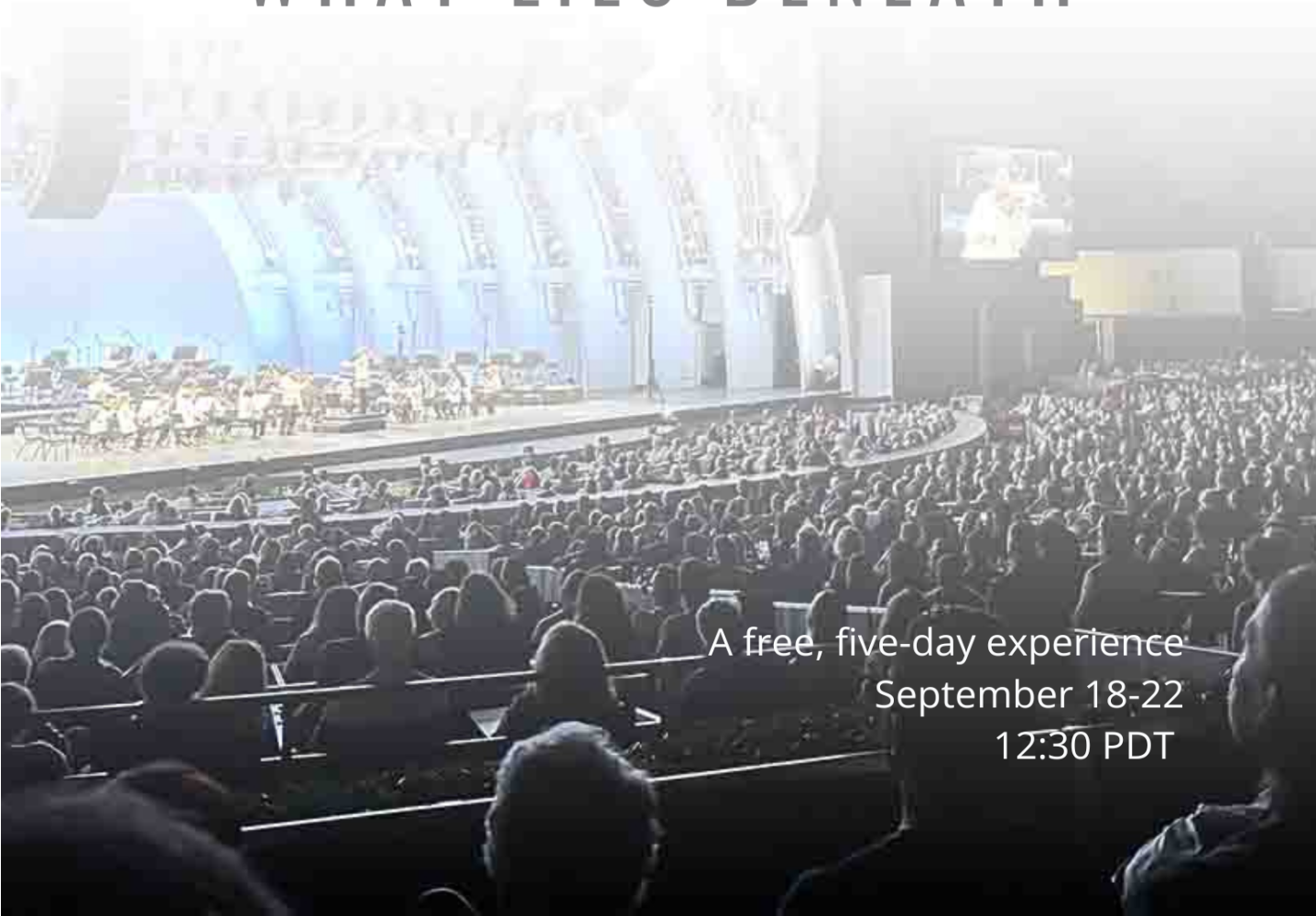


Nathan Cole  
VIOLIN

# The Four Seasons:

## WHAT LIES BENEATH



A free, five-day experience  
September 18-22  
12:30 PDT

# PRACTICE MAKES PERFORMANCE

Nathan's method revolves around these three main principles.



## MINDSET:

Succeed in the practice room. How you approach your practice mentally will have a huge impact on the kinds of problems you can solve and changes you can make.

## TOOLS:

Tools are the building blocks of your violin technique: Scales, etudes, studies, and basic concepts like vibrato and shifting. Master these and you can build any repertoire.

## TECHNIQUES:

These are your practice strategies, which will ensure your success in the practice room. Use your time to it's fullest and see how much you can accomplish in much less time.

# Think back to your last live performance...

MINDSET

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What was your feeling going into it?

What were your thoughts during the performance?

If you can remember how you felt afterward, write a little about that. *If you can't remember how it felt then, write a few words about how you remember it now.*

Are there skills you had to learn for this piece/performance? What were they?

Were there skills you felt great about going in (*you had done a lot of work and you were happy the skills were already strong*)?

How did those two groups of skills (*new and established*) hold up in performance?

## PRACTICE TECHNIQUES

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Did you prepare any differently for this performance than for others?

How often did you imagine the final performance as you practiced? (*Once a week? A few days before? Daily? Hourly?*)

How much room did you have for artistic experimentation as part of your practice process? What percentage of your practice time was devoted to drilling, repetition, and fixing mistakes vs. time spent on shaping, experimentation, and trying different versions?

# Vivaldi: Concerto in f minor, *Winter* – Largo

*Passar al foco i di quietnti e contenti Mentre la pioggia fuor bagna ben cento*

**Largo**

*f*

4

8 **K**

11

14 *p* *f*