

Learn with Nicky – Salut d’amour – Lesson 1

FAMILIARISATION (Favourite word of the day 😊)

THE MIND - NO INSTRUMENT

Familiarise yourself with:

- Key signature
- Tempo
- Length of piece
- Structure
- Difficult parts
- Intention of sound
- Intention of expression

THE BODY - NO INSTRUMENT

Familiarise yourself with:

- GENERAL
 - Your breath (forgot to talk about this sorry! Breath deep and calmly, and don't hold your breath)
 - The floor
 - Your shoulders
 - Your arms
 - Your hands
- LEFT HAND/PICK UP INSTRUMENT
 - Draw circles
 - Scooping up and back down, being bold
 - Wiggle fingers aaaaaand drop!
- RIGHT HAND/PICK UP BOW
 - Paint
 - Flop
 - Let go with left hand and balance
- PICK UP BOTH INSTRUMENT AND BOW
 - Now wait and bob and feel weight of both

- SEPARATE OUT LEFT AND RIGHT HAND
 - Create sound without worrying at ALL about the left hand
 - Work out left hand without worrying about sound

- IGNORE VIBRATO, RHYTHM, AND SOUND WHEN ONLY FOCUSED ON LEFT HAND
 - Only be concerned with:
 - Intonation
 - left hand relaxation and comfort
 - left hand clarity

PATIENCE - THE ART OF SLOW PRACTICE

NOW LET'S GO SO SO SLOWLY

- Patience is key
- Keep breathing as you're doing stuff that's really slow
- Keep shaking out your body
- Put down the instrument if you get impatient and angsty

GENERAL BITS OF ADVICE

- Anything that's really difficult that takes a lot of concentration – DO NOT DO FOR LONG
- Don't allow yourself to get disheartened or disappointed. This is NOT EASY!
- Keep focused on the bigger picture and do not get down about small problems
- Stay focused, and if you're getting distracted – stop and start again

Remember to upload little videos of these exercises on Facebook or Instagram if you can 🥰 and #salutnicky

YOUR TWO SET TASKS

1. to do this 15 min routine twice today
2. send us, on whichever platform suits, your opinion on this question:

What are the biggest challenges with the first four bars?

Tomorrow we're going to tackle when things get really tricky.

Lots of love,

Nicky