



Violin Bow Technique - Open Strings

For:

1. Even Sound and Tone
2. Relaxation of Arm and Bow Grip
3. Control
4. Bow Distribution
5. Constant Rhythm
6. Flexible Wrist
7. Keep Bow Straight

#	DESCRIPTION	REP	TEMPO	DYN
1.	Down & Beyond, Up & Beyond. Use constant bow speed. Set - Go.	10X	S - M - F	<i>mf</i>
2.	1. Down - Air Circle - Down. 2. Up - Air Circle - Up. Set - Go (1) Large circles (2) Small circles. Use full bow.	10X	S - M - F	<i>mf</i>
3.	Above A-String. Down bow & up (10X). NOT on the string. Use full bow. Then play ON string (5X).	10X 5X	S - M - F	Silent <i>mf</i>
4.	Down & Up: <i>ff</i> (10X). Four beats. Keep sound at tip. Then play <i>mf</i> - (5X).	10X 5X	M	<i>ff</i> <i>mf</i>
5.	Up Bows: Tip/UH. Set - Relax - Go. Short to medium bow stroke.	10X	S - M - F	<i>mp</i>
6.	Down & Up: 4 beats/bow, 5 beats...10 beats; Reverse. Use full bow.	1 set	= 72	<i>f</i>
7.	Détaché: Work from the frog to the tip, then reverse. Even sound.	3X	= 60	<i>mf</i>
8.	String Crossing: (1) G - D (2) D - A (3) A - E. One to eight notes/bow. Even sound. Wrist only.	1 set/ pair	"S - F"	<i>mf</i>
9.	Martelé: Fast détaché with stop. Grab string - pull bow - relax grip. (1) UH (2) M (3) LH	10X	S - M - F	<i>mf</i>
10.	Frog to Tip, Tip to Frog: Touching Division Points. Divide the bow from one to eight equal parts.	1 set	"S - F"	<i>mf</i>
11.	Chords - Broken & "Solid": 2-note; 3-note; 4-note. (1) Down bows (2) Up bows	10X/ chord	M	<i>f</i>
12.	Down Bow & Up Bow Staccato: UH, 4 - 32 strokes/bow.	1 set	S & F	<i>mf</i>

"UH-M-LH": UH = Upper Half of Bow M = Middle LH = Lower Half

"S-M-F": S = Slow M = Moderate F = Fast