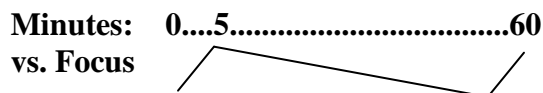


Time to Teach: The Warm-up as the Foundation of Your Orchestra Rehearsal

The first 15 minutes of class is the time when you have the greatest student focus.

- Dr. Robert Culver, Lecture, *Master Teacher Profile*



“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)
 - **Tuning** (Student Leader) [For my recommendations on ensemble tuning procedures see: Alexander, M. (2008) Teaching Tuning to the String Orchestra: Classroom Procedures for Beginning to Advanced Students. *American String Teacher*, 58 (4), 20-26].
 - **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**
 - **Improvisation** [For my recommendations for teaching improvisation in the ensemble class please see: Alexander, M. (2010). Improvisation: Hands-on Ear Training for 21st-Century Ensembles. *Southwestern Musician*, 78 (6), 27-33].

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:
Teaching Violin with the Body in Mind Susan Kempter Summy-Birchard

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 (Bowling 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

TEMPO PRESS

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