1. Bow Warm-up #1

2. Bow Warm-up #2

3. G Major Finger Pattern

4. D Major Finger Pattern

5. A Major Finger Pattern

6. F sharp vs. F natural

7. C sharp vs. C natural

8. Low 1- Eb
9. Low 1- Bb
10. Spiccato
11. Hooked Bow
12. Major Scale (C, G, D, A, F)
13. Chorale in G Major