100 Times Practice Challenge

NAME: DATE:

2015-16 Southeast Texas Suzuki Association, League City Group Class, Danette Schuh and Meredith Harris

Can you practice 100 things with YOUR SPIDER?

Spooky Spider Ring Repetitions

- Place spider ring around the tip of your pinky, place your pinky on the bow and play all your review pieces without dropping the spider.
- Make your bow hand your ‘spider’ and crawl up and down the bow, keeping your fingers in good bow hold position.
- Place spider ring on a left hand finger that needs 100 repetitions or special attention.
- Practice 100 bow exercises or “up like a rocket” with the spider ring balanced on the tip of the bow.
- Place spider in your peg box so he can watch for “tall walking fingers”, “thumbside corners”, and good posture.
- Need vibrato practice on a certain finger? Place spider ring loosely on finger and watch him wiggle with your vibrato.