



Music Virtual Learning

Symphonic Orchestra

April 13, 2020



Symphonic Orchestra

Lesson: April 13, 2020

Objective/Learning Target:

Student will be able to balance head and sit balanced in a chair while playing their instrument.

Warm-Up

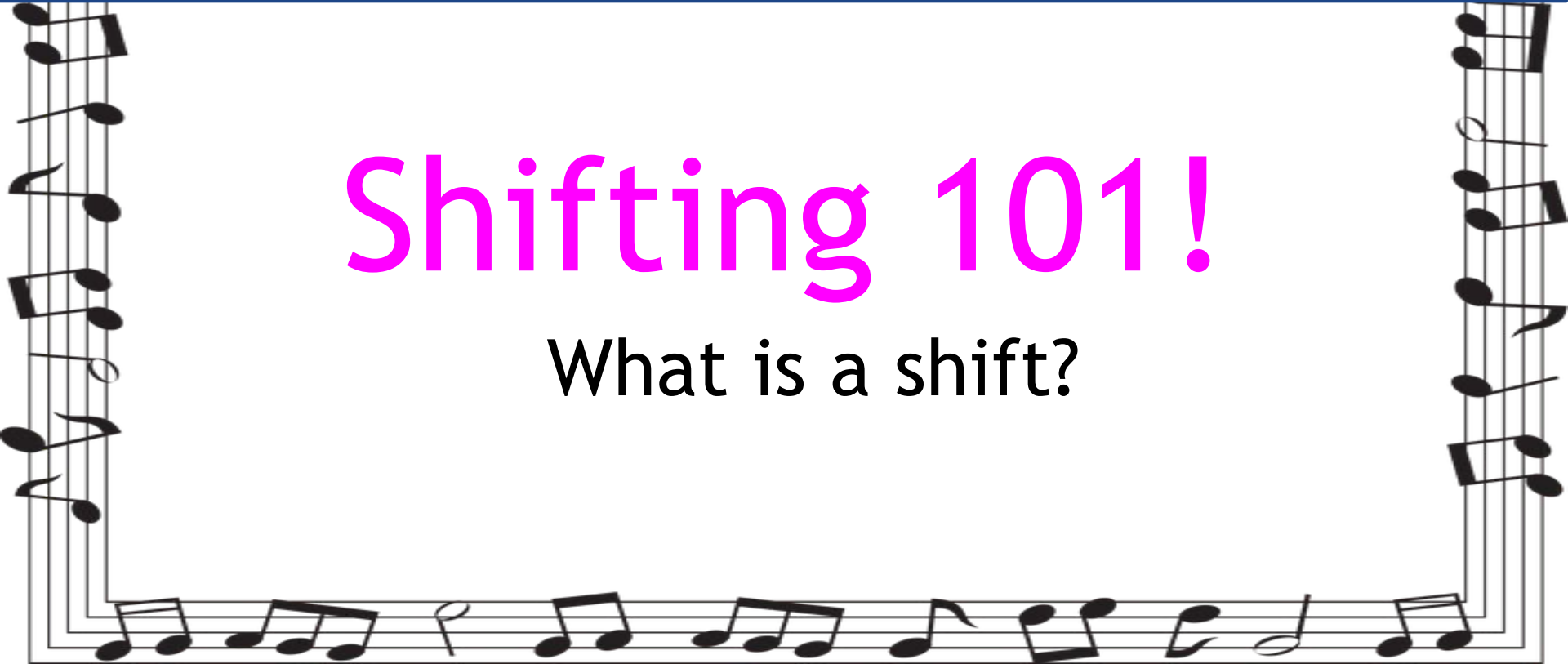


Video



Shifting 101!

What is a shift?



A shift is a simple way to get from



Point

to

Point

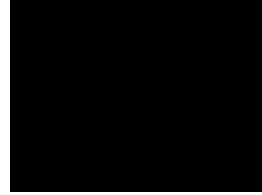
A

B

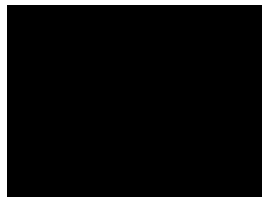
Like sliding your finger up and down the
string...

Shifts can be

long



Shifts can be *short*



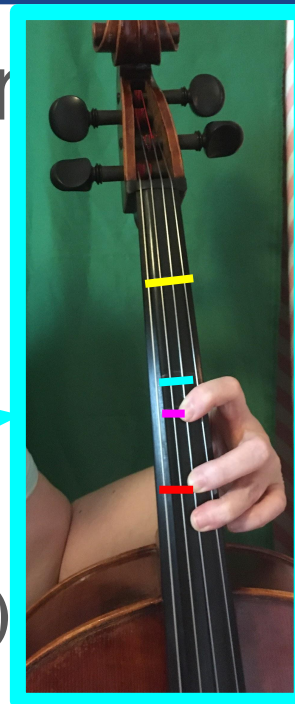
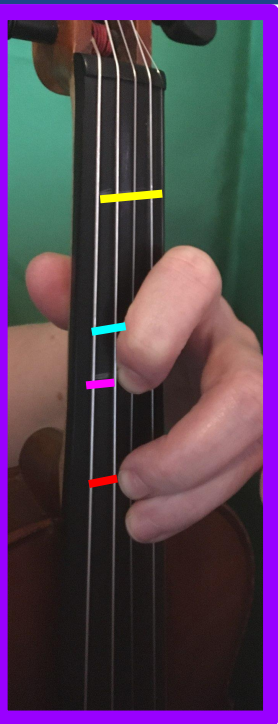
Today we will slide our
first finger!

Your hand should look like this...

Violin/Viola

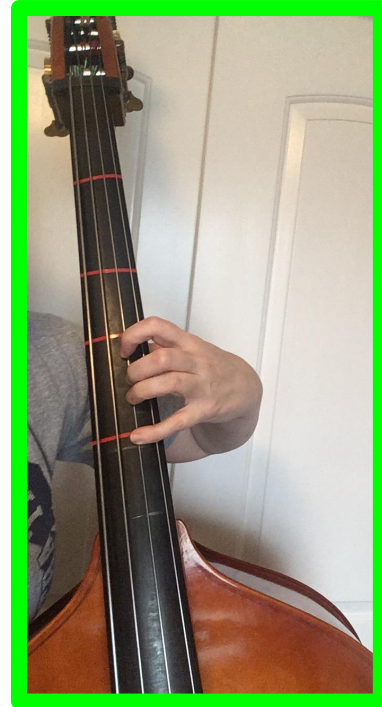
Cello

(bass issues are on the next slide)



Today we will
slide our
first finger!

BASS...we will move to
third position...it should
be familiar!

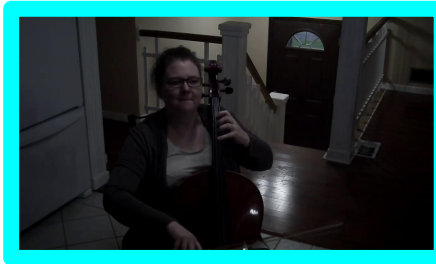


We are going to practice taking our first finger on the D-String and sliding from E to G!

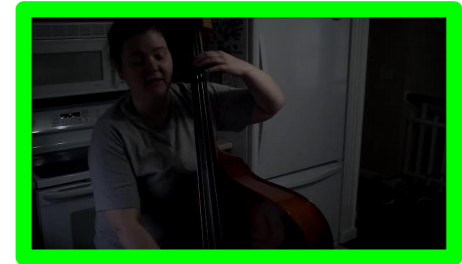
Violin/Viola



Cello



Bass



Listen for the note twins G and G

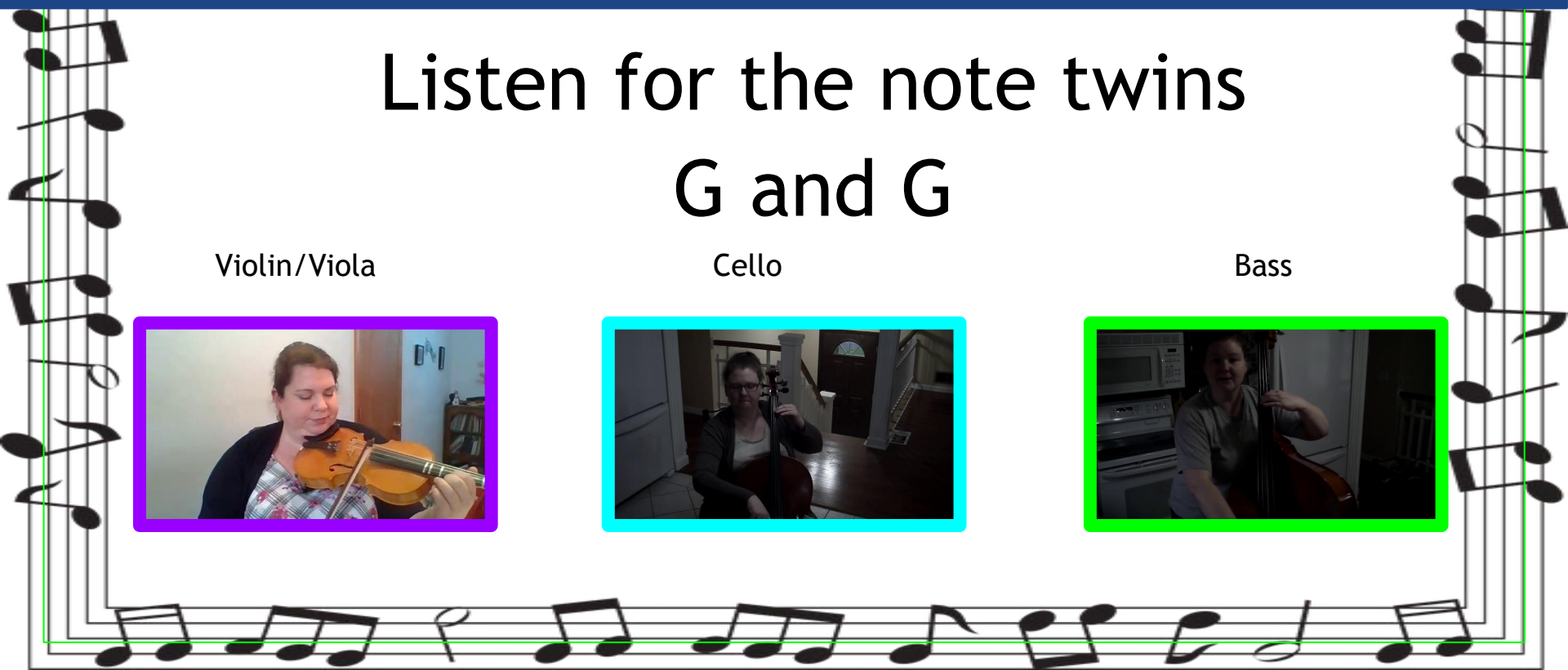
Violin/Viola



Cello



Bass



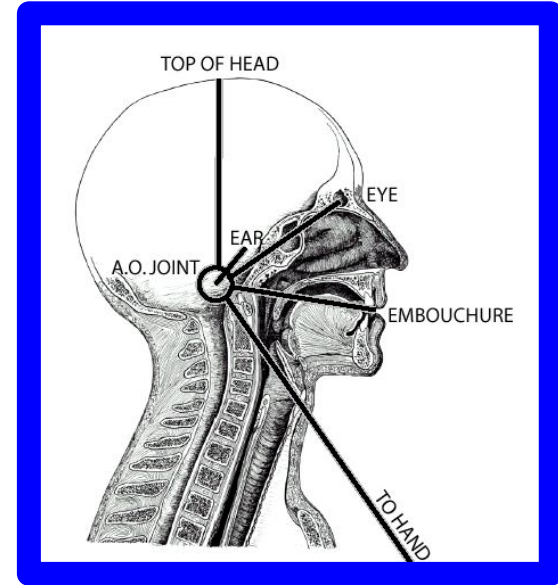
Practice Exercises

	Beginner	Intermediate	Advanced
Violin	Click Here	Click Here	Click Here
Viola	Click Here	Click Here	Click Here
Cello	Click Here	Click Here	Click Here
Bass	Click Here	Click Here	Click Here

Lesson

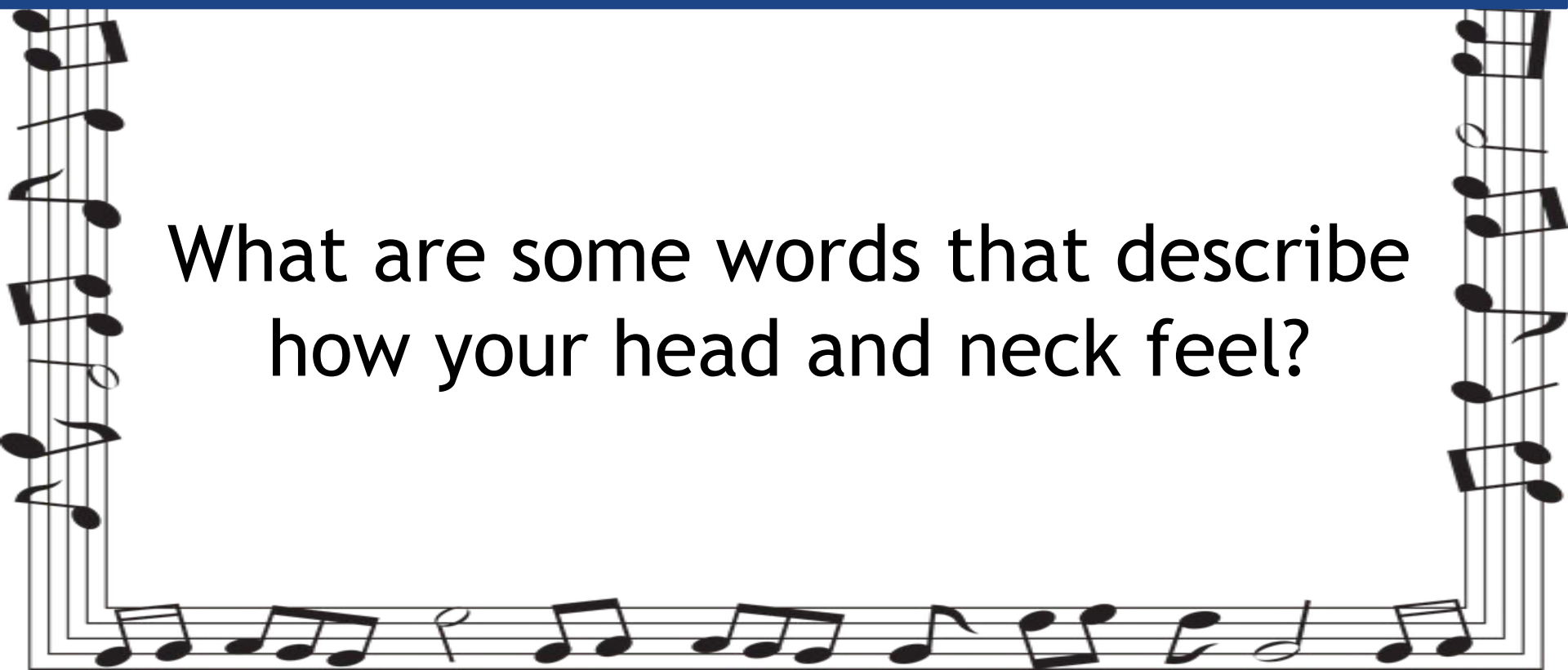


Let's review last weeks work with head balance!



Try This Out!

1. Take one of your hands and place it on the back of your head.
2. Press your head gently into your hand like a memory foam pillow.
3. Take time to feel your hand on your head...memorize the feeling.
4. Take your hand slowly away still feeling your hand!

A decorative border of musical staves and notes surrounds the central text. The border consists of a vertical staff on the left, a vertical staff on the right, and a horizontal staff at the bottom, all containing various musical notes and stems.

What are some words that describe
how your head and neck feel?

Light?

Leaning Back?

Graceful?

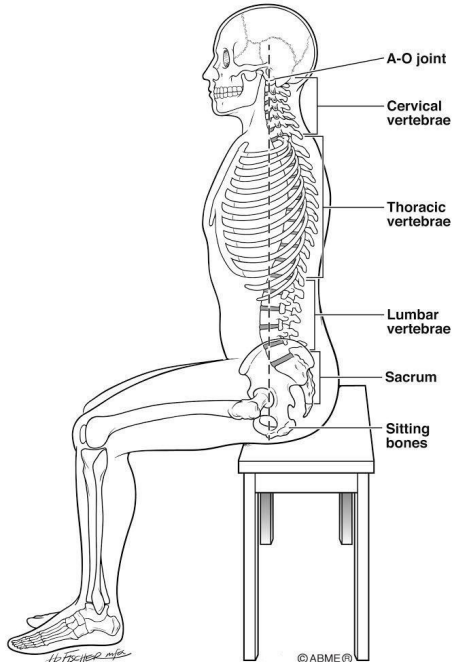
CALM?

Balanced!

Poised?

Comfortable?

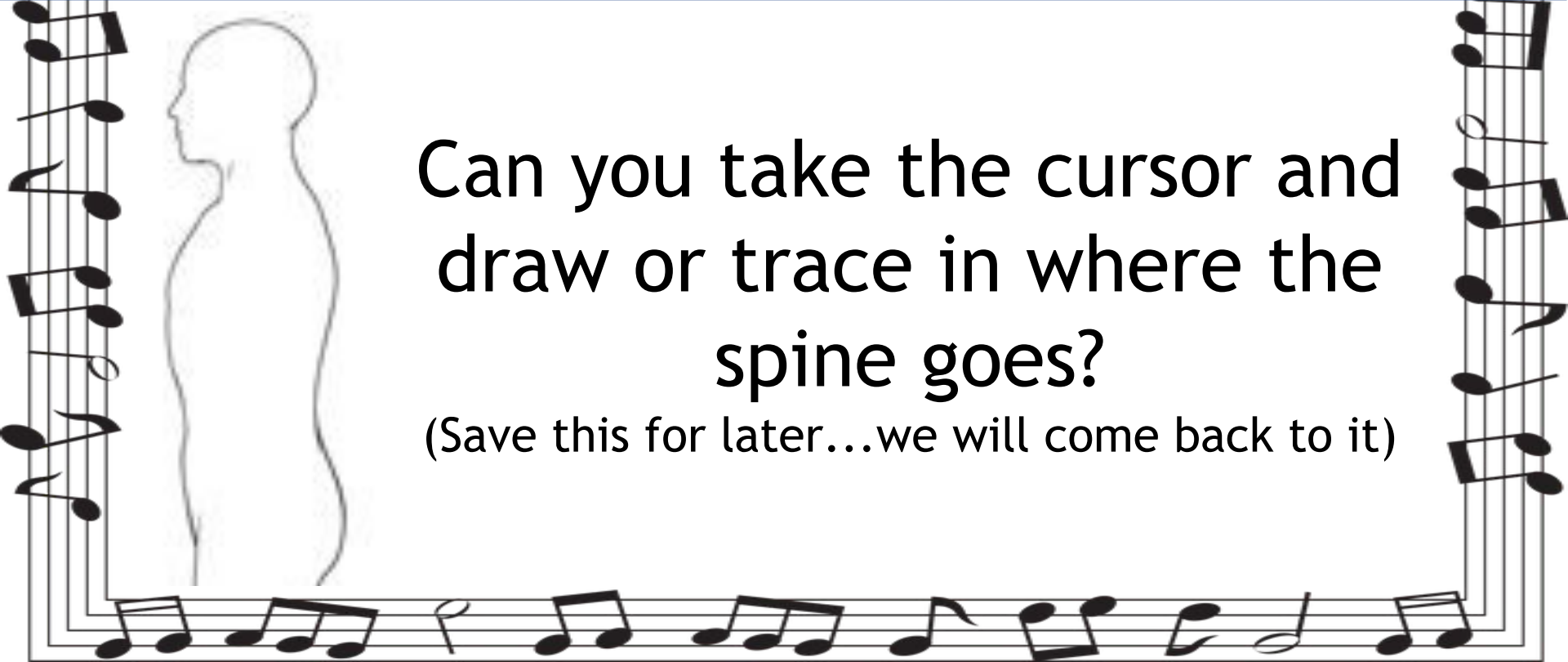
Weightless?



H. B. Meyer, M.D.
© ABME ©
Sitting in Balance Upright

Now that your head is balanced...we need to work on sitting!





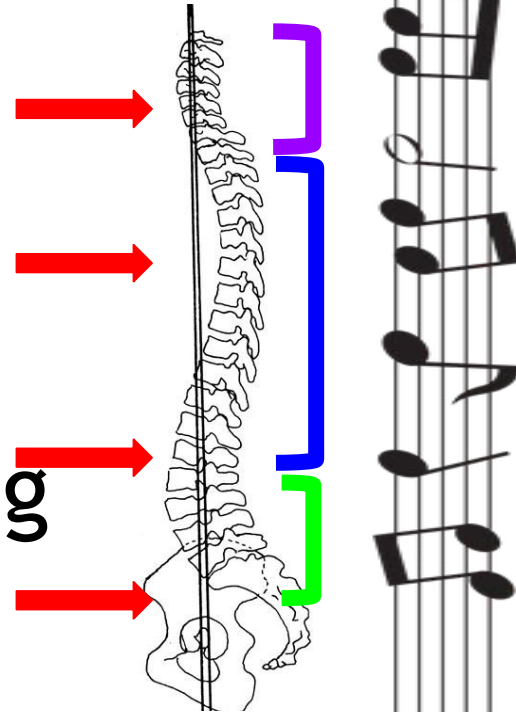
Can you take the cursor and
draw or trace in where the
spine goes?

(Save this for later...we will come back to it)

The spine includes

1. 4 curves
2. 5 Lumbar Vertebrae
3. 12 Thoracic Vertebrae
4. 7 Cervical Vertebrae

Parts of the spine are as big
around as a pool noodle!



The spine is part of our core!

(like a normal apple)

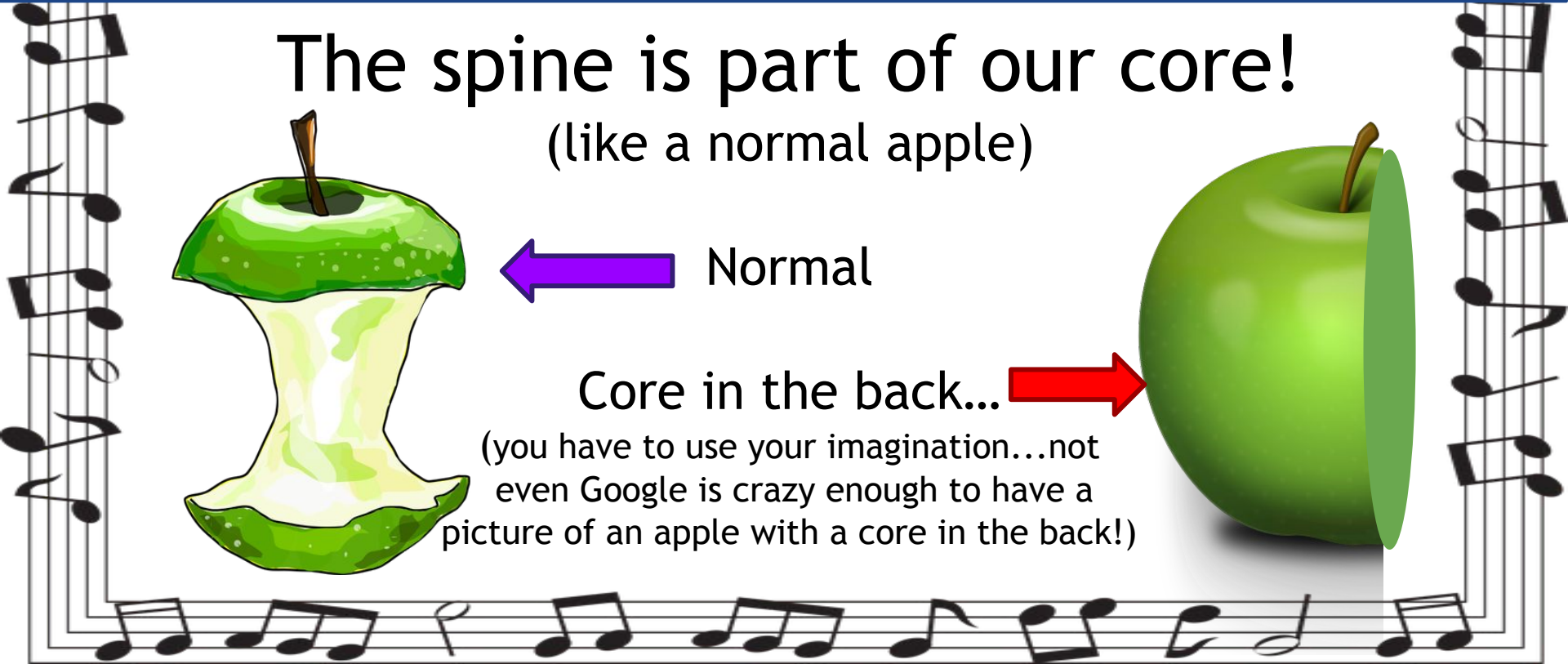


Normal

Core in the back...



(you have to use your imagination...not even Google is crazy enough to have a picture of an apple with a core in the back!)



We've got it!

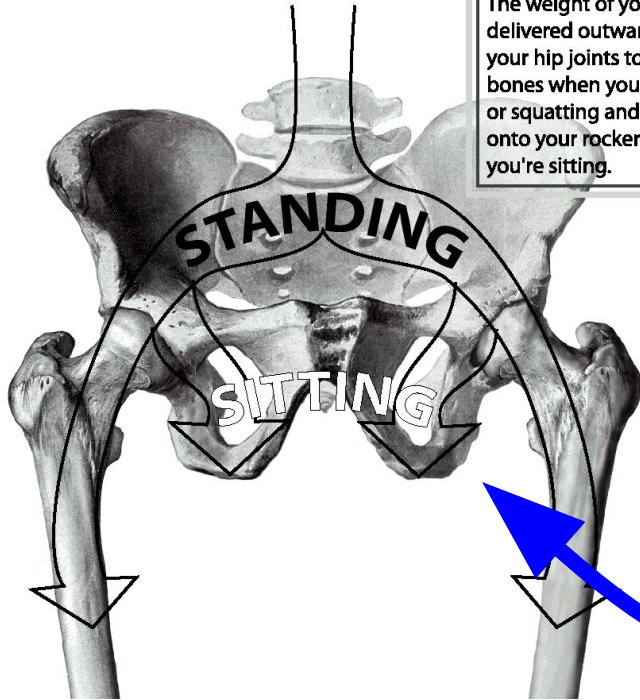


Our spine is our tree trunk!



**Now what does this have to do
with sitting!?**

The weight of your torso is delivered outward through your hip joints to the thigh bones when you're standing or squatting and downward onto your rockers when you're sitting.



Our spine
transfers weight
evenly to our sit
bones!

Finding your sit bones...

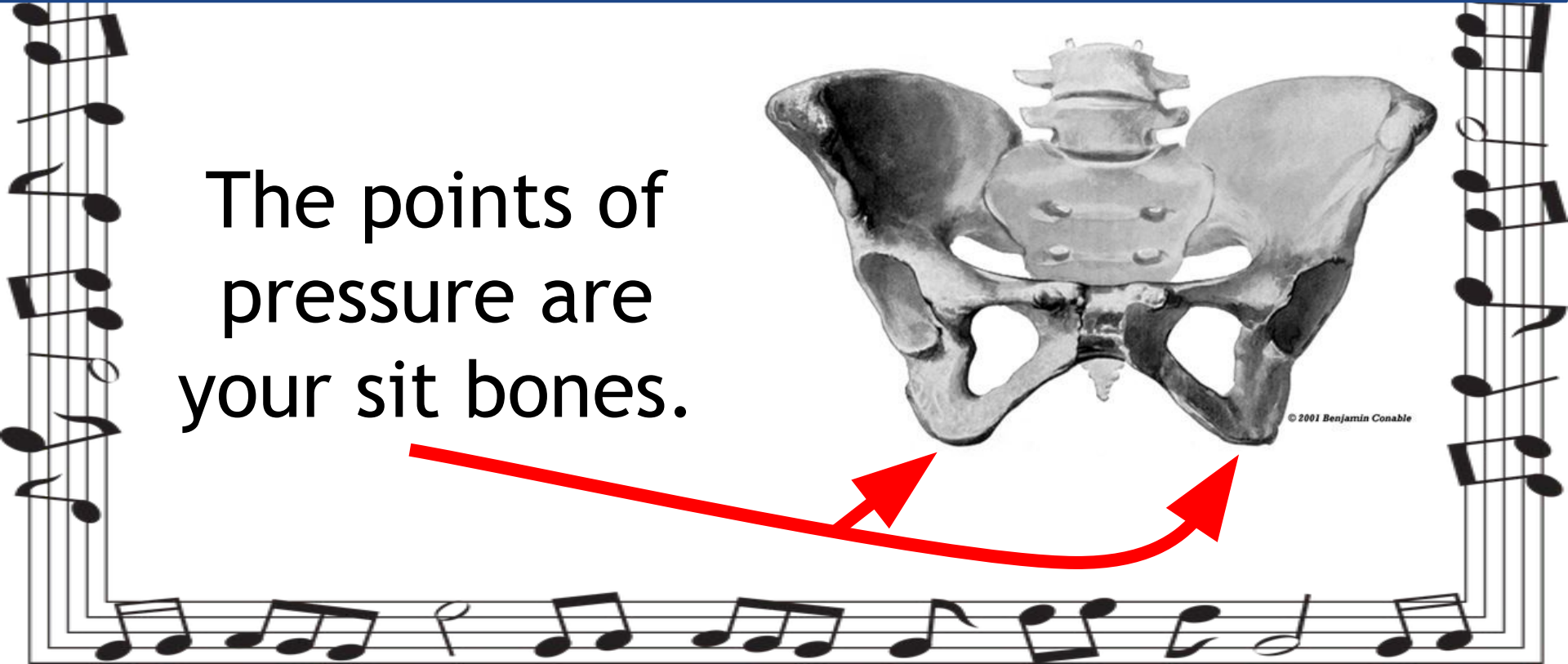
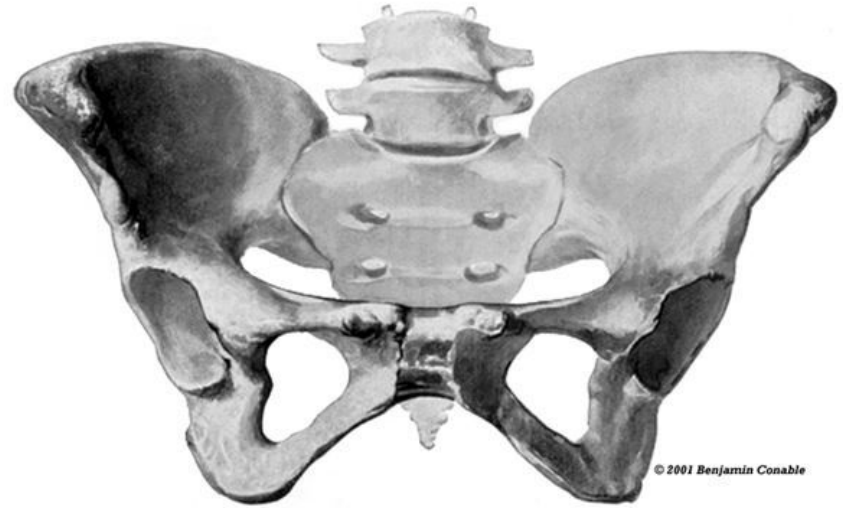
First just sit on your hands and rock
back and forth.

What do you notice?

You should be able to feel a point of pressure on your hands...it may even hurt just a little.

Try it again!

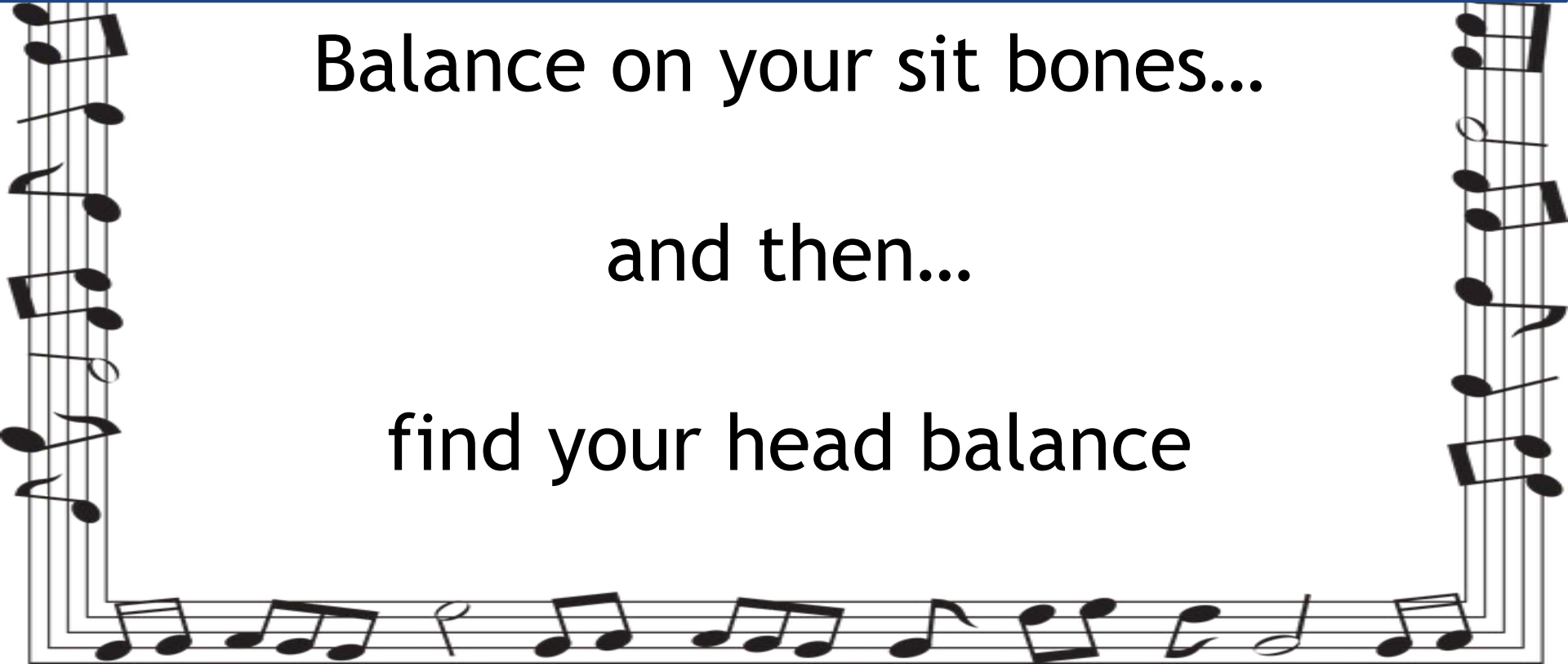
The points of
pressure are
your sit bones.



Balance on your sit bones...

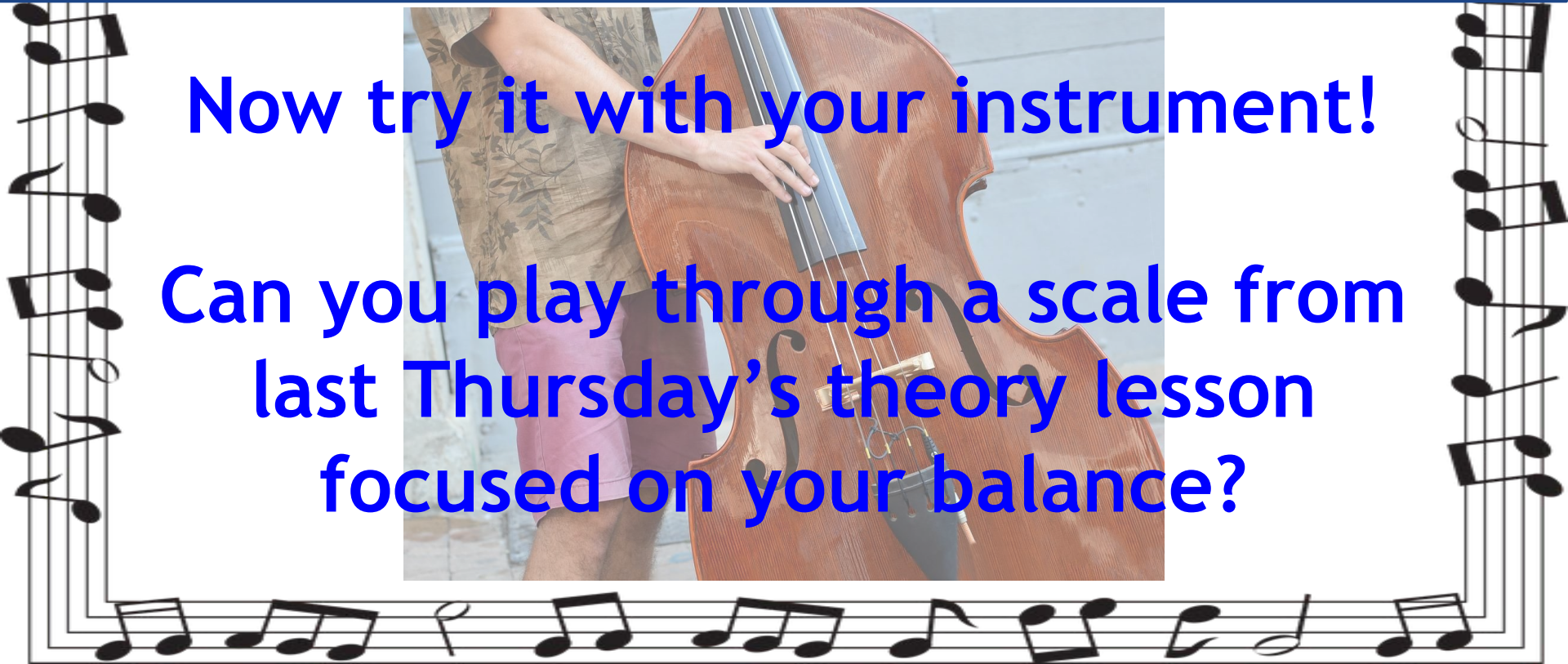
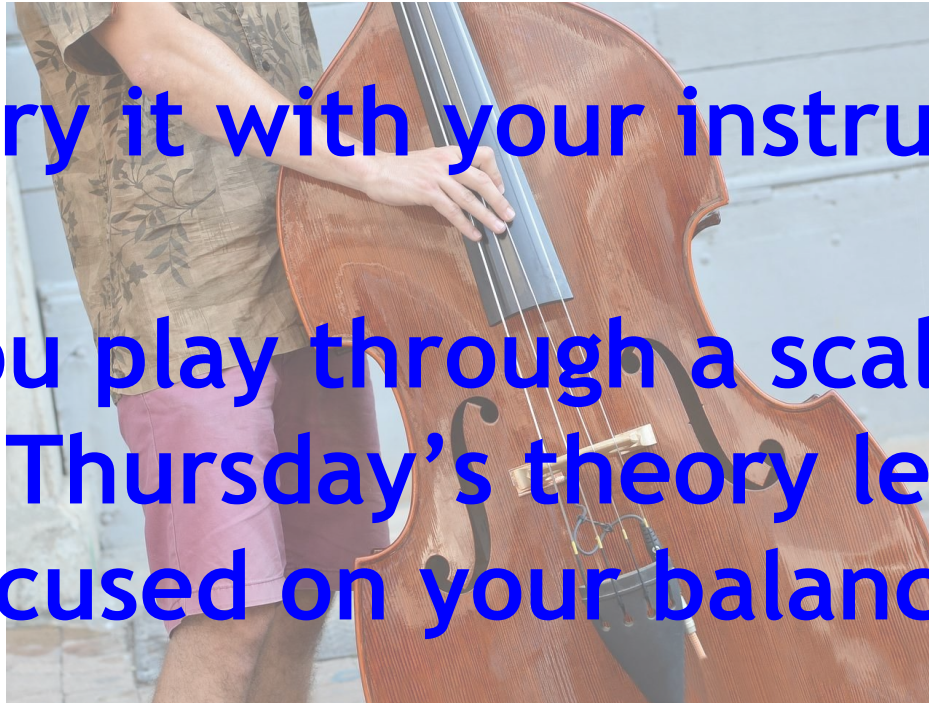
and then...


find your head balance



Now try it with your instrument!

**Can you play through a scale from
last Thursday's theory lesson
focused on your balance?**





Try the shifting exercise that you worked on in the warm up, but this time focus on balance!

Take a minute to find balance in sitting and your head before you play!

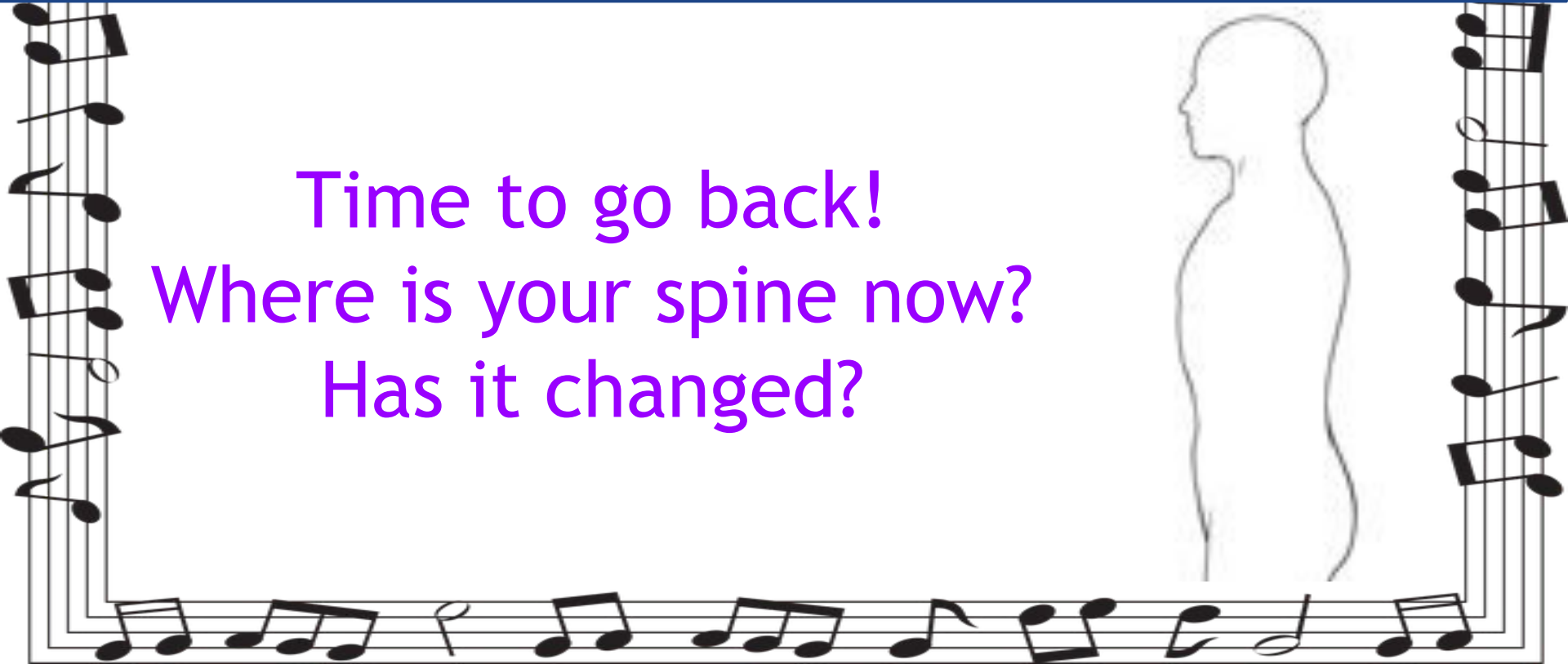
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Review

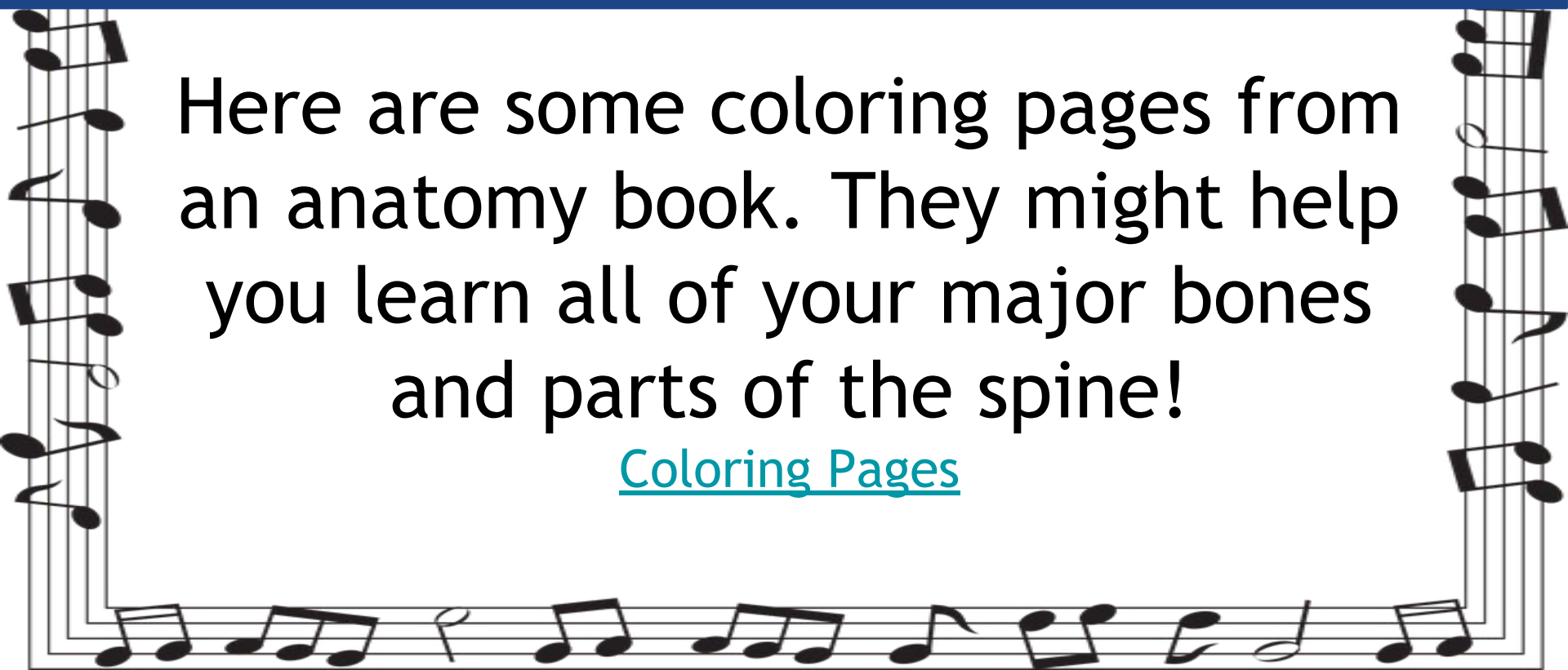


Time to go back!
Where is your spine now?
Has it changed?



Additional Materials





Here are some coloring pages from an anatomy book. They might help you learn all of your major bones and parts of the spine!

[Coloring Pages](#)

Self-Assessment



**Make a notecard to tape to
your music stand to remind
yourself about BALANCE!**

Teach someone else
how to sit with
good posture!
Remember to take
a picture.