Healthy Strings – Recording Protocol v0.6

Version 0.6 10. October 2026 – AN, TMS, VS, MB

PART 1: Strictly in Time !

♩ = 60

Count aloud!

Get ready

Two strings DA Detaché *(orange)*

Four strings arpeggio legato *(banana)*

Staccato on one string *(downbow sinus)*

Two-string D–A détaché *(mini banana)*

Dotted détaché bowing on one string *(full bow speed)*

Two-string D–A legato *(lying eight)*

Two-string D–A détaché *(fingering intonation)*

Four-string arpeggio, legato *(fingered banana, intonation)*

Two-string D–A legato (fingered)

Whole-bow G major scale

Vibrato

Tremolo on a G major arpeggio