

DAILY VIRTUOSO

FALL QUARTER 2025

WEEK 0 PRACTICE PLAN

Repertoire:	Video Link:
Bach Sonata No. 1 in g minor	Perlman plays Bach , Szeryng plays Bach
Vieuxtemps Violin Concerto No. 5	Heifetz plays Vieuxtemps
Beach <i>Romance</i> and <i>Three Pieces</i>	Hadelich plays <i>Romance</i> , Silverstein plays <i>Three Pieces</i>

[Click here for marked parts](#)

Welcome to the Fall Quarter (2025Q4) and the start of the third year of Daily Virtuoso! Before we start our deep dive into this quarter's repertoire, we wanted to lay a foundation for the kind of mindset to bring to the practice room, and help you structure a warmup routine that will set you up for success with these three pieces.

The links at the top of this practice plan are to some of Nathan's favorite performances. If you haven't listened to the pieces yet (or even if you have), get your music out and follow along with the video. Here's some space to write down your immediate impressions:

LISTENING NOTES:

BACH -

VIEUXTEMPS -

BEACH -

The **Virtuoso Vault** is filled with great videos to use as a resource throughout your Daily Virtuoso journey. Here are some recommendations to get you started...

Mindset:

Repetition - *"Getting bored, feeling my mind wander, that's going to be a sign either that I'm asking myself to do something that's too easy, my brain isn't taking in any new information - but more often than not when my mind wanders it's because I'm asking myself to do something that's too difficult."* Change the rules with Nathan and learn how to spend time more effectively in the practice room. (8:52 watch)

Great Sound - *"I'm not going to make a bad sound, I'm not going to accept that. That goes for the fastest passages, that's the first thing I'm going to be strict about, even before intonation."* If you pay close attention, you may not be giving yourself clean starts all the time, which can affect the outcome in a performance setting. (3:59 watch)

Tools:

Inside Out - *"This technique also helps with memory. It's a great way to speed up memorization of a piece or fix some problem areas."* Work on small chunks at – or close to – performance tempo. (7:20 watch)

Metronome Rules - *"It's one tool in our toolbox, and I believe you should use it for specific purposes and for limited amounts of time."* Nathan goes over his five rules for working with the metronome. (13:01 watch)

Techniques:

Reaching and Shifting - *"Maybe there are some intonation problems that result from improper reaching and shifting. And instead of them just being random things that frustrate you, you can systematically solve them."* When to reach instead of shifting is a cornerstone of the fingerings on Nathan's marked parts. (4:23 watch)

The Three Bow Variables - *"Extremely simple, but extremely powerful. And in combination they allow all the wonderful and amazing sounds that we can make on the violin."* The Bow Variables come up frequently in the Repertoire Videos, Workouts, and Hot Seat Studios. This video will help you to get familiar with the terms, and how to experiment with them in your own practice. (10:20 watch)

RECOMMENDED TO BUILD YOUR WARM-UP ROUTINE:

Here are some recommendations of what to include in your warmup routine to directly support concepts in this quarter's repertoire...

Octaves - There are plenty of passages with octaves in **Wieniawski**, and solid octaves will make **Bach** easier, too. (8:04 watch)

Vibrato - You'll have ample opportunity to explore vibrato in the slow movement of **Wieniawski**, and especially in **Beach**. (6:15 watch)

Dont #1 - Get ready for all those three and four note chords in **Bach**. (9:35 watch)

The Mother Shift - In **Bach**, **Vieuxtemps**, and **Beach** will all require a variety of types of shifts. This workout will require more time to watch, but it will also help you boil everything down to just one shift to rule them all. (57:02 watch)

Kreutzer #2 - The accent variations will help with passages in **Vieuxtemps**. (7:43 watch)

Arpeggios - Especially the fast arpeggios as outlined in the video will set your **Vieuxtemps** up for success. (7:44 watch)

YOUR NOTES: