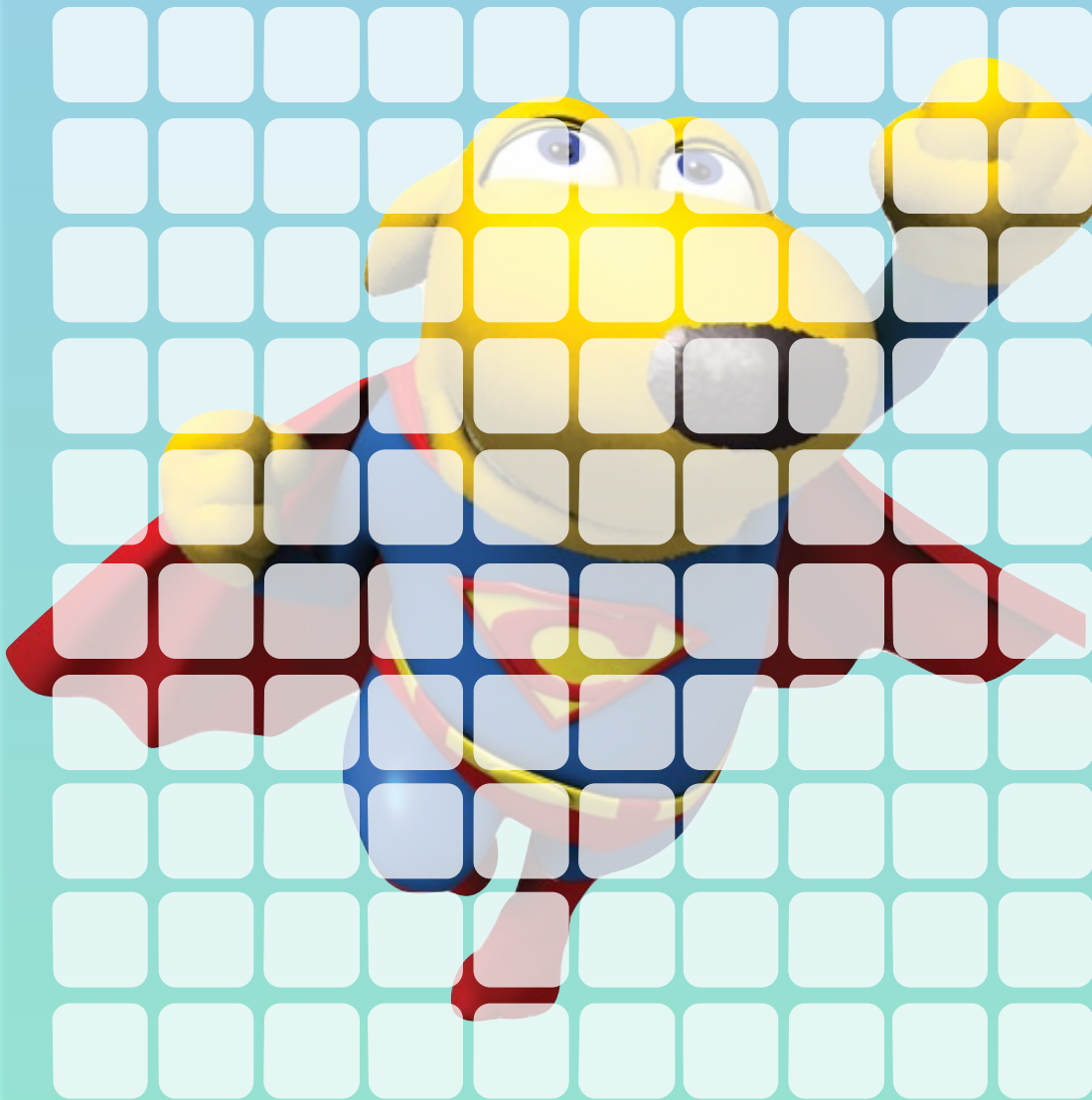


# 100 TIMES FEARLESS REVIEW CHALLENGE



NAME:

DATE:

2014-15 Houston Area Suzuki Strings Association Group Class, Danette Schuh and Meredith Harris

## SO WHAT CAN YOU PRACTICE 100 TIMES?

Be a fearless practice superhero!

**Use your Fearless Finger Flexor to develop super hero strong fingers for terrific technique!**

Use an ordinary clothespin as a finger-strengthener. Press the clothespin with the tips of your first finger and thumb, keeping your finger and thumb curved. Try with each finger (1, 2, 3, and 4) on both hands. Count your repetitions and try to increase by a few each day. Note: be careful not to strain muscles or tendons. Tiny fingers may need to just hold the clip with light pressure in the beginning. When fingers get stronger, open the clothespin just enough to “bite” a piece of paper. Over a period of weeks, very gradually work up to a larger opening without injury.

**Play with a super hero sound!**

When you review, play each piece like a different super hero. How would The Flash play Perpetual Motion? Aquaman Lightly Row? Batman Bach? Catwoman Chorus? What about climbing the octaves with Spiderman Scales, leaping tall shifts with a single bound like Superman, or practicing tonalization with the thunderous tone of Thor? Use your imagination, the possibilities are endless!

**Create your own fearless phrases!**



Fill in and attach the super hero word bubble stickers (or just draw your own “word bubble”) everywhere to remember your favorite fearless phrases.

