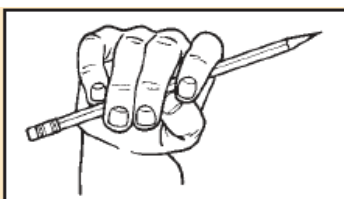


Bow Exercises

When forming a correct bow hold, review the checkpoints:

1. All fingers are curved and naturally spaced.
2. Fingers are relaxed and around the stick or over the frog.
3. On violin & viola the pinky is on top of the stick; on cello & bass, the pinky lays over stick
4. Thumb has a “bump.” (It is okay if it lightly touches the bow hair)
5. Thumb opposes middle finger.
6. Hand should have a slight tilt (pronate) toward the tip of the bow. This is more prominent on violin and viola, and less so for cello and bass.



Get Set: Shake out the right hand to relax the fingers and wrist. Hold bow at balance point while steadying the bow with the left hand.

1. Pinky Push-ups: lift high, but keep curved.
2. Thumb Push-ups: flip bow hold over and flex the thumb.
3. Wrist “Bye-Bye” Waves: hold the bow in front of you, use only the wrist wave “goodbye”, keep wrist loose and flexible.
4. Finger “Stadium Wave”: lift each finger one at a time, back and forth with a good bow hold.
5. Stirring the Clouds: hold the bow, with the tip of the bow up. Draw circles with the tip of the bow in the air, using only the wrist.
6. Windshield Wipers: rotate the forearm, creating windshield wipers.
7. Look Both Ways: with arm extended, use only the wrist and move side to side.
8. Finger Crawl: Using a good bow hold, crawl up and down the bow stick, using their fingers to inch their way to the top. Don’t change the bow hand shape!!
9. Train Tracks (cello and bass): pretend the bow is a train track and the track runs right in front of them, horizontally.
10. Rocket Ships (violin and viola): pretend the bow is a rocket, and must blast off into space, straight up, then have it land down. Hold bow vertically, centered in front of your body, as low as the wrist will allow, then move bow up, keeping it perfectly aligned in front of the body.

Here is a video demonstrating all the exercises. Please get a parent/guardian’s permission before using the internet. https://www.youtube.com/watch?v=5bNnWG-3_us