

ROCKIN' BOW EXERCISE

1. Place your bow at the middle (where the sticker is) on the E string.
2. Look in the mirror at your bow arm. It should be in a nice box.
3. Rock to the A, D, and G string and then back to the E string. (Mix it up!)
4. Make sure your arm is on the string level. Your whole arm should move together, like an elevator.
5. Make sure your bow grip stays the same and does not move.