

THE BASICS – PART II

Holding the Bow:

1. Place your pinky on the sticker. The pinky should be curved. It is the only finger that sits on top of the stick.
2. Place your thumb in the space. The thumb should be bent so that it slightly touches the bow hair.
3. The middle two fingers hang across from the thumb, slightly hugging the frog.
4. The index finger rests on the black or silver part, also known as the grip.
5. Your fingers should be equally spaced apart.
6. Try to be as relaxed as possible. You should have flat, squishy knuckles.
NO MOUNTAINS!!!

Bow exercises:

Note: Your goal during these exercises is to maintain a good bow grip. Try to keep your hand from moving or changing.

1. Stirring: a) small circles b) big circles
2. Windshield Wipers