



The Practice Sandwich

A suggested structure for your violin practice

Building and Maintaining (bottom layer!)

Warming up, maintenance, and development of technical ideas, including posture, scales, studies, and technical exercises.

Repertoire (filling!)

Working on technical and musical issues in the context of pieces of music, to help realise your imagination of what the music should sound like



Performance (top layer!)

Building up performance experience by playing pieces from beginning to end under concert conditions, as if you were on-stage



Creating (smoothie!)

Improvisation, Composition, Playing by Ear, Sight-reading, and any other creative activities that you enjoy, that will help develop your musicianship.