

# Middle School Warm Ups

Matthew H. Spieker

## Long Tones

2

## Chromatics

## Hand Frame #1

## Hand Frame #2

## Hand Frame #3

## Hand Frame #4

## Two Octave Major Scale

## Two Octave Melodic Minor Scale

Bowing Exercises

First staff of the bowing exercises section, featuring eighth notes with accents (v) and slurs.

Second staff of the bowing exercises section, featuring eighth notes with accents (v) and slurs.

Third staff of the bowing exercises section, featuring eighth notes with accents (v) and slurs, and the instruction "Frog! sim.".

Hook

First staff of the hook section, featuring eighth notes with accents (v) and slurs, and the instruction "sim.".

Second staff of the hook section, featuring eighth notes with triplets (3) and accents (v).

Third staff of the hook section, featuring eighth notes with triplets (3) and slurs.

Chord Progressions

Play one of the three tones of the chords.  
Your director will give you the chord progression.

Staff showing seven chords: I, ii, iii, IV, V, vi, and vii°.

Vom Himmel hoch da komm ich her

Bach

First staff of the Bach piece, featuring eighth notes with accents (v) and slurs.

Second staff of the Bach piece, featuring eighth notes with accents (v) and slurs.