

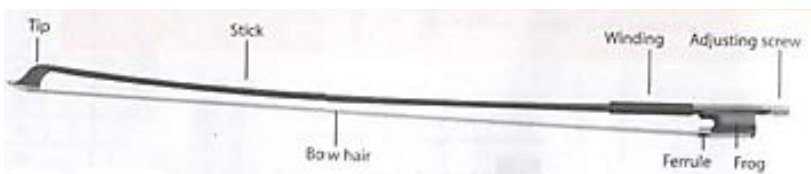
Bow Reminders: Violin/Viola

Bow Maintenance

- ❑ Take the bow out of the case by holding it by the wood stick, *not* the bow hairs. The hairs should be loose.
 - **Never touch the bow hair.** The oils from our skin ruin them.
- ❑ Tighten the bow using the screw at the bottom (think: “Righty Tightly”)
 - DO NOT OVER TIGHTEN THE BOW.
 - Hint: Look at the middle of the bow stick. The distance between the hair and the stick should be about the width of your pinky.
- ❑ Loosen the hairs when you are finished playing (think: “Lefty Loosie”)

Using the Bow:

- ❑ Rosin – Before you play, put some rosin on the bow! About 5-10 bow strokes should be enough.
- ❑ Use the correct bow hold!
 - The tip of the thumb should be against the bump, located at the frog
 - Keep the thumb curved, like a smiley face!
 - Pinky should be curved and the tip of the finger is placed on top of the stick
 - Ring finger is on the white dot
 - First finger **knuckle** cradles the stick (notice how this makes your fingers lay diagonally)
- ❑ Tilt the bow hair slightly so that the hair is facing your face.
 - This will also bump your wrist up slightly.
- ❑ Pull from the elbow
 - Keep the bow straight (think: parallel to the bridge)
 - Practice with a mirror
 - Do not pull from the shoulder
 - Practice against a door frame
 - Your arm should start bent, and then become straight once you get to the tip of the bow.
 - Your wrist should remain flexible!
- ❑ Listen for a clear, smooth tone.



Bow Reminders: Cello/Bass

Bow Maintenance

- ❑ Take the bow out of the case by holding it by the wood stick, *not* the bow hairs. The hairs should be loose.
 - **Never touch the bow hair.** The oils from our skin ruin them.
- ❑ Tighten the bow using the screw at the bottom (think: “Righty Tightly”)
 - DO NOT OVER TIGHTEN THE BOW.
 - Hint: Look at the middle of the bow stick. The distance between the hair and the stick should be about the width of your pointer finger (cello) or thumb (bass).
- ❑ Loosen the hairs when you are finished playing (think: “Lefty Loosie”)

Using the Bow:

- ❑ Rosin – Before you play, put some rosin on the bow! About 5-10 bow strokes should be enough.
- ❑ Use the correct bow hold!
 - The tip of the thumb should be against the bump, located at the frog
 - Keep the thumb curved, like a smiley face!
 - Pinky should be curved and should hang slightly over the top of the stick.
 - The middle of the middle finger tip should be placed over the metal piece near the frog, called the ferrule)
 - First finger knuckle cradles the stick
 - The inside of all your fingers should bend over the stick.
- ❑ Tilt the bow hair slightly so that the hair is facing the bridge.
- ❑ Pull from the elbow
 - Keep the bow straight (think: parallel to the bridge)
 - Practice with a mirror
 - Do not pull from the shoulder
 - Your arm should with a slight bend, and then become straight once you get to the tip of the bow.
 - Your wrist should remain flexible!
- ❑ Listen for a clear, smooth tone.

