

| PRACTICING SCALES – BOW STROKES – BASIC | | | |
|---|--|--|--|
| ON OPEN STRINGS / ON SCALES | Speed & Pulse | Bow Distribution | Bow Start |
| 1. DETACHÉ - even speed & pressure - hear the articulated 'click' sound on each bow | CROTCHETS / QUAVERS / SEMIQUAVERS – 4/4 Crotchet = 60 | MIDDLE BOW | 2nd QUARTER / MIDDLE |
| 2. COLLÉ - land slowly / press on string / rapid bow lift - hear the articulated 'click' sound on each bow | CROTCHETS with rests between notes – 4/4 Crotchet = 60 | LOWER MIDDLE BOW or ANYWHERE | 2nd QUARTER / ANYWHERE |
| 3. MARTELÉ - attack / release on each note (repeating each scale note twice) | CROTCHETS – 4/4 Crotchet = 60 | UPPER MIDDLE BOW | IN MIDDLE |
| 4. UP BOW STACCATO - 'pinching' the string with index finger - up/down wrist motion - rotating the forearm | 4 (or 8) SEMIQUAVERS UP BOW + 1 CROTCHET (or MINIM) DOWN BOW – 2/4 Crotchet = 60 | UPPER BOW to MIDDLE | AT THE TIP |
| 5. SPICCATO - performing 'smiley face' forearm action - balancing little finger & relaxing thumb (don't squeeze it) | SEMIQUAVERS – 4/4 Crotchet = 60 | MIDDLE BOW | IN MIDDLE |
| 6. SAUTILLÉ - starting on string / accent with wrist only (no forearm) - bow bouncing by itself naturally (don't try to lift it) | DEMI-SEMIQUAVERS – 4/4 Crotchet = 80 | MIDDLE BOW | IN MIDDLE |
| 7a. RICOCHÉT – MODEL ON ONE STRING - raising wrist / throwing wrist back down with a fast down bow / relaxing thumb completely | 7a. 4 SEMIQUAVERS DOWN BOW + 1 QUAVER UP BOW – 2/4 Crotchet = 120 | 7a. JUST ABOVE MIDDLE BOW | 7a. ABOVE MIDDLE |
| 7b. RICOCHÉT – BARIOLAGE MODEL ON 4 STRINGS - throwing wrist / letting the bow bounce on its own spring / accenting the E string to keep the bounce going back on | 7b. 4 SEMIQUAVERS DOWN BOW + 4 SEMIQUAVERS UP BOW – 2/4 Crotchet = 120 | 7b. JUST UNDER MIDDLE BOW | 7b. UNDER MIDDLE |
| TOTAL EXERCISES PRACTICE TIME FOR EACH POINT: | | | 5 – 10 min. |