# SUNRISE MASS PRACTICE GUIDE

(AKA Ms. Chojnacki’s guide to getting to February 12th in one piece. Hooray!)

The best tips in the history of ever

Remember your tools: pencil, metronome, rosin, cloth

Keep markings neat and clean. They should not distract you from the most important information on the page (the notes!). Keep markings lined up with what they reference, keep them small and unobtrusive. Big markings/words distract from the purpose.

Don’t be a hero. You won’t remember unless you write it down (on music AND on this chart).

Focus on one thing at a time. Find Similar passages and practice them together.

Don’t practice until you’ve got it right; practice until you can’t get it wrong.

Practice makes permanent.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| The Spheres | | | |  | | | | |
| Section | Rhythm | Pitch | Left Hand | | Bowings | Bow Pacing/  Placement | Dynamics | Breathing/  Moving |
| Beginning-A |  |  |  | |  |  |  |  |
| A-B |  |  |  | |  |  |  |  |
| B-C |  |  |  | |  |  |  |  |
| C-D |  |  |  | |  |  |  |  |
| D-E |  |  |  | |  |  |  |  |
| E-F |  |  |  | |  |  |  |  |
| F-G |  |  |  | |  |  |  |  |
| G-end |  |  |  | |  |  |  |  |
| Sunrise | | | | | | | | |
| **Beginning-A** |  |  |  | |  |  |  |  |
| **A-B** |  |  |  | |  |  |  |  |
| B-C |  |  |  | |  |  |  |  |
| C-D |  |  |  | |  |  |  |  |
| D-E |  |  |  | |  |  |  |  |
| E-F |  |  |  | |  |  |  |  |
| F-G |  |  |  | |  |  |  |  |
| G-H |  |  |  | |  |  |  |  |
| H-I |  |  |  | |  |  |  |  |
| **I-J** |  |  |  | |  |  |  |  |
| **J-K** |  |  |  | |  |  |  |  |
| **K-L** |  |  |  | |  |  |  |  |
| **L-M** |  |  |  | |  |  |  |  |
| **M-end** |  |  |  | |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| The City | | | | | | | |
| **Beginning-A** |  |  |  |  |  |  |  |
| **A-B** |  |  |  |  |  |  |  |
| B-C |  |  |  |  |  |  |  |
| C-D |  |  |  |  |  |  |  |
| D-E |  |  |  |  |  |  |  |
| E-F |  |  |  |  |  |  |  |
| F-G |  |  |  |  |  |  |  |
| G-H |  |  |  |  |  |  |  |
| H-I |  |  |  |  |  |  |  |
| **I-J** |  |  |  |  |  |  |  |
| **J-K** |  |  |  |  |  |  |  |
| **K-L** |  |  |  |  |  |  |  |
| **L-end** |  |  |  |  |  |  |  |
| Identity and the ground | | | | | | | |
| **Beginning-A** |  |  |  |  |  |  |  |
| **A-B** |  |  |  |  |  |  |  |
| B-C |  |  |  |  |  |  |  |
| C-D |  |  |  |  |  |  |  |
| D-E |  |  |  |  |  |  |  |
| E-F |  |  |  |  |  |  |  |
| F-end |  |  |  |  |  |  |  |

Rhythm- I can correctly identify the values of notes and rests, playing them accurately.

* Count and clap
* Count and pluck
* Subdivide
* Write in counting (dashes, numbers)

Pitch- I know what the line is supposed to sound like, and I can play in tune.

* Check key signature
* Check for all accidentals (sharps and flats)
  + Remember: accidentals carry for the entire measure, and carry over when tied
* Play down an octave
* Reference open strings
* INTERVALS
* Mark in half steps and whole steps

Left Hand- I can use the correct fingerings and accurately identify patterns in the music.

* Write in more fingerings (if needed)
* Slow and deliberate
  + Metronome
* Low and curved to fingerboard
  + Don’t move unless you have to
  + Pinky out! You need it
* Isolate shifting patterns
* Put patterns on loop!

Bowings- I can play the music with the correct bow direction.

* Air bow
  + Say and play (down/up)
* Be deliberate!

Bow Pacing/Placement- I can play the music in the right part of the bow, in the right bow path

* Weight + Length + Speed
* Feel resistance of string
* Bow area
  + Frog to tip
  + Balance point
* Bow lane
  + Fingerboard to bridge

Dynamics- I can correctly interpret how loud or soft a passage should be.

* Practice how you will perform
* Extreme