

BOW – 5 THINGS TO CONTROL BOUNCE – ‘SPRINGING’ & ‘THROWN’ BOW ACTIONS		
What is it	What to do	It feels like
1. BOW HEIGHT	ADJUSTING the length and height (producing a vertical ‘tapping’ on bow) with a metronome on Crotchet = 60.	→ SHORTER / LONGER BOW STROKES → CRISPIER / ROUNDER SPICCATO
2. BOW LENGHT	PLAYING 8 demisemiquavers on each beat to practicing various bow heights and lengths.	
3. PLACE OF BOW	1. NEAR THE MIDDLE – fast / short / light / low 2. IN THE POINT-OF-BALANCE – slower / longer / heavier / higher 3. NEAR THE HEEL – slow / long / heavy / high	→ SHORTER / FASTER or SLOWER / LONGER STROKES
4. CONTACT POINT	1. NEAR THE BRIDGE – clear / articulate / very bouncy 2. IN THE MIDDLE – bright / crisp / bouncy 3. NEAR THE FINGERBOARD – lighter / warmer / less bouncy	→ CHOOSING CONTACT POINT to FITTING ALSO EACH STRING TENSION
5. BOW TILT	1. LITTLE TILT TO ‘ONE HAIR’ TILT – lighter / softer / less bouncy 2. LITTLE TILT TO NO TILT (STRAIGHT BOW) – crispier / percussive	→ MORE TILTED / SOFTER or NO TILT / CRISPIER
WHEN PLAYING ALWAYS BE AWARE WHERE THE MIDDLE OF THE BOW IS.		

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. BOW HEIGHT	CONTROL THE BOW HEIGHT	→ SAUTILLÉ / SPICCATO → PLAY OPEN STRINGS & 1 OCTAVE SCALE IN GROUPS OF 8 SEMIQUAVERS ON EACH CROTCHET
2. BOW LENGHT	CONTROL THE BOW LENGHT	
3. PLACE OF BOW	1. CONTROL PLACE OF BOW – MIDDLE 2. CONTROL PLACE OF BOW – LOWER MIDDLE 3. CONTROL PLACE OF BOW – NEAR THE HEEL	
4. CONTACT POINT	1. CONTROL CONTACT POINT – NEAR THE BRIDGE 2. CONTROL CONTACT POINT – IN THE MIDDLE 3. CONTROL CONTACT POINT – NEAR THE FINGERBOARD	
5. BOW TILT	1. CONTROL THE TILT – FROM LITTLE TO ‘ONE HAIR’ TILT 2. CONTROL THE TILT – FROM LITTLE TILT TO NO TILT	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING