

# DAILY WARM-UPS

## For String Orchestra

VIOLIN

MICHAEL ALLEN

### I. TUNING SEQUENCE

### II. WARM-UP RHYTHMS

Section I: Tuning Sequence. Five staves of music. The first staff shows open strings (C, G, D, A) and a half note G. The second staff shows a four-measure sequence of eighth notes: G4, A4, B4, C5. The third staff shows a four-measure sequence of eighth notes: C5, B4, A4, G4. The fourth staff shows a four-measure sequence of eighth notes: G4, F#4, E4, D4. The fifth staff shows a four-measure sequence of eighth notes: D4, C4, B3, A3. Section II: Warm-up Rhythms. Six staves of music. The first staff shows a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E3, D3, C3, B2, A2, G2, F#2, E2, D2, C2, B1, A1, G1, F#1, E1, D1, C1, B0, A0, G0, F#0, E0, D0, C0, B-1, A-1, G-1, F#-1, E-1, D-1, C-1, B-2, A-2, G-2, F#-2, E-2, D-2, C-2, B-3, A-3, G-3, F#-3, E-3, D-3, C-3, B-4, A-4, G-4, F#-4, E-4, D-4, C-4, B-5, A-5, G-5, F#-5, E-5, D-5, C-5, B-6, A-6, G-6, F#-6, E-6, D-6, C-6, B-7, A-7, G-7, F#-7, E-7, D-7, C-7, B-8, A-8, G-8, F#-8, E-8, D-8, C-8, B-9, A-9, G-9, F#-9, E-9, D-9, C-9, B-10, A-10, G-10, F#-10, E-10, D-10, C-10, B-11, A-11, G-11, F#-11, E-11, D-11, C-11, B-12, A-12, G-12, F#-12, E-12, D-12, C-12, B-13, A-13, G-13, F#-13, E-13, D-13, C-13, B-14, A-14, G-14, F#-14, E-14, D-14, C-14, B-15, A-15, G-15, F#-15, E-15, D-15, C-15, B-16, A-16, G-16, F#-16, E-16, D-16, C-16, B-17, A-17, G-17, F#-17, E-17, D-17, C-17, B-18, A-18, G-18, F#-18, E-18, D-18, C-18, B-19, A-19, G-19, F#-19, E-19, D-19, C-19, B-20, A-20, G-20, F#-20, E-20, 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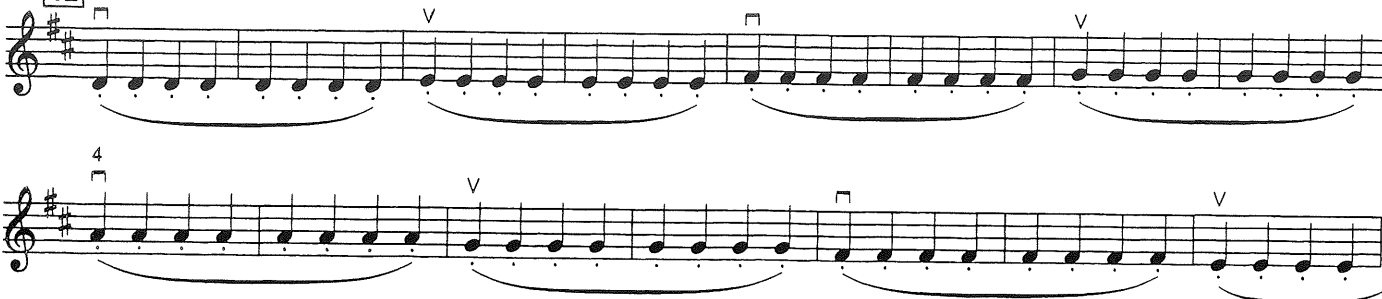
# IV. STYLISTIC BOWINGS

## VIOLIN

11 (spiccato)



12 (staccato)



13 (retake)



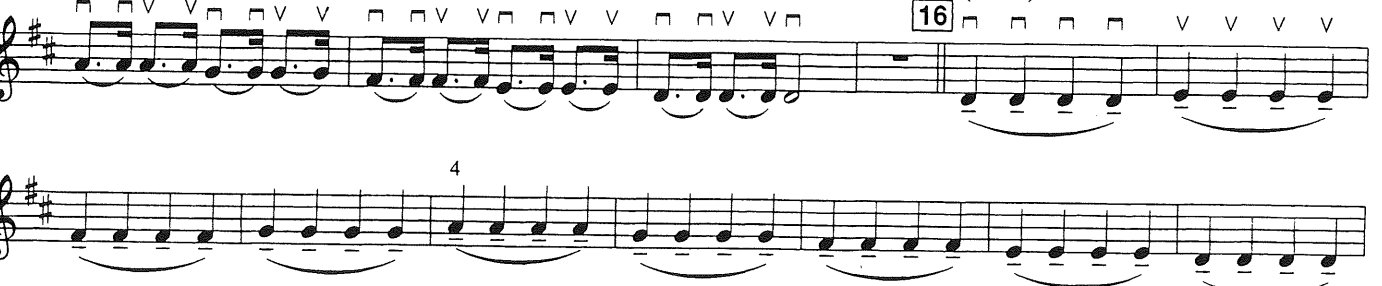
14 (grand martelé)



15 (hooked or linked)



16 (louré)



17 (tremolo)



(arco/pizz.)

18 pizz. pizz. pizz. pizz.



M. to U.H.

# VIOLIN

4 pizz. pizz. pizz. pizz. pizz. pizz. 19 V. DOUBLE STOPS

20 VI. LONG TONES

4

VII. STRING CROSSING

21 0 0 1 0 2 0 3 0 4 0

22 4 0

23 4 0

VIII. SHIFTING

24 0 1 - 1 2 1 0 25 0 1 - 2 1 1 0

26 0 1 2 - 1 1 0 27 0 1 1 - 1 0 28 0 1 1 - 2 1

29 0 1 2 - 1 30 0 4 0 0 1

SUL D

## VIOLIN

31 0 4 4 0 0 8va 1 8va 8va 8va 8va 8va

VOLIN

SUL D 8va 8va 8va 8va

#### 4 IX. CHROMATIC ALTERATIONS

IX. CHROMATIC ALTERATIONS

32 3 1 - 1 - 1 - 1 - 1 1 - 1 - 1 - 1 - 1 4 3 2 - 2 - 2 - 2 - 2 2 - 2 - 2 - 2 - 2

Hold Hold

4 2 3 - 3 - 3 - 3 - 3 3 - 3 - 3 - 3 - 3 3 H2 4 - 4 - 4 - 4 - 4

Hold Hold

4 - 4 - 4 - 4 - 4 33 4 3 1 0 1 0 1 0 1 0 1 0 4 2 1 2 1 2 1 2 1

Hold Hold

2 1 4 3 2 3 2 3 2 3 2 3 2 2 4 3 4 3 4 3 4 3

Hold Hold

## X. SCALES

X. SCALES

0 1 2-1 2 3 4 0 1-1 2 2 3

34

3 2-2 1-1 0 4 3 2 1-2 1 0

35

2 - 1 2 3 4 1 2 3 4

36

1 - 2 1 -1 1 2-1 2 3 4 1

37

1 -3 2 1 4 3 2 1

## TUNING SEQUENCE

[illegible]

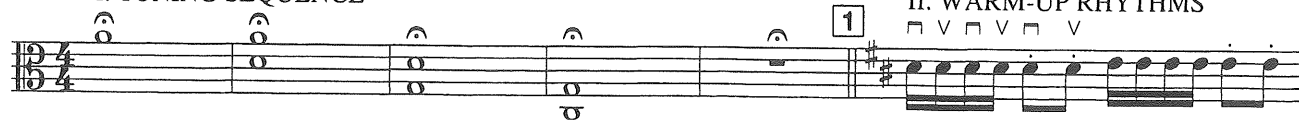
# DAILY WARM-UPS

For String Orchestra

VIOLA

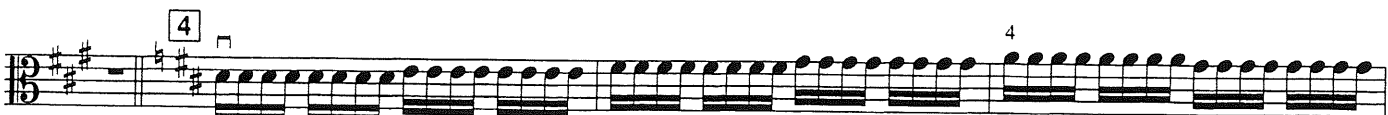
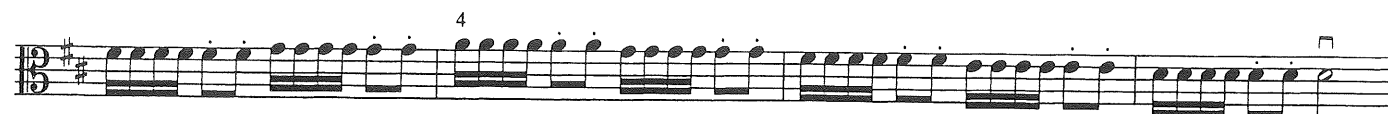
MICHAEL ALLEN

## I. TUNING SEQUENCE



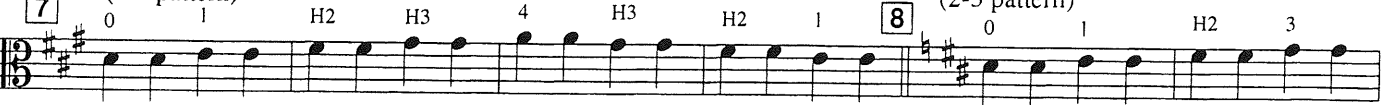
## II. WARM-UP RHYTHMS

□ V □ V □ V



## III. FINGER PATTERNS

(3-4 pattern)



(2-3 pattern)



VIOLA

11

□ V

[illegible]

(staccato)

12 (staccato)

4

(retake)

13 (take)

L.H. *sim.*

14

14 (grand martelet) 4

15

(hooked or linked)

15

16

17

17 (tremolo) 4 18 (arco/pizz.) pizz. pizz. pizz. pizz.

19

□ pizz. □ pizz. □ pizz. □ pizz.

M. to U.H.

# VIOLA

## V. DOUBLE STOPS

4 pizz. pizz. pizz. pizz. pizz. pizz.

19

## VI. LONG TONES

20

*fff*

## VII. STRING CROSSING

21

0 0 1 0 2 0 3 0 4 0

22

4 0

23

4 0

## VIII. SHIFTING

24

0 1 1 2 1 0

25

0 1 2 1 1 0

26

0 1 2 - 1 1 0

27

0 1 1 - 1 0

28

0 1 1 - 2 1

29

0 1 2 - 1

30

0 4 0 0 1

SUL D

# VIOLA

31 0 4 0 8va 1 8va 8va 8va 8va 8va

SUL D 8va 8va 8va 8va 8va

IX. CHROMATIC ALTERATIONS

32 (2) 1-1-1-1-1 1-1-1-1-1 2-2-2-2-2 2-2-2-2-2

Hold Hold

4 2 1 3-3-3-3-3 3-3-3-3-3 3 H2 4-4-4-4-4

Hold Hold

4-4-4-4-4 33 (2) 1 0 1 0 1 0 1 0 2 1 2 1 2 1 2 1

Hold Hold

2 1 3 2 3 2 3 2 3 2 3 2 4 3 4 3 4 3 4 3

Hold Hold

X. SCALES

34 0 1 2-1 2 3 4 0 1-1 2-2 3

3 2-2 1-1 0 4 3 2 1 2 1 0 35

36 H2 H3 H2 H3 V

0 1 2-1 2 3 4 1 2-1 2-1 2 3 4 V 4 3 2 1-2 1-2

37

TUNING SEQUENCE

1 -4 3 2 1-2 1 0

# DAILY WARM-UPS

## For String Orchestra

CELLO

MICHAEL ALLEN

### I. TUNING SEQUENCE

### II. WARM-UP RHYTHMS

1

2

3

4

5

6

### III. FINGER PATTERNS

(forward extension)

7

8

9

10

(backward extension)

# IV. STYLISTIC BOWINGS

## CELLO

(spiccato)

11

□ V



(staccato)

12



13 (retake)



(grand martelé)

14

□ V □ V



W.B.

(hooked or linked)

15



(louré)

16



(tremolo)

17



M. to U.H.

(arco/pizz.)

18



# CELLO

## V. DOUBLE STOPS

pizz. pizz. pizz. pizz. pizz. pizz.

19

## 20 VI. LONG TONES

fff

## VII. STRING CROSSING

21

0 0 1 0 -1 0 2 0 4 0 2 0

1 0 -1 0 0 0

22

0 0 1 0 -1 0 2 0 4 0 2 0

1 0 -1 0 0 0

23

0 0 1 0 -1 0 2 0 4 0 2 0

## VIII. SHIFTING

1 0 -1 0 0 0

24

0 1 -1 3 1 0

25

0 1 -3 1 1 0

26

0 1 3 -1 1 0

27

0 1 1 -1 0

28

0 1 1 -3 1

29

0 1 3 -1

30

0 3 0 1 3

## SUL D

4 1 4 3 1 0

# CELLO

**31** 0 3 0 3 8va 1 8va 3 8va 4 8va 1 8va

SUL D 4 8va 3 8va 1 8va 0 8va

**32** IX. CHROMATIC ALTERATIONS

4 3 2 1 - 1 - 1 - 1 - 1 1 - 1 - 1 - 1 - 1 4 3 2 1 - 1 - 1 - 1 - 1

Hold (F#) V Hold (F#) V

4 3 2 1 - 1 - 1 - 1 - 1 4 3 2 1 - 1 - 1 - 1 - 1

Hold (F#) V Hold (F#) V

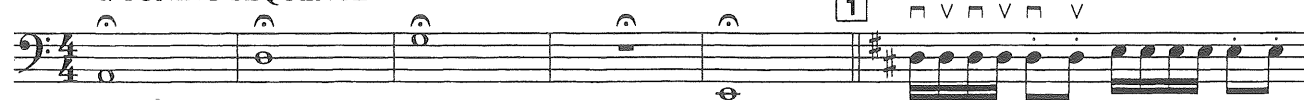
# DAILY WARM-UPS

## For String Orchestra

DOUBLE BASS

MICHAEL ALLEN

### I. TUNING SEQUENCE

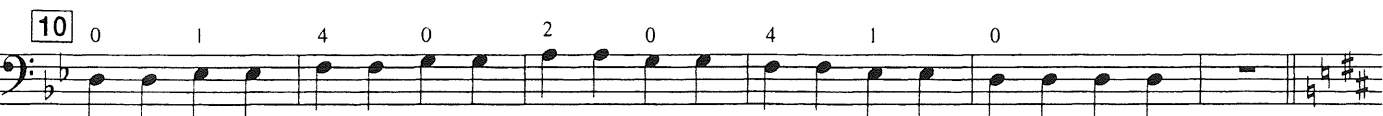
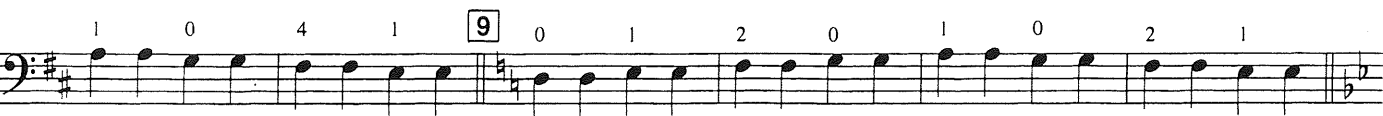


### II. WARM-UP RHYTHMS

1 □ V □ V □ V



### III. FINGER PATTERNS



1/2 pos

# DOUBLE BASS

## IV. STYLISTIC BOWINGS

(spiccato)

11

□ v

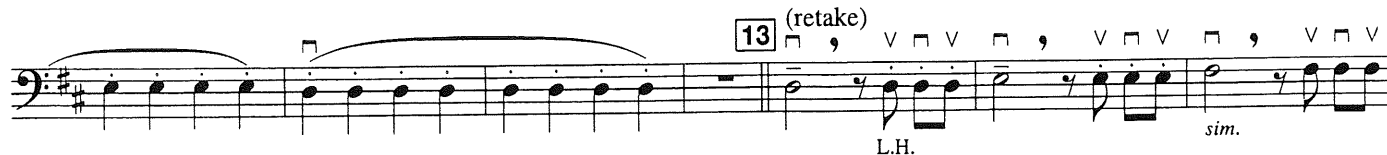


(staccato)

12



13 (retake)



(grand martelé)

14

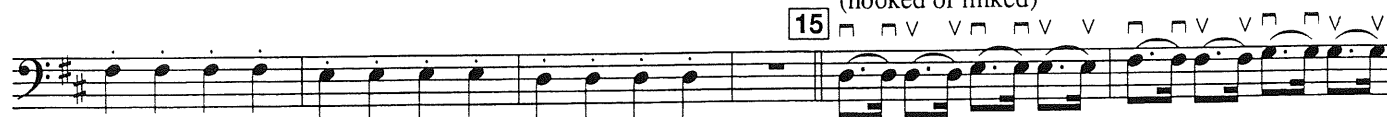
□ v □ v



W.B.

(hooked or linked)

15



(louré)

16



(tremolo)

17



M. to U.H.

(arco/pizz.)

18

□ pizz. □ pizz. □ pizz. □ pizz.



# DOUBLE BASS

## V. DOUBLE STOPS

19 pizz. pizz. pizz. pizz. pizz. pizz.

20 VI. LONG TONES

*fff*

21

## VII. STRING CROSSING

22

23

24

## VIII. SHIFTING

25

26

27

28

SUL D

29

# DOUBLE BASS

**31** 0 3 0 3 8va 1 8va 4 8va 1 8va 4 8va

SUL D 1 8va 4 8va 1 8va 0 8va

## IX. CHROMATIC ALTERATIONS

**32** 2 1 V 4 2 V V

**33** 2 0 1 0 V V

4 1 2 1 V V

**34** X. SCALES

0 1-1 2 4 0 1-1 2 4-1 2 4 4-4 2 1-4 2 1-0 4-4 2 1

**35** 0 1 4-2 4 V

**36** 0 1 4-0 1 4-2 4 V 4 2-4 1 0 V

0 1 4 0 1 4-2 4 -1 4-0 1 2-1 2 V 2 1-2 1 0-4 1-

**37** 4 2 -4 1 0 4 1 0

TUNING SEQUENCE