



Bruce's 6-Week Violin Practice Plan

This plan is designed to help you stay consistent and make steady progress on your violin journey. Take your time and if a week takes longer, that's perfectly fine. Consistency is more important than speed!

PS: I recommend daily warm up every time you want to practice.

Daily Warm-Up (8–10 mins)

1. Posture & Relaxation (1 min)

- Stand straight, loosen shoulders, relax arms
- Hold the violin in playing position for 30 seconds without tension

2. Bow Hold Exercise (2 mins)

- Finger taps on the bow (each finger taps one at a time)
- Windshield wiper motion to relax the bow hold

3. Open String Long Bows (4 mins)

- Play slow full bows on G, D, A, E
- Focus on smooth tone and straight bow
- Count 4 beats per bow

4. Left-Hand Finger Taps (2–3 mins)

- Place fingers lightly on the string in first position (G or D string)
- Tap fingers in sequence (1-2-3-4), keeping hand relaxed

Week 1 – Setup & Posture (15-20 mins daily)

Focus: Correct posture, bow hold, and violin position

Daily Practice:

- Posture and bow hold check in front of a mirror (3 mins)
- Bow hold exercises without the violin (5 mins)
- Violin position exercises (5–7 mins)

Relevant Lesson (Click to go to Lessons):

- Holding the Bow
 - [Exercise without Bow](#)
 - [Exercise with Bow](#)
- Holding Your Violin
 - [Exercise without Violin](#)
 - [Exercise with Violin](#)

☒ Send a 30-second video of your bow and violin hold for feedback.

Week 2 – Open Strings & Bow Control (20 mins daily)

Focus: Smooth, even bowing on open strings

Daily Practice:

- Long bows on G, D, A, E strings (10 mins)
- Listen for clear tone and adjust bow angle (5 mins)
- Bow distribution exercise (5 mins)

Relevant Lesson:

- Bow Control and Exercises
 - [Bow Positioning](#)
 - [Common Mistakes in Bow Positioning](#)
 - [Levels of Elbow in Bow Control](#)
- Playing Open Strings
 - [Reading Open Strings on the Violin](#)
 - [Open Strings Exercises](#)

✓ Record a short video of open strings with smooth bowing.

Week 3 – Music Reading Basics (15-20 mins daily)

Focus: Understand note names and rhythms

Daily Practice:

- Identify notes on the stave (5 mins)
- Simple clapping rhythm exercises (5 mins)
- Match notes to violin strings (5–10 mins)

Relevant Lesson:

- Intro to Music Reading
 - [Stave notation and intro to C Major](#)
 - [Reading Open Strings](#)
 - [Open Strings Exercise](#)

✅ Record a short video where you play open strings while counting the beat out loud (e.g., “1-2-3-4”) following a simple rhythm pattern.

Week 4 – Left-Hand Placement (20 mins daily)

Focus: First position on G and D strings

Daily Practice:

- Finger placement on G and D strings(10 mins)
- Short note patterns for accuracy (10 mins)

Relevant Lesson:

- [First Position on the Violin](#)
- [Fingering on G](#)
- [Fingering on D](#)



Show a video of you playing 4 notes on G and D strings.

Week 5 – Scales & Coordination (20-25 mins daily)


Focus: Play the D Major scale (slowly, in tune)

Daily Practice:

- D Major Scale pizzicato (5 mins)
- D Major Scale with bow (10 mins)
- Arpeggio pattern (5 mins)

Relevant Lesson:

- [D Major Scale Lesson \(with bow\)](#)
- [D Major Scale\(Pizz\)](#)

 Send a video of your D Major Scale.

Week 6 – First Song (25 mins daily)

Focus: Play Twinkle Twinkle Little Star

Daily Practice:

- Break the song into small phrases (10 mins)
- Combine phrases slowly (10 mins)
- Play full song with good tone (5 mins)

Relevant Lesson:

- [Twinkle Twinkle Tutorial](#)

✅ Share a full video of Twinkle Twinkle for feedback.



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