

| PRACTICING EXERCISES – OTAKAR ŠEVČÍK BOOKS – BOW TECHNIQUE – ADVANCED | | | | |
|--|--|--|----------------------------------|---|
| Bow stroke | Bow Division & Length | What to do | Examples | Bow Indications: |
| BOW STROKES & BOW DISTRIBUTION – Op. 1 Book 1 / Study 29 | | | | |
| 1. COLLÉ | Divide the bow equally in 8 or 16 bow parts. | 1. Play lifting the bow in circle & semi-circle action. 2. Play the study in each of the 8 or 16 bow parts – be aware of the exact bow placement. | 1 3 | → Pt. (Point) = TIP → M. = MIDDLE → N. (Nut) = HEEL → H.B. = HALF BOW → W.B. = WHOLE BOW → SWITCH EXAMPLES EACH 1 or 2 BARS → METRONOME Crotchet = 45 |
| 2. MARTELÉ | Upper Half using ¼ bow length. Lower Half using ¼ length. | 1. Play Half Bow starting in Middle Bow. 2. Play in the 3 rd quarter of bow starting in Middle Bow. 3. Play in the 2 nd quarter of bow starting in Lower Half. | 3 6 7 | |
| 3. SPICCATO | Middle Bow using 1/8 th bow length. | 1. Play in the Middle of the bow – exactly even notes. | 8 / 153 to 161 | |
| 4. DETACHÉ / COLLÉ | Divide the bow equally in 8 or 16 bow parts. | 1. Play at the Heel / Tip using Whole Bow as shown. 2. Play in all 8 or 16 bow parts focusing on bow placement. | 9 / 10 11 to 26 | |
| 5. LEGATO / DETACHÉ | Heel / Middle / Tip. | Play exactly as written practicing bow distribution. | 27 to 64 | |
| 6. LEGATO | Heel / Middle / Tip. | Play exactly as written practicing bow distribution. | 65 to 72 | |
| 7. DOTTED RHYTHMS / STACCATO | Heel / Middle / Tip. | Play exactly as written practicing bow distribution. | 73 to 114 | |
| 8. STACCATO / LEGATO | Heel to Middle or Middle to Tip using ¼ and Half Bow length. | Play the examples exactly as written first in the Lower Bow halve and then in the Upper Bow halve. | 115 to 152 | |
| 9. SAUTILLÉ | Middle bow using very short bow length. | Play with extremely short bow length and ‘accented’ wrist action. | 162 to 164 | |
| 10. RICOCHÉT | Near Middle Bow using very short bow length. | Play with extremely short bow length and ‘throwing’ wrist action. Metronome mark – Crotchet = 75. | 165 to 170 | |
| EXERCISES PRACTICE TIME FOR EACH POINT: | | | | 10 - 15 min. |