 7 separate days) _____
LH Starting Postition	5x on 20 separate days _____
4 Piggies	4 Pigs: (10x on 7 separate days) (BONUS: Try for Corner Targets/Slanted Knuckles) _____ 4 Pig Races: practice until you can hit the tapes AND targets in "1 Mississippi" _____ 4 Blind Pigs: Mark your corner targets! (10x on 7 separate days) _____ 4 Blind Pig Races: practice until you can hit the tapes AND targets eyes closed in "1 Mississippi" _____
Tunes!	Pluck/Pizzicato Apple Pie (3x on 7 separate days) _____ Pluck/Pizzicato Twinkle Twinkle (3x on 7 separate days) _____ Pluck/Pizzicato ABC's (3x on 7 separate days) _____ Pluck/Pizzicato BaaBaa Black Sheep (3x on 7 separate days) _____ Pluck Mary Had a Little Lamb 3x on 7 separate days _____