

## VIOLA-DO

### Principles and exercises

Principle	Viola-do	Exercise
<i>Intoning the do</i>	<i>Beauty in sound</i>	Masumi plays Bach G major suite 1st movement while Don and uke demonstrate aiki movements
1. Tuning in: find the station	Core check	Think of core, movement to find core
2. Affirming self: turn on the station	Self check	Sit and breathe with core in mind
3. Prepping to broadcast from center	Flow from core	Think, move, breathe from core
4. Receiving the medium	Receiving the instrument	Put viola into position with bow at side
5. Relaxing	Using and releasing tensions	Place bow quickly at frog, tense and relax; let finger vibrate on contact with string
6. Getting ready a. to begin b. to move	Staying cool a. Tapping into flow b. Maintaining fluidity	a. Move into musical entrance. b. Don't stop during rests.
7. Upward movement	Ultimate up bow	Lead upwards while staying grounded
8. Downward movement	Ultimate down bow	Release from core through elbow without tensing
9. Basic technique	C Major scale	Every aspect of playing is contained here. Two octaves, use fourth fingers, with vibrato, all first position.
10. Coordinating movements	Timing management	Shift with elbow first, not finger. Play from elbow, not bow grip.
11. Playing with another	Musical character	Move and breathe "musically", using cue system
12. Playing with group	Duet/ensemble playing	Get in the zone
<i>Returning to the aim</i>	<i>Always playing beautifully</i>	<i>Don't lose yourself <b>trying</b> to play; that makes you play worse.</i>