

The 12 Days of Practicing

**On the 1st Day of Practice,
My teacher said to me:
Listen to your CD**

**On the 2nd Day of Practice
My teacher said to me:
2 Daily Do-s**

2 Daily Do-s and listening to the CD.

**On the 3rd Day of Practice,
My teacher said to me:
3 recent pieces**

3 recent pieces, 2 Daily Do-s and listen to your CD.

**On the 4th Day of Practice,
My teacher said to me:
4 bow circles**

4 bow circles, 3 recent pieces, 2 Daily Do-s and listen to your CD.

**On the 5th Day of Practice,
My teacher said to me:
5 twinkle twinkles.**

5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 6th day of Practice,
My teacher said to me:
6 practice spots.**

6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 7th day of Practice, (*of a new pieces)
My teacher said to me:
7 repetitions***

7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 8th day of Practice,
My teacher said to me:
8 elevators.**

8 elevators, 7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 9th Day of Practice,
My teacher said to me:
9 bow swings.**

9 bow swings, 8 elevators, 7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 10th Day of Practice,
My teacher said to me:
10 second hold.**

10 second hold, 9 bow swings, 8 elevators, 7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 11th Day of Practice,
My teacher said to me:
11 thumb squeezes.**

11 thumb squeezes, 10 second hold, 9 bow swings, 8 elevators, 7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, 2 Daily Do-s, and listen to your CD.

**On the 12th Day of Practice, (skips = arpeggios)
My teacher said to me:
12 scales and skips***

12 scales and skips, 10 second hold, 9 bow swings, 8 elevators, 7 repetitions, 6 practice spots, 5 twinkle twinkles, 4 bow circles, 3 recent pieces, Daily Do-s, and listen to your CD.

**By: Heather Conine
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