

II. Direction Changes

- A. Down to up bow: fingers react to friction of bow hair crossing the string, causing base knuckles to become more prominent and the third and fourth fingers to extend or lengthen.
- B. Up to down bow: fingers react to friction of bow hair crossing the string, causing hand to flatten slightly and third and fourth fingers to curve.
- C. Hand pulls the bow at a consistent speed
- D. Goal: smooth direction changes

Direction Changes Teaching Strategies

A. Push and Pull

Take tip of bow in left hand and force stick back and forth while keeping right hand finger prints in same place. Allow right hand finger joints to flex in reaction to the motion

B. Stop and flex

While bowing have students stop on command and flex their right hand fingers while holding bow motionless

C. Pencil in bow tip

Place a pencil in the bow tip and move bow back and forth with the flexing action of right hand fingers

D. Forearm Hold

Hold player's forearm stationery to force wrist and fingers to move bow

E. Spider Crawls

Using fingers and hand to flex fingers "crawl" up and down the bow stick like a spider. Organize races with students to increase their ability and skill

F. Rocket Bow Hand

(violin and viola)

Begin with the bow low, on "launch pad", observing the straightened shape of the fingers, then move the bow "rocket" up into space, noticing the increasing curve of the fingers as the bow travels up

G. Choo-choo Bow Hand

(cello and bass)

Similar to Rocket bow hand only on a horizontal plane – allows fingers to change shape from straightened shape out at the tip to curved by the frog (as the train comes into the station)

H. Watch My Flex

The teacher or a student model moves to different parts of the bow to flex fingers in different positions