

BOW – ‘SPRINGING’ & ‘THROWN’ BOW ACTIONS EXPLAINED		
What is it	What to do	It feels like
1. SPRINGING BOW ACTION	1. The bow is ACTIVE – its elasticity (springiness) in the region of its balancing point makes it spring of itself when not held down on the string by force. 2. You are PASSIVE – Only ‘watching over’ what the bow does, or letting it bounce of its own. 3. You can control each first of two strokes, in pairs, the first being ‘active’ and the second ‘passive’ (like a rebound) in faster speeds.	→ BOW IS ACTIVE / YOU ARE PASSIVE → CONTROLLING BOUNCE IN PAIRS
2. THROWN BOW ACTION	1. The bow is PASSIVE – The bow is not bouncing of its own. 2. You are ACTIVE – You throw the bow and control its bounce.	→ BOW IS PASSIVE / YOU ARE ACTIVE → CONTROLLING BOUNCE
3. TEMPO & BOW STROKES	1. SLOWER TEMPO – The bow must be THROWN . 2. FASTER TEMPO – The bow must be SPRINGING of itself.	→ SLOWER BOW STROKES = THROWN → FASTER BOW STROKES = SPRINGING
THINK ABOUT THE TEMPO, THE CHARACTER, AND THE PLACE OF THE BOW TO DETERMINE WHICH TYPE OF STROKE TO USE.		

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. SPRINGING BOW ACTION	1. BE PASSIVE & LET THE BOW ACTIVE ON ITS OWN 2. CONTROL THE BOUNCE IN PAIRS	→ SAUTILLÉ → SPICCATO → PLAY OPEN STRINGS & 1 OCTAVE SCALE IN GROUPS OF 8 SEMIQUAVERS ON EACH CROTCHET
2. THROWN BOW ACTION	1. BE ACTIVE & THROW THE BOW TO BOUNCE 2. CONTROL THE BOUNCE IN PAIRS	
3. TEMPO & BOW STROKES	1. SLOWER BOW STROKES ARE THROWN (CONTROLLED) 2. FASTER BOW STROKES ARE SPRINGING (LET or CONTROL IN PAIRS)	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING