

**SOLID STRINGS Book I** - is designed to be a 10 to 20 week group string method or 6 to 15 week private string method. The goal of Book I is to promote student retention through successful incremental steps in a classroom or virtual classroom setting. Every step is mastered before moving on to the next step. Every piece is reinforced with fun activities and exercises that include fine and gross motor skills, aural listening, visual stimulation, and achievable goals.

**SOLID STRINGS Book I - includes:**

- Easy to read, easy to understand, uncluttered pages
- Written exercises for personalization and intrinsic learning
- A variety of modalities to maximize learning for a wide variety of learning styles - Aural, Visual, Tactile, Verbal
- Parts of the Instrument

**Posture and Positions for Successful Performance**

- Rest Position
- Ready Position
- Left Hand Position

**Left Hand - 1st Position Mastery**

- Developing proper technique focusing on 2 strings (D & A) for Violin, Viola and Cello and 3 strings (D, A, & G) for Contrabass
- Notes introduced for Violin and Viola: D, E, F#, G, A, B, C#, D, E
- Notes introduced for Cello: D, E, F#, G, A, B, C#, D
- Notes introduced for Contrabass: A, B, C#, D, E, F#, G, A, B

**Right Hand - Proper Bow Technique**

- The Big Five - Games/Lessons for preparing the right hand and arm for bowing
- Up Bow and Down Bow symbols
- Legato and Staccato bowing

**Applied Music Theory**

- Rhythms: Whole, Half, Quarter Notes and Rests and Dotted Half Notes
- Staff, Measures, Time Signature, Key Signature
- Dynamics: Piano, Mezzo Forte, Forte
- Understanding the Major Scale Pattern of half steps and whole steps
- D Major Scale - One Octave, ascending and descending

**Performance**

- Introduction of melody, accompaniment, harmony, moving parts
- Music for an optional mid-semester concert
- Music for a Winter Concert

**Supportive Videos and Audio Files**

- fully orchestrated accompaniment parts for all exercises and performance pieces, arranged by world class film orchestrator, Sandy Stein
- supportive instructional videos taught by string specialist, Marcy A. Sudock, violinist, instructor, conductor, author
- Lesson by lesson online formatting for distance/virtual classes

**Book I - Instructor Manual (127 pages) includes:**

- Reproducible hand-outs for students and their parents
- Step by Step Instructor Preparation
- Step by Step guidance for easy access lesson plans
- Copies of each page of the student Violin book followed by all scores associated with that page
- Full scores for all exercises and performance pieces
- Fun and Games to enhance intrinsic learning

**SOLID STRINGS Book II**, is designed to be a 15 - 25 week group string method. The goal of Book II is to promote student retention through successful incremental steps in a classroom or virtual classroom setting. Every step is mastered before moving on to the next step. Every piece is reinforced with fun activities and exercises that include fine and gross motor skills, aural listening, visual stimulation, and achievable goals. When students successfully complete Book II, they will be ready to join their school orchestra with the *Elastic Orchestra* ensemble book! (*Solid Strings Book II* may also be used concurrently with *Elastic Orchestra* ensemble books.)

**SOLID STRINGS Book II is the next step to a Solid Foundation:**

- Easy to read, easy to understand, uncluttered pages
- Written exercises for personalization and intrinsic learning
- Utilizes a variety of modalities to maximize learning for a wide variety of learning styles - Aural, Visual, Tactile, Verbal

**Expanded Rhythmic Concepts**

- Eighth
- Dotted Quarter Notes, Single Eighth Notes, Eighth Note Rests
- Sixteenth Notes

**Expanded Bowing Techniques**

- Slurs, Ties and Hooked Bows
- Bow Division
- String Crossing on all four strings

**Expanded Musical Expression**

- Crescendo - Diminuendo - Pianissimo - Mezzo Piano - Fortissimo

**Expanded Note Range on All Four Strings**

- Violin: Notes on all four strings (G, D, A, E) in first position with high 2nd finger: G, A, B, C, D, E, F#, G, A, B, C#, D, E, F#, G#, A, B
- Violin: notes on the D, A, with low 2nd finger: F, and C natural
- Viola: notes on all four string (C, G, D, A) in first position with high 2nd finger: C, D, E, F, G, A, B, C, D, E, F#, G, A, B, C#, D, E
- Viola: notes on the D and A strings with low second finger: F and C natural
- Cello: notes on all four strings (C, G, D, A) in first position: C, D, E, F, G, A, B, C, D, E, F#, G, A, B, C#, D
- Cello: notes on D and A strings - 2nd finger F and C natural
- Contrabass: notes on all four strings in first positions: E, F, F#, G, A, B, C, C#, D, E, F, F#, G, A, B PLUS Third Position: G string: C, C#, D and D string G, A
- Scales and Arpeggios: D Major, C Major, G Major

**Performance**

- More new pieces taught in rhythmic unison and harmonic counterpoint
- Spring, Mid-Season and Finale Concert Programs

**Supportive Videos and Audio Files**

- fully orchestrated accompaniment parts for all exercises and performance pieces, arranged by world class film orchestrator, Sandy Stein
- supportive instructional videos taught by string specialist, Marcy A. Sudock, violinist, instructor, conductor, author
- Lesson by lesson online formatting for distance/virtual classes

**SOLID STRINGS Book II - Instructor Manual**

- Reproducible hand-outs for students and their parents
- Step by Step Instructor Preparation
- Step by Step guidance for easy access lesson plans
- Full scores for all exercises and performance pieces
- Fun and Games to enhance intrinsic learning