

Playing With the Bow

Making a Beautiful Sound



Now we're going to learn how to make a beautiful sound on the violin, when using the bow.

First of all, stand ready to play ... bring your violin into position, then check your bow hold before you start.

We will begin by resting the hairs of the bow **very gently** on the D string. Make sure your elbow is not too low, and your shoulders are relaxed. Then, move your lower arm out (pull) and in (push) very very smoothly.

Down Up Down Up Down Up *Down* (long)
Up Down Up Down Up Down *Up* (long)



Activities

1) Big Circles

Bring your violin into position, check your bow hold, and take a deep breath as you make a big circle into the air with the bow. Then exhale (breathe out), and land your bow gently on the D string. Play a down-bow all the way to the end of the bow. Repeat several times, on all of the strings.

2) Circle Down, Push Up

Repeat the activity above, but when you get to the end of the down-bow, push the bow back in the other direction (up-bow).

3) Long Bows (*down-bow and up-bow*)

Count 4 steady beats (1 ... 2 ... 3 ... 4 ...). Play a down-bow for 4 beats, then an up-bow for 4 beats. Try this on every string!

4) Follow the Leader

Repeat the activity above, but one person plays the role of the leader, and shows everyone when to play a down-bow and when to play an up-bow. If the leader speeds up or slows down, everyone else has to follow!