Time to Teach: The Warm-up as the Foundation of Your Orchestra Rehearsal

The first 15 minutes of class is the time when you have the greatest student focus.
- Dr. Robert Culver, Lecture, *Master Teacher Profile*

Minutes: 0...5..............................60
vs. Focus

“While efforts to increase access to private study will likely have a positive impact on students’ achievement, it is incumbent upon contemporary school string teachers to recognize that over 85% of their students may receive all of their technical and musical instruction in the school context.

Alexander & Smith (2009)

What are the purposes of a Warm-up?

- **Preparatory Exercises**
  - Stretching / Preparing the body to play (Student Leader)
  - Polishing previously-taught techniques through a “prescribed” warm-up
    Your “Daily Multi-Vitamin” – Dr. Michael Allen

- **“Teaching Time”** - That time after tuning when both students and teacher are focused on the learning of new concepts and techniques – Dr. Anne Witt
  - Ear training
  - Ensemble skills
  - Rhythmic studies
  - Introduction of new Left Hand and Right Hand techniques
  - Music theory
  - Music listening
  - Isolation of problem areas in current literature
  - Composition
Old Friends and New Trends

My Favorite Educational Materials for String Orchestra Warm-up

**Physical Warm-ups and Stretches** (Student-led)
- Orchestra Expressions Books 1&2    Alexander, Anderson, Brungard, & Dackow       Alfred
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo
- Stretching for Strings Winberg and Salus ASTA
- How Muscles Learn: Susan Kempter Summy-Birchard Teaching Violin with the Body in Mind

**Polishing of Previously-Taught Techniques through a “prescribed” warm-up** (Student-led)
- Daily Warm-ups for Strings Michael Allen Hal Leonard
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo

**Music Theory:**
- Alfred Essential’s of Music Theory Surmani, Surmani, & Manus Alfred
- Five-Minute Theory Wessels Mark Wessels Pub.

**Ear Training / Ensemble Skills (Chorales):**
- Essentials for Strings Anderson Kjos
- Treasury of Scales Leonard B. Smith Belwin
- Bach and Before for Strings Newell Kjos
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo

**Introduction of New Techniques**

**Left Hand** (Positions):
- String Builder, Book III Applebaum Belwin
- Direct Approach to the Higher Positions Preston Belwin
- Essential Technique 2000 for Strings Allen, Gillespie, Hayes Hal Leonard
- Advanced Technique for Strings Allen, Gillespie, Hayes Hal Leonard
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo

**Left Hand** (Shifting)
- Advanced Technique for Strings Allen, Gillespie, Hayes Hal Leonard
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo

**Left Hand** (Scales):
- Essentials for Strings Anderson Kjos
- Essential Technique 2000 for Strings Allen, Gillespie, Hayes Hal Leonard
- Advanced Technique for Strings Allen, Gillespie, Hayes Hal Leonard
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo

**Left Hand/ Right Hand** (Etude Studies)
- 28 Etudes for Strings Muller Belwin
- Expressive Techniques for Orchestra Alexander, Anderson, Brungard, & Dackow       Tempo
Right Hand (Rhythm Studies):
- 101 Rhythmic Rest Patterns  Yaus  Belwin
- Essentials for Strings  Anderson  Kjos
- Rhythm a Week  Witt  Belwin
- Essential Technique 2000 for Strings  Allen, Gillespie, Hayes  Hal Leonard
- Advanced Technique for Strings  Allen, Gillespie, Hayes  Hal Leonard
- Expressive Techniques for Orchestra  Alexander, Anderson, Brungard, & Dackow  Tempo

Right Hand (Bowings a la scales):
- Essentials for Strings  Anderson  Kjos
- Expressive Techniques for Orchestra  Alexander, Anderson, Brungard, & Dackow  Tempo

Right Hand (Bowing Styles):
- Orchestral Bowing: Style and Function  James Kjelland  Alfred
- Essential Technique 2000 for Strings  Allen, Gillespie, Hayes  Hal Leonard
- Advanced Technique for Strings  Allen, Gillespie, Hayes  Hal Leonard
- Expressive Techniques for Orchestra  Alexander, Anderson, Brungard, & Dackow  Tempo

Special Thank You

Joanne May
Director of Philharmonic Orchestra/Music Education
Elmhurst College

And

The Elmhurst College String Ensemble

Violin
Isabel Chaidez
Sarah Sabet
Christopher Castillo
Colleen Martinez

Viola
Lisa Gardner
Samantha May

Cello
Zach May
Taylor Ingro

Double Bass
Daniel Czyzewicz
Time to Teach:

The Warm-up as the Foundation of Your Orchestra Rehearsal

Dr. Michael Alexander – Assoc. Professor of Music Education
Baylor University

Midwest International Band and Orchestra Clinic

Wednesday, December 14, 2011
11:40-12:40
Room - W 179

McCormick Place West Convention Center
Chicago, Illinois