

<b>PRACTICING SCALES – FOR SMOOTH BOW CHANGE</b>			
<b>ON OPEN STRINGS / ON SCALES</b>	<b>Speed &amp; Pulse</b>	<b>Bow Distribution</b>	<b>Bow Start</b>
1. For <b>SMOOTH 'LEGATO' BOW CHANGE</b> – - flexible fingers – catch / release - avoiding bow accents - smooth on-string sound	<b>MINIM / CROTCHET / CROTCHET</b> – <b>4/4</b> Crotchet = 80	<b>WHOLE BOW /</b> <b>MIDDLE / MIDDLE</b>	<b>AT HEEL</b>
2. For <b>SMOOTH 'LEGATO' BOW CHANGE</b> – - flexible fingers - catch / release - avoiding bow accents - smooth on-string sound	<b>MINIM / 4 QUAVERS / MINIM /</b> <b>4 QUAVERS</b> – Two bars of <b>4/4</b> Crotchet = 80	<b>WHOLE BOW / TIP /</b> <b>WHOLE BOW / HEEL</b>	<b>AT HEEL</b>
3. For <b>SMOOTH 'LEGATO' SEMIQUAVERS CHANGE</b> – - flexible fingers - catch / release - avoiding bow accents - smooth on-string sound	<b>SEMIQUAVERS</b> – <b>4/4</b> Crotchet = 80	<b>MIDDLE BOW</b>	<b>IN MIDDLE</b>