

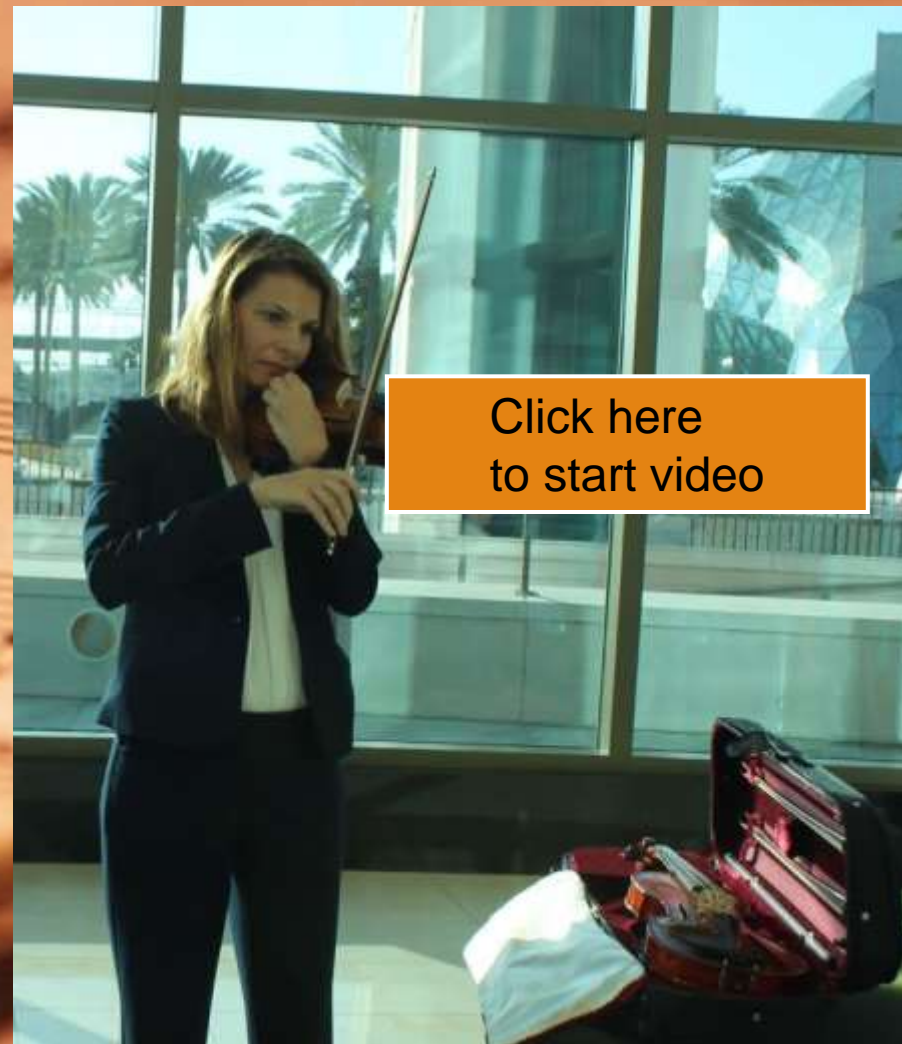
Lesson 4

Learning correct placement of BOW HAND on the bow stick

Content

1. Please watch the video demonstration.
2. Review the Key Concepts on the following slides.

Video



Boil Em Cabbage Down, Down

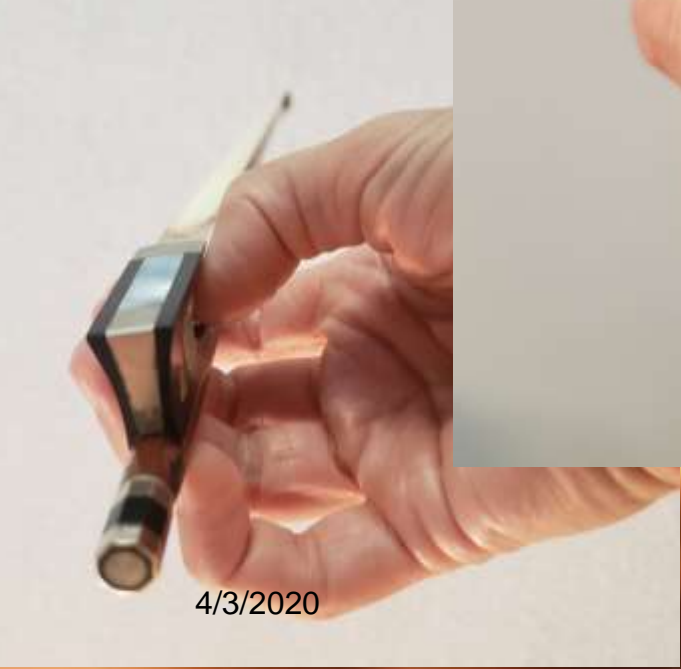
Bow Stroke (alternate down and up)

Quick, Quick, Quick, Quick, Slow Slow

Quick, Quick, Quick, Quick, Slow Slow

Quick, Quick, Quick, Quick, Quick, Quick, Quick, Quick

Quick, Quick, Quick, Quick, Slow Slow



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Things to Consider

- Relax – the bow sits on the strings, so let gravity handle the tone production.
- Pressing the bow into the strings = squeaks!
- If the bow is sliding around and not making much sound, it needs to be rosined. The initial time a bow is rosined, it will require many, many strokes before it is saturated enough to produce a sound. Going forward, only a few swipes of rosin is sufficient for each practice session.
- Don't forget to wipe the rosin off the bow **STICK** after practice.
- Did you remember to **LOOSEN** your bow after each practice?! This preserves the life span of the bow.