

Playing With The Bow

Pull and Push



**ViolinSchool
MusicLand**

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Stand ready to play, bring your violin into position, check your bowhold, and make a big circle in the air with the bow. Land the hair of the bow on the D string, then let your lower arm move out (pull) and in (push) very smoothly to make a beautiful sound.

Make sure your elbow is not too low, and the shoulder is relaxed. The bow, the violin, your upper and lower arm should form a square shape.



Play these notes. **Say** the bow direction as you play. Then **say** the words.

down up down up down up down up up down up down up down up

Pull and push and keep me straight. Up down up down lick the plate.

Try this with a sultana or piece of dried fruit, balance it on your knuckles, and lick it when it comes near enough to your mouth. Keep the 'plate' (your hand) straight, otherwise it will fall!

Activities

- 1) Lift your shoulders up to your ears. Count to 4 then relax... let them drop!
- 2) Make a square shape with your arm, violin and bow
- 3) If your wrist gets tight, shake and start again!
- 4) Try playing 'pull and push' on every string