

8 steps to hold the Violin/Viola bow

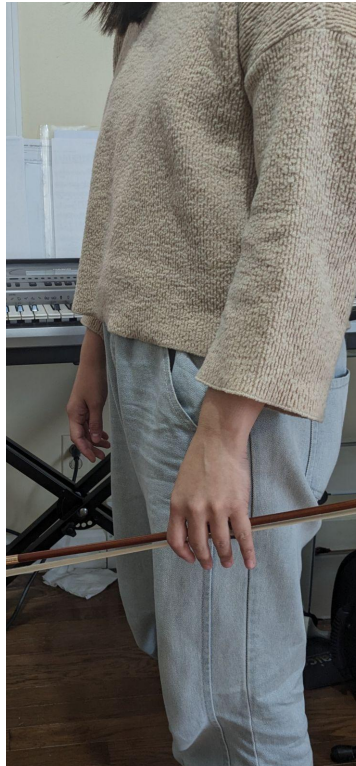


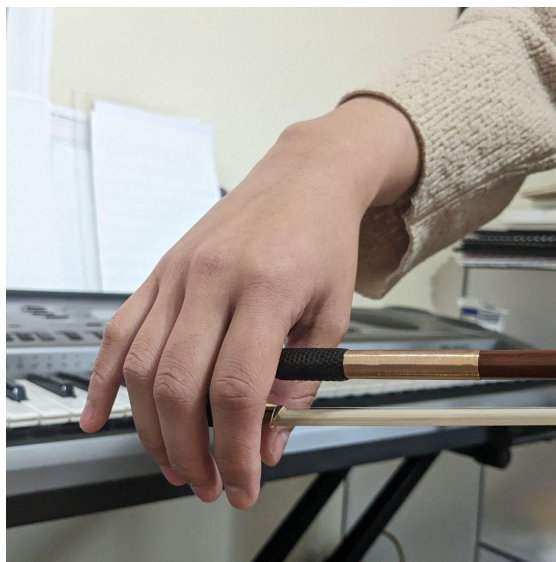
1. Start from a standing position having both your arms relaxed.

2. Use the left hand (instrument hand) to take the bow out of the case, grab it from the middle of the stick, and remember never to touch the hair.

3. Come back to the relaxed standing position.

4. Raise your bow arm (right arm) in front of you, keeping the hand palm naturally facing down. Keep fingers, and wrist very relaxed, and shake hands if needed.

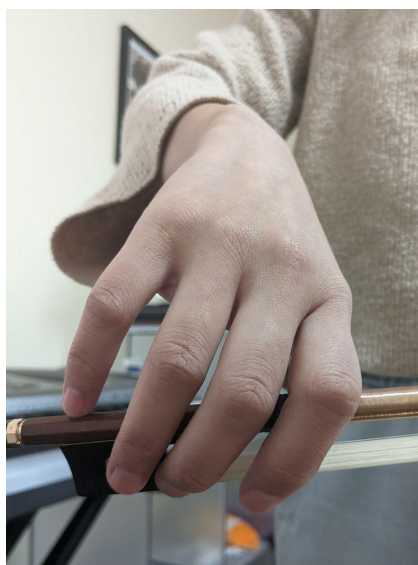
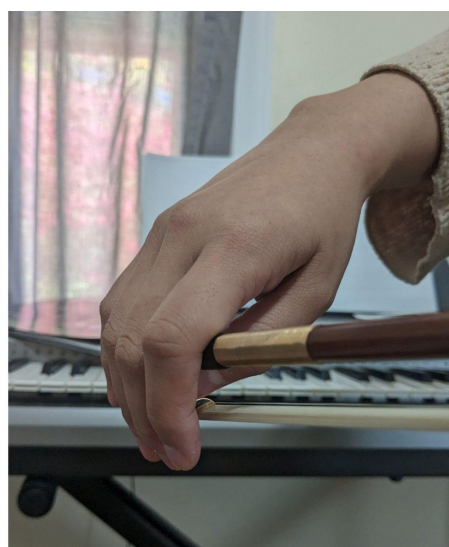




5. Bring the frog of the bow “into” the right hand, and make sure the bow hair faces down and the tip faces the left. Slide down the fingers as shown in the picture.



6. Grab and hold the bow with the thumb and middle fingers aligned. Make sure to use the thumb as your guide, keeping it between the leather pad and the upper part of the frog.



7. All the fingers should now lean to the left and slide down. Only the pinky should remain on top of the wooden part of the bow.

8. Proceed to release the bow of the left hand and practice the bow exercises learned in class