

The Down-Bow and the Up-Bow

Bow Direction

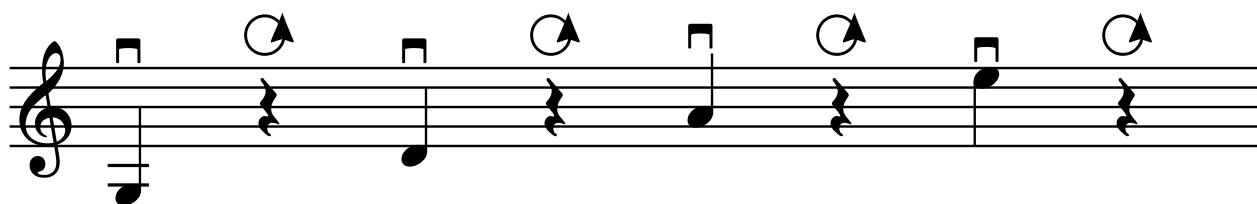
We describe the bow direction as being either '**down**' or '**up**'.

A **down-bow** is a stroke that is pulled from a **lower** part of the bow towards a **higher** part of the bow.

Here is the symbol for the **down-bow**:



For this activity, start each open string near the **heel** (bottom) of the bow. During the rest, make a full circle (anticlockwise) in the air.



Full Circle

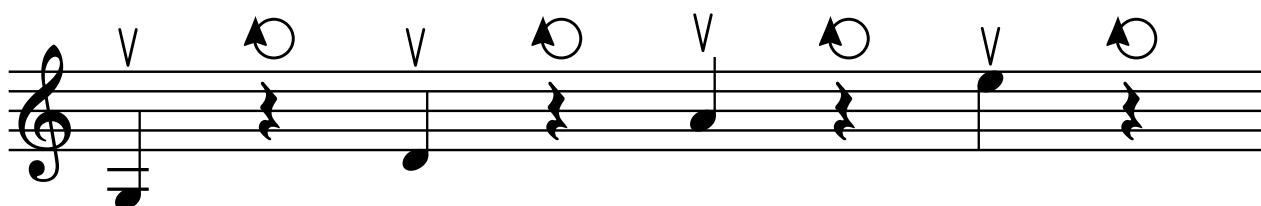
When you see this symbol, circle your bow **anticlockwise** in the air

An **up-bow** is a stroke that is pushed from a **higher** part of the bow towards a **lower** part of the bow.

Here is the symbol for the **up-bow**:



For this activity, start each open string near the **tip** (top end) of the bow. During the rest, make a full circle (clockwise) in the air.



Full Circle

When you see this symbol, circle your bow **clockwise** in the air