



## Violin Practice: A 7-Step Approach

*Follow these steps to achieve continual improvement in your practice:*

- **Step 1)** Be really clear in your imagination about what you want the music to sound like.
  - **Step 2)** Work out which violin-playing skills and techniques you will need, in order to create those sounds.
  - **Step 3)** Learn and understand the first principles that underlie those skills and techniques - (that's the '**Building & Maintenance**' section of your practice, and we'll help you with that).
  - **Step 4)** Work out how those skills and techniques will work best for your own body. (Ideally get a teacher or friends/colleagues to help you with this)
  - **Step 5)** Apply those skills/techniques in the context of the music you're working on. That's the '**Repertoire**' part of the practice sandwich.
  - **Step 6)** Repeat until you achieve **automaticity** - you can play the music without thinking about it
  - **Step 7) Performance Practice** - this is your opportunity to test your memory and instinct, and to make sure that your playing is totally confident and secure.
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