

# DAILY PRACTICE TRACKER

## PRE-WARM-UP:

Mindset and physical warm-up away from cello  
(see "Opening Reflection" and "Warm Up Preparation")

.....

## WARM-UP: Playful "Glides" to the Arrival Note

.....

## NOTES & REFLECTIONS:

## TECHNIQUE & STRETCH FOCUS: Economic Shifts, Moving into Thumb Position, Arcs.....

## NOTES & REFLECTIONS:

## EXPLORE/LOOK UP SOME RESOURCES: past notes, online videos, etude books, other. (also see "Additional Resources")

## REPERTOIRE: Saint-Saëns, The Swan

## NOTES/REFLECTIONS:

(optional) LISTENING INTEGRATION: 1 x YouTube performance (of your choice).....

(optional) NOTES/OBSERVATIONS: other observations/ any Aha moments:

**TIP:** Do keep in mind the immense value of taking breaks... standing up, a quick stretch, brisk walk or cup of tea can do wonders for recentering our focus and gaining a fresh perspective

<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>	<b>S</b>	<b>S</b>
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						



## OPENING REFLECTION

Let's set your intention and mindset for the month.

HOW WOULD YOU DESCRIBE YOUR CURRENT RELATIONSHIP WITH SHIFTING?

IN WHAT AREAS DO YOU WANT TO IMPROVE YOUR SHIFTING?

NOTES AND REFLECTIONS:

---

---

---

---

---

---

---



WARM-UP

REFLECTION ...

WHAT DO YOU NOTICE ABOUT YOUR PLAYING/HOW YOU FEEL AS YOU GO THROUGH THESE WARM UP EXERCISES?

WHERE DO YOU THINK YOUR FOCUS SHOULD BE GOING FORWARD?

NOTES AND REFLECTIONS:

.....

.....

.....

.....

.....

.....



# REPERTOIRE APPLICATION

## REFLECTION ...

AS YOU HAVE EXPLORED SHIFTING MOTIONS THIS MONTH, WHAT HAS BEEN MOST IMPACTFUL TO YOU AT THIS MOMENT IN TIME, AND WHY?

HOW DO YOU PLAN TO INTEGRATE MORE AWARENESS OF SHIFTING MOTIONS AND CHOICES INTO YOUR ONGOING PRACTICE?

NOTES AND REFLECTIONS:

.....

.....

.....

.....

.....

.....



## LISTENING & INSPIRATION

THE FOLLOWING RECORDINGS ARE SUGGESTED TO ENCOURAGE LISTENING SKILLS, AND TO DEEPEN MUSICALITY.

As you listen, pay attention to how shifting is used by each artist as a means of musical shaping and expression. Keep an eye out for any of the motions and artistic choices we have explored.

What do you notice, like or dislike about each of these recordings?

This kind of critical listening is a great exercise; feel free to explore other recordings too!

# 1

## The Swan

Saint-Saëns (1835 - 1921)

Yo-Yo Ma and Kathryn Stott: [\[LINK\]](#)  
(note how Ma uses extensions in combination with shifts)

Gautier Capuçon and Frankfurt Radio Symphony: [\[LINK\]](#)  
(honey golden sound!)

Mischa Maisky and Verbier Festival Chamber Orchestra: [\[LINK\]](#)  
(note careful bringing up of thumb before thumb position, faster, expressive vibrato)

WHAT DO YOU NOTICE ABOUT HOW THESE ARTISTS APPROACH SHIFTING?



"The best approach to shifting is a musical one, where you simply decide that there is no such thing as a shift."

~ Jeffrey Pulver (*The Strad*)





PIANO: ANA FAU

01 WHAT CHANGED IN YOUR AWARENESS OR SKILL THIS MONTH?

---

---

---

---

---

---

---

---

02 HOW WILL YOU CARRY THIS INTO YOUR NEXT PRACTICE CYCLE OR REPERTOIRE?

---

---

---

---

---

---

---

---

03 SET 1-2 GOALS FOR REVIEW OR NEXT EXPLORATION

---

---

---

---

---

---

---

---



# NOTES & OBSERVATIONS



WHAT WERE YOUR BEST PRACTICE OR A-HA MOMENTS AND HOW CAN YOU INCORPORATE THIS INTO FUTURE PRACTICE SESSIONS?

.....

.....

.....

.....

.....



WHAT AREA(S) DO YOU FEEL YOU NEED TO CONTINUE TO FOCUS ON AND IMPROVE?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





# PROGRESS TRACKING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### QUESTIONS TO BRING TO Q&A:

- .....
- .....
- .....
- .....
- .....

