

## **Making It Practicable Midwest Clinic 2022**

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### **General Concepts**

*Define your goals and challenge yourself.*  
Learning/Practicing/Performing

*Focus on one objective at a time.*  
Notes/Fingerings/Rhythms/Bowings

*Define the practice spot.*  
On/From/To/Through

*Integrate the changes.*  
Thinking Spots/Command Words/Warning Lights

### **Left Hand Facility**

*Back and Forth*  
Play a small group of notes in correct order then in reverse.

*Backwards and Forwards Add-ons*  
Play the last note of a run, then the last two, then the last three...  
Play the first note of a run, then the first two, then the first three...

*Building a House*  
Create a comfort zone by starting at first note of a high melody.  
Add preceding notes grouped by position or string.

*Micro-Memory*  
Memorize short passages to be able to focus attention elsewhere.

*Baseball Glove*  
Create the hand frame you need.  
Relax into the shape as if you were wearing a glove.

*Lego Blocks*  
Divide long passages into small blocks.  
Each block should contain only one challenge.

*Sprints*

Work on speed by practicing short, fast passages.

**Right Hand Facility**

*Franklin the Turtle*

Which muscles are working?

*Lasagna Noodles*

Approach repeated string crossings as a soft, wavy line.

Doodles

Create a simple, recognizable pattern out of a series of string crossings.

*Trapeze*

Create a “platform” above the string level for off-the-string strokes.

Balance the elbow so that the shoulder to bow tip feels like a single line.